



## SAVOUR THE FLAVOUR OF A UNIQUE CRUISE EXPERIENCE

Fancy a taste of the good life? Whether you are already a gourmet connoisseur or you are looking for an introduction to the world of fine food and wine, our theme cruises offer a real voyage of discovery.

Featuring special courses, demonstrations and activities run by such prestigious organisations as the Italian Sommelier Association and the cookery schools of "La Prova del Cuoco", these food and wine cruises are the perfect way to indulge your passion while enjoying a fantastic holiday.

## CRUISE WITH "LA PROVA DEL CUOCO" COOKERY SCHOOLS

The cookery schools of "*La Prova del Cuoco*" (literally "The chef's challenge") tour Italy teaching with the fresh, friendly style made famous by the TV programme of the same name.

**MSC ORCHESTRA** | 19 days - 18 nights

Departure date: 20 march 2012

Brazil, Spain, Portugal, France, Italy

**MSC POESIA** | 10 days - 9 nights

Departure date: 26 april 2012

Italy, Spain, Portugal, Spain, United Kingdom, Germany

**MSC MAGNIFICA** | 13 days - 12 nights

Departure date: 22 may 2012

Italy, Tunisia, Gibraltar, Portugal, Spain, Belgium, Denmark, Germany



### THE COOKERY SCHOOL LA PROVA DEL CUOCO

The course\* devised for MSC Cruises comprises 5 lessons covering all kinds of dishes and includes tips on how to compose a menu, choose the best ingredients and move around a kitchen.

\*Please note that there is a charge for participation in these courses.

The lessons are demonstrative, last approx. 2h-2h30 and are organized as follows:

- Lesson 1: vegetable processing (blanching, cooking, crudités, cuts), aromatic gravy, legumes, cereals and desserts.
- Lesson 2: first course (risotto, fresh pasta, stuffed pasta, dried pasta), basic sauces and sauces for seasoning, desserts.
- Lesson 3: eggs, flans, puddings and soufflé, dough and desserts.
- Lesson 4: meat (chicken, veal, beef, pork) and desserts.
- Lesson 5: fish (shellfish, freshwater fish, pelagic fish) and desserts.

Simultaneous translation of the main languages will be provided

All participants will receive a certificate with the logo of "La Prova del Cuoco" cookery schools.

### ADDITIONAL COOKING DEMONSTRATION

Throughout the cruise, 5 (free) additional cooking demo are foreseen for all passengers with the following topics:

1. Not only rice and unusual salads!
2. New passions ... the Slunch!
3. Tomato party!
4. A vegetarian menu
5. A menu in yellow!