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Fancy returning from holiday feeling relaxed, recharged and re-skilled? Hannah Stephenson selects her top picks for 2015

Cook in Tuscany

It's unsurprising that cookery courses are widely available in this Italian region, famed for its rich harvests of seasonal produce, such as olive oil, tomatoes, pork, beans, truffles and porcini mushrooms. Beginners or experts can hone their culinary skills in all sorts of residences, from plush hotels such as **L'Ultimo Mulino in Gaiole**, **Chianti**, to beautiful hilltop farmhouses and private guesthouses close to Florence and Siena. Short courses are available in private village homes, where chefs and pupils use mouth-watering seasonal ingredients to create dishes such as pasta, panzanella, pici, risotto, roast pork loin, duck, cantuccini and tiramisù. Some courses also include visits to local markets with the chef to source ingredients.