# Travel, eat, and drink like a *local*.







## Questions?

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# A City for the History Buff

A LIVE, VIRTUAL TOUR TO **NAPLES, ITALY** 

### Famous Foods

#### **PIZZA MARGHERITA**

The quintessential Neapolitan dish, made with simple ingredients—tomato, mozzarella, and fresh basil on a soft, chewy crust.

#### **SPAGHETTI ALLE VONGOLE**

A classic pasta dish with fresh clams, garlic, white wine, and parsley. The result is a light yet flavorful dish that highlights the natural sweetness of the clams and the richness of the broth.

#### **SFOGLIATELLA**

Also known as "lobster tail," is a traditional Neapolitan pastry renowned for its crisp, layered exterior and sweet ricotta filling. This shell-shaped treat is made from thin layers of dough wrapped around a creamy mixture of ricotta cheese, candied fruit, and cinnamon.

### Mix Your Own

#### **APEROL SPRITZ**

#### Ingredients:

- 3 oz Aperol
- 3 oz prosecco
- 1 oz soda water
- Ice
- Orange slice for garnish

#### Directions:

- 1. Fill a glass with ice.
- 2. Pour in the Aperol and prosecco.
- 3. Top with soda water and gently stir.
- 4. Garnish with an orange slice and serve immediately.

### **Famous Drinks**

#### **CAFFÈ NAPOLETANO**

A true Neapolitan espresso, Caffè Napoletano is known for its strong, rich flavor and thick crema. It's typically served in a small, robust shot, offering an intense and invigorating coffee experience that captures the essence of Naples' coffee culture.

#### **APEROL SPRITZ**

A popular Italian cocktail, the Aperol Spritz is a refreshing blend of Aperol, prosecco, and a splash of soda water. Garnished with an orange slice, this bright, fizzy drink is perfect for enjoying on a sunny afternoon along Naples' scenic waterfront.

#### **FALLEN LEMONADE (LIMONATA)**

Known for its fresh and zesty flavor, Limonata is a traditional Italian lemonade made with freshly squeezed lemon juice, water, and a touch of sugar. It's a revitalizing drink that captures the vibrant citrus essence of Naples, often enjoyed as a refreshing pick-me-up on a warm day.

### Make Your Own

#### **PIZZA MARGHERITA**

- 2 cups flour
- 1 cup water
- 1/2 tsp salt
- 1 tsp yeast
- 1 cup tomato sauce
- 1 cup mozzarella cheese
- Fresh basil leaves
- Olive oil
- 1. Mix flour, water, salt, and yeast to form dough. Let rise for 2 hours.
- 2. Preheat oven to 475°F (245°C).
- 3. Roll out dough, spread tomato sauce, top with mozzarella, and drizzle with olive oil.
- 4. Bake for 10-12 minutes. Garnish with fresh basil before serving.

# Naples, Italy

#### THE CITY

Naples is a vibrant, historic city nestled along the picturesque Bay of Naples in southern Italy. With the iconic Mount Vesuvius volcano as its dramatic backdrop, Naples boasts a rich cultural heritage dating back over 2,500 years. On our 60-minute virtual walking tour, we'll explore the heart of this UNESCO-recognized historic center, uncovering fascinating stories and glimpses into the everyday life of Neapolitans.



#### **THE TOUR**

through the same streets that have seen Greeks and Romans walking here for millennia. Our first stop will be the stunning Santa Chiara Monastery, where we'll admire its beautiful Gothic architecture and learn about Naples deep religious history. Next, we'll head to the famous San Gregorio Armeno - known as "Christmas Alley" for the artisanal workshops that have produced nativity scene figurines for generations. As we wander down this charming street, I'll share insights into the evolution of Neapolitan cuisine and how it has reflected the needs of the working class over the centuries. Finally, we'll end our tour at a public square showcasing evocative remnants of Naples' Roman past, still visible today. Here, we'll discuss how periods of hardship led to mass migrations from the city, but also explore the indelible mark Neapolitan culture has left on the wider world. By the end of our 60-minute virtual journey, you'll have a deeper appreciation for the vibrant heritage, enduring traditions and resilient spirit of this captivating southern Italian city.