

Bon Vivant

Adventures in Culinary Travel



Introduction

Bon Vivant

You know who you are. You're the one who takes secret pleasure in a wrong turn on a country road where the only place to stop for directions is a farmer's stand selling fresh local produce. You're the one who insists on literally walking that extra mile down a cobblestone street to follow your nose to what you know must be a fabulous bakery. And you firmly believe that a growling stomach is travel's ultimate reward – for it always leads you to exotic flavours and fresh food ideas. You know who you are, and so do we. You are a Bon Vivant.

Call it a culinary compass or a gourmet gut-feeling, but it's what makes us tick, and we're only too thrilled to be able to share this passion with you. Inside this special section, you'll find a collection of adventures to suit any foodie's fancy, whether it involves sailing the high seas with a Master Chef, exploring a small European town and discovering the delicacies of its local artisans or plucking grapes straight from a vine in a family-owned vineyard.

Although we hope to satiate your appetite for adventure in the following pages, we know that the craving for new tastes and



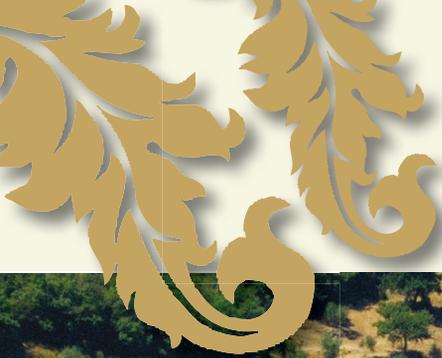
destinations is constant, as is ours. When it strikes, come join us and our team of Bon Vivant bloggers who share the tales of their taste buds' travels. You're sure to find inspiration – whether it's for your next vacation or your next meal. After all, living the good life starts with a delicious dream.

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www.bonvivanttravel.ca

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Unique Experiences Series

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- Outdoor Exploration • In Pursuit of Art & Culture
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Vienna's Liquid Gold

The *Gegenbauer* shop in Vienna's *Naschmarkt* offers some of the world's best and costliest vinegars—and a few vinegar-derived products you've probably never heard of.

DAVID LASKER

At the *Gegenbauer* stall in the *Naschmarkt*, Vienna's biggest and best-known food market, glass apothecary flasks are arrayed along the display shelves like chips in a paint-store colour chart: vinegars suffused with apricot, black currant, early gold apple, elderberry, James Grieve apple, plum, quince, rowanberry, sour cherry and dozens more. Quite a revelation to one accustomed to seeing vinegar in shades of red, white and balsamic brown.

Here you'll find beer vinegar (adds dash to pork), red pepper vinegar (just the thing for goulash) and tomato vinegar (mates with tomato and mozzarella). *Gegenbauer* even sells asparagus vinegar, a hot item in May, when almost every menu in Austria sparkles with fresh *spargel* (white asparagus) as a side dish or soup.

At *Gegenbauer*, 'Bouvier' signifies more than Jacqueline Kennedy's middle name. I learned this as company spokesman Wolfgang Hawlik squeezed vinegar made from that particular white wine grape onto the back of my hand with an eye dropper.

"We have lost the ability to taste and to concentrate on a single flavour," said Hawlik, his reddish-blond beard a match for the precious liquid.

I licked. Anticipating the familiar, lip-puckering astringency, I was greeted by an altogether different sensation. An intense, sweet-sour grape taste blossomed under



my tongue. This was indeed a flavour to concentrate on.

If this suggests a wine tasting, *Gegenbauer* prices, ranging from €19 to €32 per 250 ml bottle, certainly approach those of fine wines.

The potent flavour derives from an unusual manufacturing process. Vinegar makers usually make their product from wine with 12 or 13 percent alcohol, which leaves an acidic, sour taste when fermented into vinegar. To compensate, they dilute the vinegar with water.

"Our winemakers stop the fermentation at six percent acidity," says company founder Erwin

“I was greeted by an altogether different sensation.”

