**Dates:** After May 4th. 10 days
May 10th - 19th
Gastronomy Festival in Tiradentes: 22 - 30 of August 2020, not included in the program due to dates.

**Number of students:** 10-15 students + 2 Faculty

**Activities:**
- 4 cooking classes
- final dinner prepared by the students: visit to local market for shopping, food preparation and dinner
- visit to local restaurants, farms and producers

**Day 1 (D)**
Arrival and check-in at the hostel
Welcome dinner at a Brazilian Steak House

**Day 2 (B, L)**
**Introduction to Brazilian Gastronomy**
Brazil offers the cultural diversity represented in several dishes. Students will have the opportunity to learn more about local culinary techniques.

**Cooking class - Brazilian seafood**

**Day 3 (B)**
City tour in Belo Horizonte
Service activity - possibilities to be confirmed based on trip dates and institutions availability:
- **Popular Restaurant:** Reference in the city for providing nutritionally balanced, hygienic, healthy and low-cost food, the four Popular Restaurants of Belo Horizonte serve daily, 9,800 meals, between breakfast, lunch and dinner. About 200,000 meals a month are served to a diverse audience that includes workers, the unemployed, the elderly, retirees, children, students and street people. The menus are carefully prepared by nutritionists in a healthy and balanced way. Popular Restaurants use reduced amounts of salt for the safety of hypertensive people, and replace the supply of sweets with fruits in the dessert, for the attention of diabetics. According to the Restaurant nutritionist, these adjustments are the first steps towards a healthier life. "This is a way to start awareness for healthy eating. It is not just a meal that will control the disease, but the care as a whole. Therefore, we also offer lectures to guide the diabetic about the correct way to eat and which foods to avoid."
- **Project Cooks of the Street:** this project has the objective of organizing people with a life history in the street, through solidarity economy, to generate work and income. The cooks of the street have been developing great expertise offering coffee breaks for companies and events.
- Prepare meals for homeless people.

Dinner at Alma Chef (not included): [https://www.almachef.com.br/](https://www.almachef.com.br/) - The kitchen is run by Emmanuel Ruz, French Chef who has won a Michelin star. Signing a provocative, sophisticated menu with regional beats, Ruz renewed the soul of the house, surprising everyone with their creations. It’s not just food. It’s food made to feel.

**Day 4 (B, L)**
**Cooking class - Minas Gerais Gastronomy (salty and sweet dishes)**
Visit to Mercado Central. Free time for tasting local food (meals not included).
Visit to Mercado Novo, a local market inaugurated in 1960, and has been recently revitalized, respecting it's old characteristics, but with novelties for the public involving concepts of sustainability and strengthening products of Minas Gerais state.

Samba night (if available on this date. If not might be changed to a different day in Belo Horizonte).

**Day 5 (B, L)**

*Cooking class - Brazilian Feijoada* - a stew of black beans with beef and pork. It’s best prepared over low heat in a thick clay pot.

Trip to Serra da Canastra - around 6:00 h long.

**Day 6 (B, L)**

Visit to a local producer of Canastra Cheese to learn more about the production.

The Canastra is a type of cheese from Brazil, entitled as an intangible cultural heritage of the country since 2008. Its name comes from the surroundings where it's produced, a highland known as Serra da Canastra, located in the southwest region of the Minas Gerais state. The climate, altitude, pasture and water of this area are specific for its manufacturing and for this reason this delicacy is only made in a handful of towns, under supervised production.

The Canastra cheese is made out of raw cow's milk and has a mildly spicy, full bodied flavour. It is found under three types of maturation: fresh, half and fully cured. The fresh stage means a four-day period and the fully cured even forty. A mature Canastra's taste resembles that of Grana Padano. If proper care is taken however, over the days it continues to cure. This is simply done by turning the chunk once a day and keeping it at a cool, ventilated place. The Canastra cheese goes well with red wine, dark beer or cachaca and should not be kept on the fridge to avoid drying. To produce a standard 1.3 kg piece, approximately 10 litres of milk is used.

*Queijaria Recanto da Canastra* - Visit to the dairy, corral with the milking of the animals and the orchard, in addition to visiting the observatory, which has a 360° view of Serra da Canastra (Mountain range).

Coffee and lunch at Recanto da Canastra, enjoy the cozy rural property, hiking and bathing in the Tobogan Waterfall and Pedra Preta Waterfall and enjoy the Andorinhas Waterfall and the Forest Trail.

Reflection session

**Visit to Ivair’s Farm**

Guided visitation and tasting of cheeses in different stages of maturation, accompanied by causes, sympathy, passion and curiosities of this cheese musty.

The visitation is an unforgettable experience, accompanied by the couple Lúcia and Ivair, who will surprise and enchant students with their life story.

**Day 7 (B)**

09 AM - 5 PM - **Trip by Jeep 4x4 at Serra da Canastra Park**. Visit to the source of São Francisco River. With a length of 1,811 mi, it is the longest river that runs entirely in Brazilian territory, and the fourth longest in South America. It is an important river for Brazil, called "the river of national integration" because it unites diverse climes and regions of the country, in particular the Southeast with the Northeast.
Stop at Curral de Pedras for contemplation and photos and visit to the bottom part of Casca Danta Waterfall with its (610 ft high) for bathing, contemplation and photos. Adventure time: rappel in the waterfall.

**Day 8 (B, D)**

**Queijaria Capela Velha - Cheese production - culinary class**

The visitor will have the opportunity to know the entire productive process that involves the manufacture of the Old Chapel Cheese, from the entry of milk into dairy until the packaging of the pieces produced in the maturation room. Not to mention the unique experience of producing the real Canastra cheese yourself accompanied by cheese masters. Students will be able to bring home their own cheese.

Visit to **Estancia Capim Canastra** which’s product was the first Brazilian Cheese to win a medal in an international invitation and to conquer the second place in the Mondial du Fromage de Tours, in France, one of the main cheese world competitions. The category awarded was “pressed dough not cooked from raw cow’s milk” in which more than 600 cheeses from 23 different countries competed.

**Day 9 (B, D)**

**Fazenda Flor da Canastra**

Visit to Coffee Producer

With the Slow coffee concept, since 2014 in São Roque de Minas, Fazenda Flor da Canastra concentrates its activity in coffee cultivation. A pioneer in the region to focus on the activity of specialty coffees produced by the family farming.

There are only 3 hectares of 100% arabica coffee cultivated with agroecological practices: harvesting manual, dries only in the sun, selection of grains, roasted in two kilos, regional and national packaging and distribution.

During the guided visit students will visit the property, plantation and learn the different ways of producing coffee, from cultivation, planting, harvesting, roasting, preparation, followed by coffee tasting, specially harmonized with Canastra Cheese.

Farewell barbecue prepared by the students.

**Day 10**

**Return to Belo Horizonte**

**Flight back to the US.**