



Highland Georgian Culinary Experience

(One-day tour)

Duration: 8 hours (10:00 AM to 6:00 PM)

Description: Immerse yourself in the rich flavors and traditions of Georgian highland cuisine on this one-day culinary tour at our community-based agro-ecotourism center. Discover local ingredients, learn traditional cooking techniques, and indulge in mouthwatering dishes while connecting with the culture and people of the highland region of Georgia.

Itinerary:

9:30 AM - 10:00 AM: Welcome and Introduction

Gather at the agro-ecotourism center for a warm welcome and an overview of the day's activities.



10:00 AM - 11:00 AM: Local Farm Tour

Visit nearby farms and gardens to learn about the unique highland Georgian terroir and gather fresh, organic ingredients for the day's culinary adventure.



11:00 AM - 1:00 PM: Cooking Workshop Part 1

Participate in a hands-on cooking workshop led by local culinary experts. Learn how to prepare traditional highland Georgian dishes, such as:

Khinkali (Georgian dumplings)

Khachapuri (Cheese-filled bread)

Mcvadi (Shashlyk)





Prepare a variety of Georgian salads and appetizers using the freshest local ingredients.



1:00 PM - 2:00 PM: Lunch

Savor a delicious lunch featuring the dishes you prepared during the morning workshop, along with local wines and Georgian bread (shoti or lavash).

2:00 PM - 4:00 PM: Cooking Workshop Part 2

Continue your culinary journey with a workshop focused on Georgian sweets and beverages, including:

Churchkhela (walnut and grape candy)

Pelamushi (grape pudding)

Tklapi (fruit leather)

Making traditional Georgian lemonade



4:00 PM - 5:00 PM: Traditional Georgian Supra (Feast)

Take part in a traditional Georgian supra, a festive and elaborate feast, accompanied by toasts and Georgian polyphonic songs. Enjoy the dishes you've prepared throughout the day, as well as other regional specialties.



5:00 PM - 6:00 PM: Tea Ceremony and Farewell

Participate in a traditional Georgian tea ceremony, savoring local herbal infusions and reflecting on your culinary experiences.

Bid farewell to your hosts and fellow participants, exchanging contacts and memories from your highland Georgian culinary adventure.

Notes:

Please inform us in advance of any dietary restrictions or allergies.

Comfortable clothing and closed-toe shoes are recommended for the cooking workshops and farm tour.

Bring a camera or smartphone to capture your culinary creations and the beautiful surroundings.

The tour will be led by experienced local culinary experts and guides, ensuring an authentic and enriching experience.

