



# PIEDMONTESE HERITAGE: MOUNTAIN VALLEY AND THE LANGHE



## Course Description

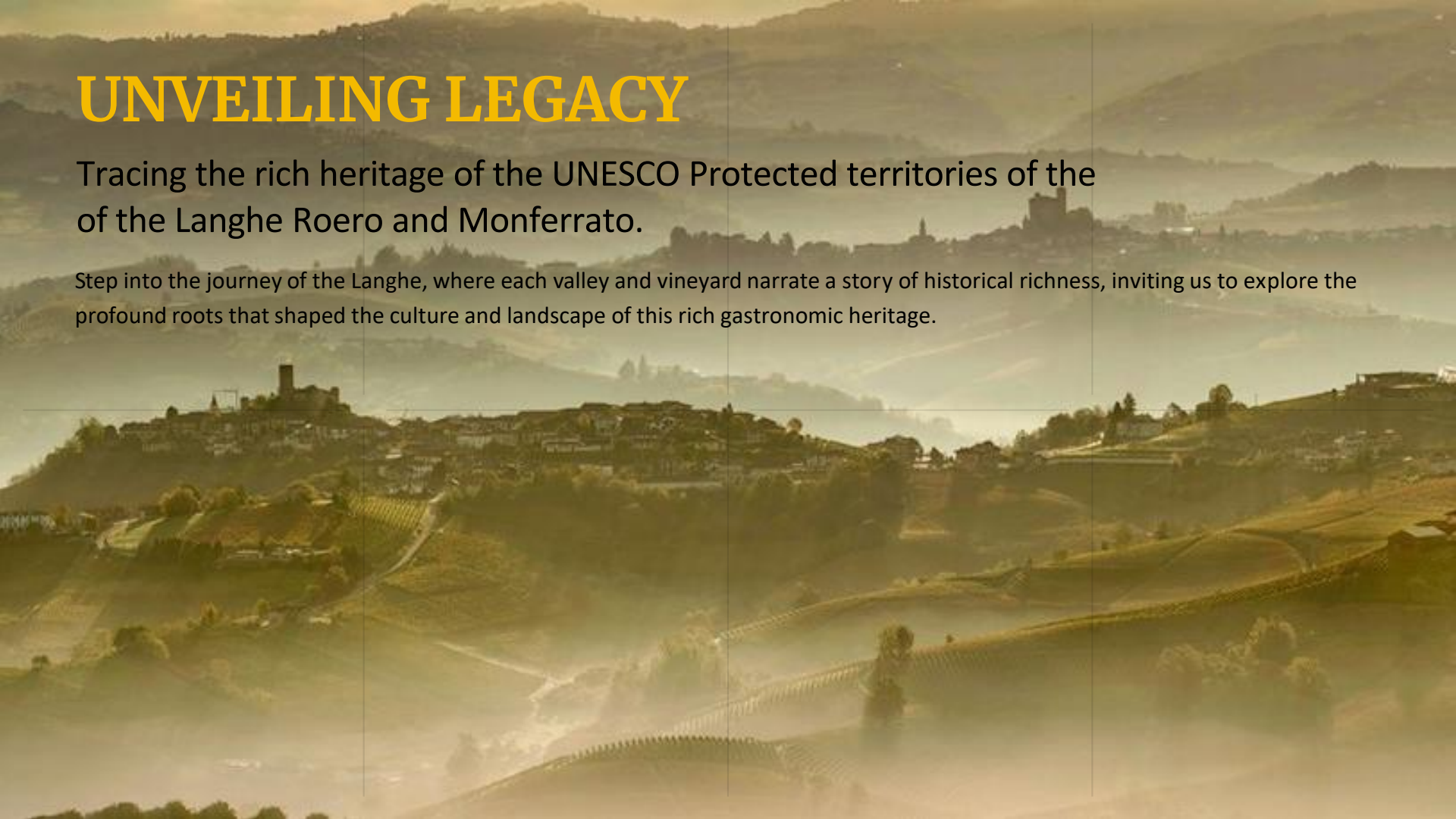
# PIEDMONTESE HERITAGE: MOUNTAIN VALLEY AND THE LANGHE

This course invites you to explore the heart of the Italian kitchen, guided by chefs, farmers, and experts from the Langhe area—a UNESCO World Heritage site—as well as from some of Piedmont's most cherished mountain valleys. The program focuses on specific products and the traditions that have shaped these dishes into what we enjoy today. Italy is home to rich microcultures and diverse climates. Students will have the opportunity to immerse themselves in these cultures through hands-on cooking labs and direct engagement with the producers and makers of these exceptional products.