Gegenbauer. "At this point, only some of the fruit sugars have fermented. This gives a harmony between the sweet and sour without having to add ingredients or dilute with water. No one else produces vinegar this way."

Why not? "Everyone thinks vinegar should be cheap," he adds. "Half vinegar and half water is half the price. But this product will have only half as many natural ingredients and half the taste and aroma."

The cottage-industry nature of *Gegenbauer's* business further ensures that its products will never be cheap. To obtain supplies for its blueberry vinegar, for instance, the company places ads in local newspapers, asking people to go blueberry-picking in the woods. "We can't certify the vinegar as an organic product because they're wild blueberries," Hawlik explains. "Nobody kept records on when they were planted and what was done to them. But the vinegar is organic in the truest sense."



This is an important point in a country where nearly 20 percent of farmers operate organically—the highest proportion in the world.

Naschmarkt shops are family run, which accounts for much of the market's charm. Gegenbauer is no exception. Erwin Gegenbauer's grandfather Ignaz acquired a vegetable-pickling firm in 1929. His father expanded it into Austria's biggest supplier of pickled goods. Erwin, now 48, gradually took over the reins. In 1992 he sold the 600-person company so that he could concentrate on his passion: gourmet vinegars. Today, his 10-person firm offers about 70 vinegars.

Hawlik considers the company's best vinegar to be the 10-year-old muscatel balsamic. This past May, *Feinschmecker*, the German gourmet magazine, ranked it among the top five balsamic vinegars in the world (the other contenders being traditional Italian balsamics from Modena or Reggio Emilia).

Vinegar gets better the longer it is stored. But aging balsamic vinegar is not like aging wine or brandy, where essences from the oak casks gradually infuse into the liquor, adding complexity. "We don't want the vinegar to acquire the aroma of the wood barrel," Hawlik says. "We want to retain the flavour of the fruit."

To that end, Gegenbauer uses old barrels from which the oak accents have long since leached away. They lie in a location that would horrify wine lovers: on the factory roof, where, on hot days, the vinegar literally cooks. The water in the vinegar slowly evaporates through the pores in the wood, making the balsamic vinegar thicker and sweeter. "The Italians sometimes add sugar and caramel to thicken the vinegar, but we don't."



“A welcome alternative to chocolate sauce as an ice-cream topping.”

Gegenbauer's sweeter balsamics make a welcome alternative to chocolate sauce as an ice-cream topping. A few candy manufacturers use them in chocolate fillings.

More exotic are the tiny, tasty crystals that develop as the balsamic vinegar matures. To get at them, a worker clammers about in the big barrels and removes the residue by gently scratching the inside of the barrel with a needle. Gram for gram, the crystals cost as much as white truffles.

Then there are the drinking vinegars. Strictly speaking, they are 'noble sours,' not vinegars, because they have only three percent acidity versus vinegar's six percent. In Austria, the threshold for driving under the influence is 0.05 percent blood alcohol compared to North America's usual 0.08. Thanks to this formidable restriction on drinking and driving, noble sours are favoured as an alcohol-free schnapps or digestive after a meal. "They're nutritious and you won't lose your driver's licence," Hawlik advises.

IF YOU GO

The Naschmarkt is an easy walk from the tourist mecca of the Museum Quarter and the bustling Mariahilferstrasse, Vienna's main shopping street. Or take the U1, U2 or U4 subway line to Karlsplatz. Reservations for monthly guided tours of the vinegar brewery (€20) are available through www.gegenbauer.at.

WHERE TO GET IT IN NORTH AMERICA

Available online at www.cubemarketplace.com, www.dibruno.com, www.epicurepantry.com and at Dean & DeLuca specialty stores in New York, www.deandeluca.com. Wallse, a Michelin Award-winning contemporary Austrian restaurant, offers four cocktails made with Gegenbauer noble sours (344 West 11th Street, New York, (212) 352-2300, www.wallserestaurant.com).

