



[www.cookingclasseslecaggiole.it](http://www.cookingclasseslecaggiole.it)



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"Kitchen has always been the fulcrum of this home, where my family is living since more than 7 generations.

I have always been fascinated by my grandmother's ability to prepare for us in the family or for the guests of our farm dishes of the most ancient Tuscan tradition, always with few, simple but precious ingredients.

That cultural heritage was in danger of disappearing; I spent a lot of time cooking with her trying to learn her recipes and secrets.

In the end, I realized that she had given me a bigger gift: I had assimilated her cooking philosophy!

Then, I realized that tradition is not a dusty book but a living thing able also to adapt to new conditions, and even improve. I studied ingredients' seasonality, their sustainable production systems, new cooking techniques, techniques of tasting; almost without realizing it, in the meantime, I became Chef and finally, also Sommelier.

Since a lot of years, I decided to share this path: a long path that is not yet finished...

Giacomo