# UNVEILING LEGACY

Tracing the rich heritage of the UNESCO Protected territories of the of the Langhe Roero and Monferrato.

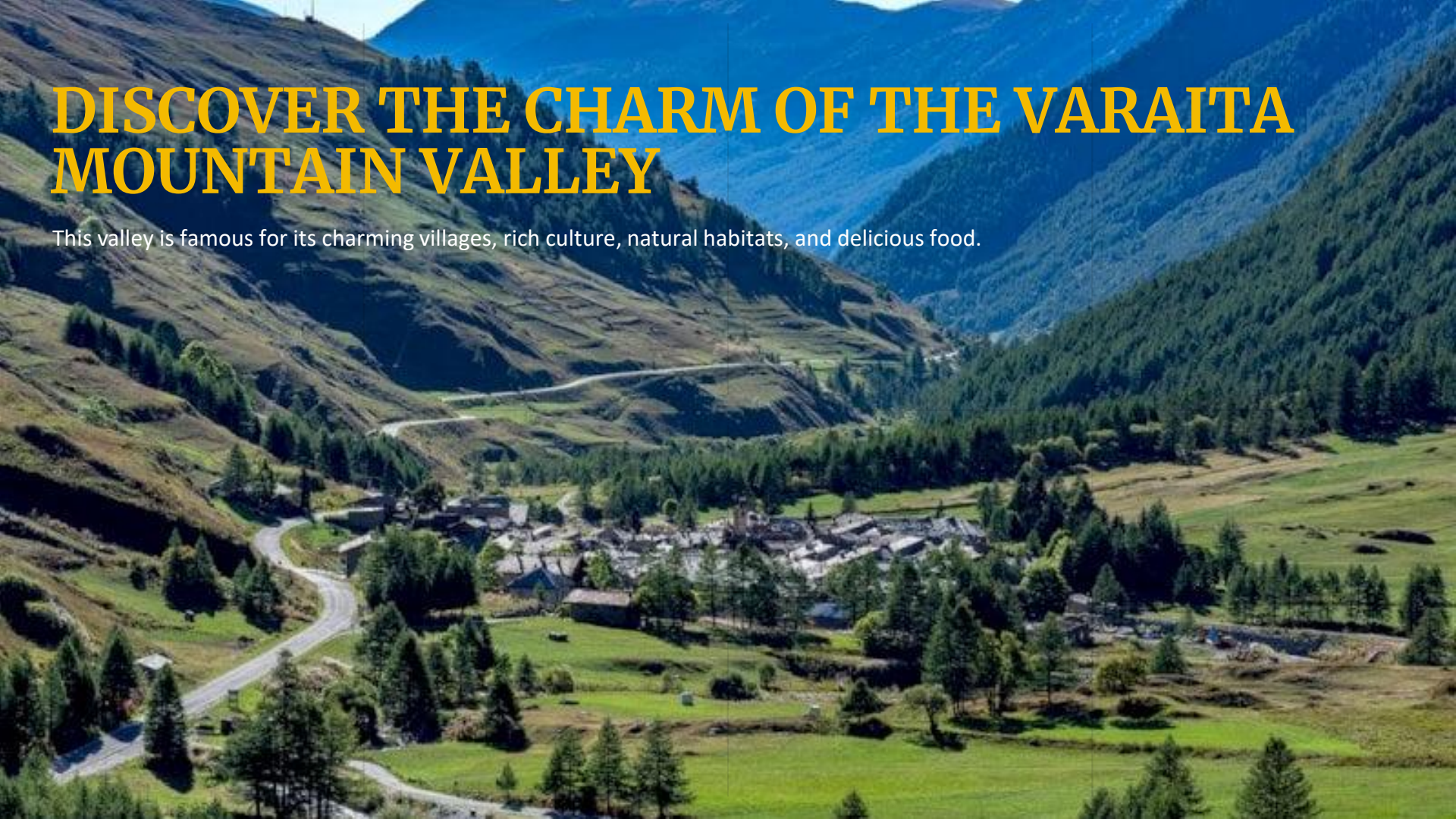
Step into the journey of the Langhe, where each valley and vineyard narrate a story of historical richness, inviting us to explore the profound roots that shaped the culture and landscape of this rich gastronomic heritage.