Cruise

Holland America Line

The Culinary Arts Center, presented by *Food & Wine Magazine*, provides guests on select Holland America cruises the opportunity to experience demonstrations and hands-on classes conducted by top chefs, wine experts, and leading cookbook authors from the pages of *Food & Wine Magazine*. Onboard all sailings, you will learn tricks-of-the-trade from top professionals, try your hand at preparing dishes and taste wines representative of the specific ports-of-call you will visit. Guests on selected cruises will also receive *Food & Wine* recipe cards and wine tasting notes that you may take home along with copies of the magazine. Other opportunities might include book signings, question and answer sessions, specially designed dinner menus and more.

Vitaly Paley

Executive Chef, Owner Paley's Place, Portland (James Beard Award Recipient)

Aboard *ms Statendam*, 7-Day Northbound Glacier Discovery, May 16, 2010

From CDN\$919, Inside category K.

The 2005 winner of the James Beard Award for Best Chef Northwest, Vitaly and his wife Kimberly opened Paley's Place in 1995 in Portland, WA. It's been recognized in *Gourmet* as one of America's Top 50 Restaurants, and Zagat has chosen it as one of America's Top Restaurants for the past three consecutive years. Vitaly and Kimberly published *The Paley's Place Cookbook: Recipes and Stories from the Pacific Northwest* in October 2008. The book was named Best Regional Cookbook on Epicurious.com and was one of the Top 15 Cookbooks of 2008 on the AOL Food Channel.



Lars Kronmark

Executive Chef Instructor – The Culinary Institute of America, Napa Valley, CA

Aboard *ms Nieuw Amsterdam*, 10-Day Mediterranean Inaugural, Jul 07, 2010

From CDN\$1,739, Inside category K.

Denmark native Lars Kronmark is a graduate of the Restaurant and Apprenticeship School in Copenhagen. He travelled to Mexico with Rick Bayless, and Italy and Spain with the International Olive Oil Council. He helped launch the China Educational Project in 2001. Before joining the Culinary Institute of America's Greystone faculty, Chef Kronmark spent fourteen years as a senior chef instructor at the California Culinary Academy, and was hand-picked from the finest culinary educators in the United States to open the Culinary Institute of America at Greystone in August 1995.

David McMillan

Corp Exec Chef Consilient Restaurants, Dallas & LA

Aboard *ms Nieuw Amsterdam*, 12-Day Mediterranean Tapestry, Aug 07, 2010

From CDN\$2,379, Inside category K.

California native David McMillan studied fine arts at Boston University before a European trip reaffirmed his culinary desires. A chef and caterer for top-rated restaurants, hotels, Hollywood celebrities and world dignitaries, David was formerly in charge at Café König in Baden Baden. He has worked with some of Europe's most prestigious wine chateaus, was corporate chef for Hyatt hotels and executive chef at the Peninsula Hotel of Beverly Hills. At the 1996 Atlanta Olympic Games, David was executive chef for the World Broadcasters division. In 2008, David joined Consilient Restaurants as their Corporate Executive Chef.

“Onboard all sailings, you will learn **tricks-of-the-trade** from top professionals.”

Richard Chamberlain

Executive Chef, Chamberlain's Steak and Chophouse - Dallas, TX; ENVY in Las Vegas, NV

Aboard *ms Nieuw Amsterdam*, 12-Day Mediterranean Empires, Sep 24, 2010

From CDN\$2,619, Oceanview category K.

Considered one of America's leading chefs, Chamberlain is the owner of Chamberlain's Steak and Chophouse in Dallas, named one of *Bon Appétit's* top new restaurants shortly after opening in 1993. He and the restaurant have garnered stellar reviews and accolades from premier publications, including "One of America's Top Tables," from *Gourmet* and "One of America's Top Restaurants," from *Zagat Guide*. Richard also opened the award-winning Fish Market Grill and Tarragon at Elk Mountain, an ultra-luxury resort in Colorado. Most recently, he joined forces with The Renaissance Las Vegas to open ENVY The Steakhouse, one of most exclusive new restaurants in Las Vegas.

