

CHATEAU LOU CASTEOU LAUNCHES GASTRONOMIC COOKERY SCHOOL

Cote d'Azur Luxury Cultural Retreat hosting Italian Gourmet Academy 21-26 April

Chateau [Lou Casteou](#) in the French Riviera is launching its gastronomic cookery school, as part of its first ever [Luxury Cultural Retreat](#) – an all-inclusive experience, debuting 21 to 26 April 2013.

Guests will learn the art and enjoyment of Italian cuisine-tutored by renowned and charismatic chef and restaurateur, Matteo Mangiarotti. With broad international experience, Matteo trained in Milan, before working in top establishments in London, Aspen and Rimini. His own restaurant, Quanto Basta Ristorante, located in Lake Garda has recently received the highest award from one of Italy's most important Gastronomic Guides - The Touring Club.



Matteo will start by introducing pupils to the basic elements of Italian cuisine, and then progress to the creation of more complex dishes.

First lessons will cover Italian bread making techniques. Pupils will then quickly progress to making raviolis, perfect risottos, homemade pasta and traditional Italian sauces. Techniques for selecting, preparing and cooking sea food and meats will also be covered as the week progresses, and an introduction to Italian desserts will be included.

Dishes such as Linguine con vongole, Ravioli di stinco di vitello, Roasted aubergine with burrata cream sauce, Marinated shrimp and seabass ceviche with aioli and Beef tartare served with foie gras and green apples will be included in the school's programme.

Guests may also request specific dishes that they would like to learn, and where possible Matteo and Silvia will include these in the course.

Cookery classes will be complimented by wine tasting and appreciation sessions taken by Silvia Revello. Silvia is a Master Sommelier and restaurateur, with many years of experience working at the famous Campo de Fiori in Aspen, Colorado.

Guests will then continue the gourmet Italian experience into the evenings, as Matteo and his team will prepare the group's dinners and special meals, served during the six-day retreat.



The gastronomic cookery school is part of the all-inclusive Luxury Retreat, where guests will also master the arts of singing, song-writing, trekking and painting, in the property's lavish surroundings.

The Retreat package is aimed to appeal to all ages interested in cultural pursuits - singles and couples alike, and can cater for up to 24 guests. Included in the package are transfers from Nice airport, five nights' luxury en-suite accommodation - with either sea or mountain views, a formal champagne reception, wine tasting, gourmet food and drink, nightly entertainment, and all classes and materials. Guests will also be visit local art galleries and a Provençal market. The price of the retreat including VAT is Euros 2,950 per person or Euros 5,500 per couple, or two sharing.

Lou Casteou, which means 'The Chateau' in old Provençale French, was built in 1904 by Lord Amherst of Hackney - a lover of antiquities who funded the Howard Carter expeditions to Egypt, and the discovery of Tutankhamen's tomb. The property is situated in the Esterel Mountains between Cannes and St. Tropez, and enjoys breathtaking views of the ocean and picturesque villages below. Amongst other accolades, Lou Casteou was selected by Simon Cowell as his 'judge's house' on The X Factor in 2011.

About Luxury Cultural Retreat at Lou Casteou:

Lou Casteou is hosting a Luxury Cultural Retreat on 21 April to 26 April 2013. The experience offers a perfect getaway for guests looking to simply unwind, or partake in a range of cultural activity classes, tutored by experts and offered on a daily basis. These include singing and song-writing classes, an Italian cuisine cooking course, art workshop, trekking and appreciation of nature sessions and dancing classes. The experience also includes transfers from Nice airport, a formal champagne reception, wine tasting, gourmet food and drink, visits to a Provençal market and art galleries, and nightly entertainment. The Retreat will cater for up to 24 guests and five nights' accommodation is provided, in beautiful en-suite bedrooms with either sea or mountain views. The price of the retreat including VAT is Euros 2,950 per person or Euros 5,500 per couple, or two sharing.

About Lou Casteou:

Lou Casteou, which means 'The Chateau' in old Provençale French, was built in 1904 by Lord Amherst of Hackney - a lover of antiquities who funded the Howard Carter expeditions to Egypt, and the discovery of Tutankhamen's tomb. The property was purchased in 2006 by Chris and Morag Baxter, who restored it to its former historical glory, adding touches of modern luxury, such as a home cinema seating 40, heated outdoor pool, and commercial kitchen. The chateau can accommodate 32 guests in luxury, with inside and outside reception areas, for events of up to 200 people. Lou Casteou offers weddings, with blessings at Lou Casteou's small historic chapel, or within the chateau's grounds. With a home cinema and board room facilities, Lou Casteou also caters for conferences and formal events. All pricing proposals are personalised depending on required dates, duration of stay, number of guests and objectives of their stay. Lou Casteou is situated in the Esterel Mountains between Cannes and St. Tropez; forty minutes' drive from Nice airport and five minutes from sandy beaches, excellent sports facilities, boutiques and restaurants. Amongst other accolades, Lou Casteou was selected by Simon Cowell as his 'judge's house' on The X Factor in 2011.