# DISCOVER THE CHARM OF THE VARAITA MOUNTAIN VALLEY

This valley is famous for its charming villages, rich culture, natural habitats, and delicious food.



# DATE & STRUCTURE

Partner: Northwestern Michigan College  
Date: May 25 - June 2, 2026

Location: Alba Accademia Alberghiera, Corso Barolo, 8 12051 Alba (CN), Italy  
Period: 1 ½ weeks  
Hours of instruction: 30 hours [maximum of 7 hours of lab per day]  
Didactic visits: 4





# CULINARY FOCUS: THE LANGHE



## BAROLO DOCG WINE

Experience the craftsmanship of traditional winemaking techniques of **Barolo DOCG**, one of Italy's most renowned wine appellations.



## TRADITIONAL PIEDMONTESE RECIPES

Try your hand at making local recipes that have remained staples in the Piedmontese kitchen. From antipasti (appetizers) to dolci (dessert), fall in love with the **simplicity of Langhe cooking**.



## BIODIVERSITY IN THE GARDEN

Visit an **herb garden** of a locally acclaimed chef in the Langhe. Use your five senses to capture the inspiration for the plate.

# CULINARY FOCUS: MOUNTAIN VALLEY



## RAVIOLE FROM SAMPEYRE

The "poor" dish of the mountain diet, when butter and potatoes were the staples for families. Now considered the **queen of Sampeyre gastronomy**.



## BEEKEEPING

Learn about the **care, bee breeding, and production** from local beekeepers of the Varaita mountain valley.



## RAZZA BOVINA PIEMONTESE

Learn about the **local, native veal** linked to Piedmont and appreciated for the superior quality of its meat: tender, lean, and tasty.

# Week 1

Please note that activities  
are subject to change.

## Monday - 5/25/2026

- 8:30 – 12:30: Orientation + LAB AAA (ANTIPASTI - VEAL)
- 12:30 – 13:30: Lunch provided by AAA
- 13:30 – 16:30: lab cont. + Alba tour



## Tuesday - 5/26/2026

- 8:30 – 12:30: LAB AAA (PIZZA & BAKED GOODS)
- 12:30 – 13:30: Lunch provided by AAA
- 13:30 – 16:30: lab cont.



## Wednesday - 5/27/2026

- **DIDACTIC VISIT(S):** VARAITA MOUNTAIN VALLEY
- Lunch included
- Dress comfortably



## Thursday - 5/28/2026

- **DIDACTIC VISIT(S):** LANGHE
- MICHELIN-STARRED lunch included
- Dress smart casual



## Friday - 5/29/2026

- **FREE DAY**



# Week 2

Please note that activities  
are subject to change.

## Monday - 6/01/2026

- 8:30 – 12:30: LAB AAA (FRESH PASTA, SAUCES)
- 12:30 – 13:30: Lunch provided by AAA
- 13:30 – LAB AAA cont.



## Tuesday - 6/02/2026

- 8:30 – 12:30: FINAL EXAM & Delivery of certificates
- 12:30 – 13:30: Lunch provided by AAA
- 13:30 – 16:30: LAB AAA (DOLCI)



### Arrival:

**Delta 5272** – 22MAY Traverse City / Detroit – 5:50PM 6:59PM

**Air France 377** – 22MAY Detroit / Paris – 9:20PM 11:10AM (23MAY)

**Air France 1730** – 23MAY Paris / Milan Malpensa – 4:50PM 6:20PM

### Departure:

**KLM 1612** – 03JUN Milan Linate / Amsterdam – 6:40AM 8:30AM

**Delta 135** – 03JUN Amsterdam / Detroit – 10:55AM 1:30PM

**Delta 5272** – 03JUN Detroit / Traverse City – 4:00PM 5:11PM



### In the kitchen:

AAA provides apron & hat. Participating students must pack their chef jackets (short-sleeved if available), closed-toe kitchen shoes, and chef pants.





# GRAZIE