French Kitchens Get The Female Touch

MADELINE LAFRAMBOISE

France's culinary world has traditionally been a *métier d'hommes*, a macho, male bastion where women were unwelcome. Despite these odds, two gutsy gals have helped change France's gastronomic landscape, refining it with a womanly touch.

Culinary pioneer Julia Child first discovered the glories of French food in the fifties, when the American living in France as a diplomat's wife, in her tiny kitchen, including the difficult Béarnaise sauce with its timely tarragon vinegar reduction. The recent film release *Julie & Julia* chronicles the life and times of the venerable chef whose penchant for French cuisine changed the North American culinary world.

Now Julia lovers can retrace her steps with tour operators who prowl the back alleys of Paris and wander through the meadows of Provence in search of fresh ingredients. The culinary tour operator Tour de Forks (www.tourdeforks.com) is offering 'A Taste of Julia Child's Paris & Provence,' a self-guided or group tour created by Kathy Morton and Debra Fioritto, recipients of the 2006 Julia Child Endowment Fund Scholarship. Kathy and Debra drew from their own expertise along with inspiration from Julia's treasured memoir, *My Life in France*, to create the itinerary.



© JEFF NALIN



COURTESY OF MAISON PIC

The seven-night tour starts at the Left Bank's legendary Hotel Pont Royal, where Julia and her husband Paul first stayed. Foodies will take a lesson at Julia's alma mater, the illustrious Le Cordon Bleu in Paris. In Provence, the idyllic town of Les Baux is where you'll explore Julia's haunts, including a visit to her former home, the charming farmhouse La Pitchoune.

Chef Anne-Sophie Pic, the proprietor of La Maison Pic in Valence, recently regained a third Michelin star for her family's restaurant. She is the only female chef in France to have earned three Michelin stars in over 50 years.

The coveted prize had first been awarded to Anne-Sophie's grandfather André in 1934. Her father Jacques secured a third Michelin *macaron* for 19 years from 1973 until his passing in 1992. The death of Jacques inevitably led the family restaurant to lose a star. Inspired, Madame Pic made it her mission to recapture the three stars as a tribute to her loving père.

They say that on the day of the Michelin announcements in 2007, chef's heads figuratively rolled like Marie Antoinette's as several venerable Paris restos, which had held three Michelin stars for over 30 years, were demoted to two.

Before turning 40, the self-taught chef was crowned la reine de la cuisine française (the queen of French cooking) at this shrine of French cuisine, located off Avenue Victor Hugo. *Time* magazine, in a cover story called 'Twenty-Five Visionaries', placed her number three and described the creative icon as a "tiny woman with fierce ambition."

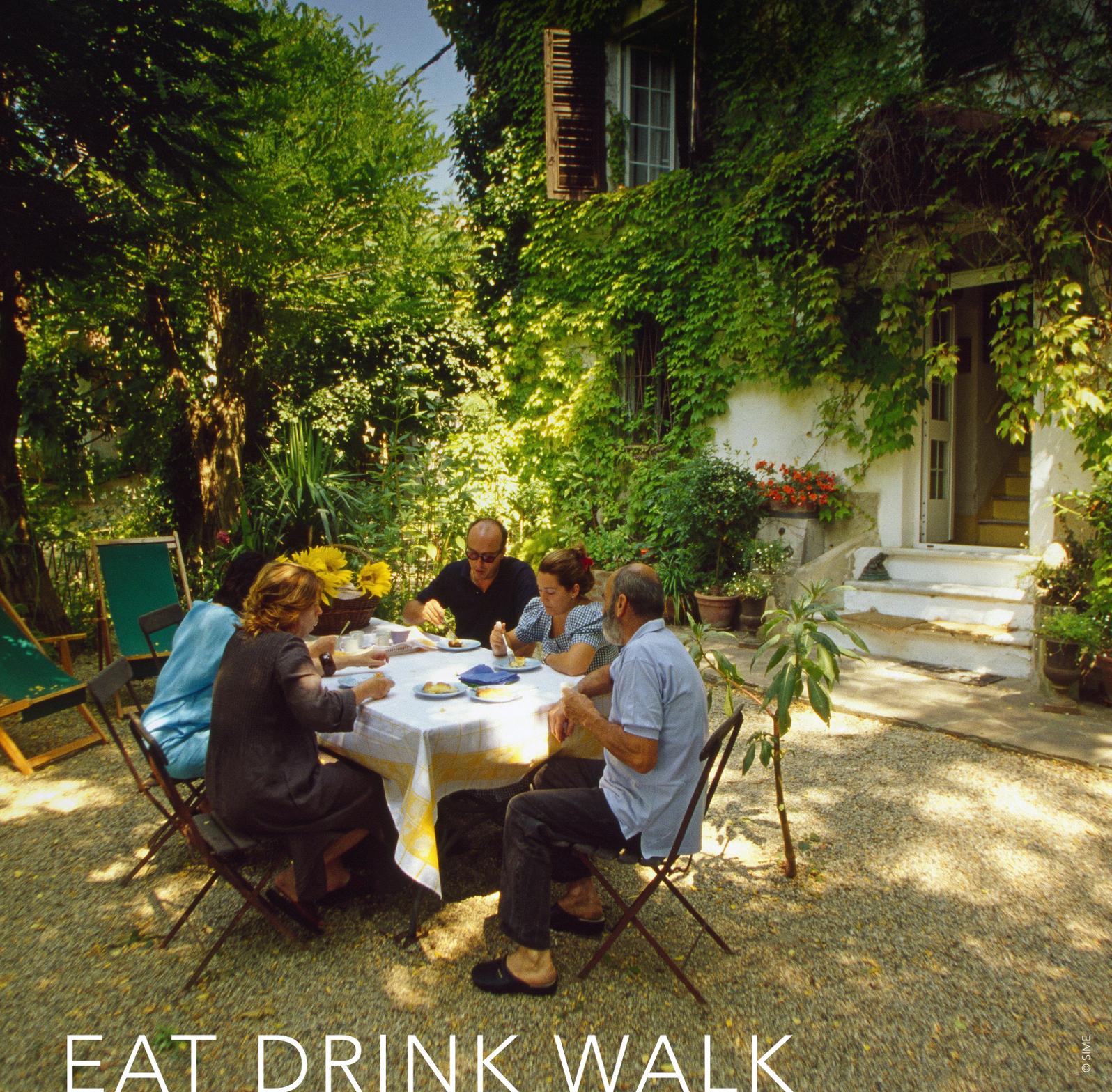
Growing up in a chef's family, aromas wafted from the restaurant's kitchen up to her second-floor bedroom at the quaint roadside hotel. It seemed like Anne-Sophie's destiny to one day take over the culinary reins.

Avoiding the heavy béchamel sauces of traditional French cooking, Pic favours seafood and innovative cooking methods with an Asian touch. Her fresh, minimalist cuisine incorporates ingredients such as abalone, céteau (a type of small sole), baby squid stuffed with pasta and pesto sauce, along with Jacques Pic's sea bass with caviar, the renowned dish invented by her father in 1971. It's seafood supreme. That's no accident. Her grandfather created a crayfish gratin that was the talk of France, and now it's her turn to pay homage to la mer.

“Two gutsy gals have helped change France's gastronomic landscape.”

Ironically, her hometown is near Lyon, the place where three other great female chefs were bestowed with France's supreme culinary award in 1933. Her predecessors, dubbed 'les mères de Lyon' – Eugénie Brazier, Marie Bourgeois and Marguerite Bise – once rolled up their sleeves and ladled out rich soups and sauces to the 'tarmac tourists', who ventured on Route Nationale 7, the famous route des vacances from Paris to Nice.

Now it's Chef Pic's turn. A culinary destination, La Maison Pic is ready to entertain the most discerning palate.



EAT DRINK WALK

© SIME

Truffle hunting and discovering the pleasures of the Italian table on a walking romp through Piedmont

ANITA DRAYCOTT

It's hard to believe that the nugget resembling a knobby potato that a dog has just dug out of the ground is worth a fortune. But then I take a whiff. How can I describe the heady aroma? Is it earth, musk, garlic, honey, hay? Whatever it is, it's intoxicating. We've discovered the elusive 'white gold' of Alba. And the hunt has just begun.

I had booked myself on a gourmet romp of the Piedmont area of northern Italy with Italian Connection. And today I can tick off

truffle hunting from my list of things to do before I die.

Seductive and mysterious, truffles were thought to be an aphrodisiac by the ancient Greeks and Romans. Their exorbitant price (up to \$6,000 per kilogram) is due to their unpredictable growth habits and the fact that no one has been able to cultivate these fungi, which grow in a symbiotic relationship with the roots of oak, hazelnut and poplar trees. Normally a truffle hunter, known as



“We’ve discovered the illusive ‘white gold’ of Alba. And the hunt has just begun.”

a *trifulau*, works alone, never divulging the whereabouts of his truffle troves. In fact, canines have been poisoned and kidnapped for ransom in this dog-eat-dog quest for diamonds in the rough. But thanks to our guides, Peter Blackman and Daniela Bigatti, *trifulau* Ermanno Scaglione has agreed to lead us through the forest at Castelgherlone, a wine estate outside Alba.

Just as the fungi and tree roots have a special relationship, so do Ermanno and his adorable mutt, Mara.

“Aspetta,” calls Ermanno after Mara unearths another truffle. She obediently waits until he exchanges the nugget, about the size of a golf ball, for a piece of kibble.

Ermanno explains that it took about three months to train Mara. By putting some bits of truffle in her food she acquired a taste for them and now associates that taste and smell with food. Ermanno then taught Mara

to fetch balls scented with truffles. Eventually, he buried the balls deeper and farther away.

Originally pigs were employed to hunt truffles but they were too hard to train and often gobbled up the prize before the *trifulau* could lay his hands on it.

It takes about three months for winter white truffles to mature, at which point their spores release that addictive aroma from beneath the earth. Often the truffle hunter and his dog have their best luck early in the autumn evenings, when the cold air keeps the scent close to the ground.



After about two hours of tromping through the woods, Ermanno’s pockets are full. We head up to his friend Luca Tosello’s winery for some sips of Barbera, Dolcetto and Nebbiolo vintages, a picnic of cheeses liberally sprinkled with truffle shavings and salami also infused with the pricey fungi.

The coveted *tartufo bianco* from the Langhe region, considered the finest in the world, inspired Alba’s annual fall truffle fair, now in its 79th year. Later in the afternoon we followed the throng along Via Vittorio Emanuele making its way to the Palatartufo, the fair’s market, where you can buy whole white and black truffles, robust wines from the region, mountain cheeses and all manner of gourmet items infused with truffles, from olive oil to sea salt to ravioli. Admission is two euros; 10 euros if you want a glass with which to sample the many wines.

You can literally follow your nose to the Palatartufo as the unmistakable truffle aroma wafts from the entrance and mingles with the smell of chocolate from the nearby Ferrero Rocher factory.

Alba’s White Truffle Fair, from mid-September to early December, includes cooking competitions, outdoor markets and charity auctions. I’m told that the donkey palio is hilarious, unlike its serious horse race counterpart in Siena.

The grand finale to our truffle binge was dinner at a country inn where it’s possible to B.Y.O.T. Indeed, Peter who had purchased about €300 worth of white gold from Ermanno, turned the bounty over to the chef.



The raw truffles were presented on a bed of uncooked Arborio rice in the middle of the table. We passed them around and, using special truffle slicers fitted with stainless steel blades, shaved liberal portions over a local sausage with creamy sauce, porcini risotto and scrambled eggs. Yes, it was a once-in-a-lifetime indulgence.

Thankfully, each day included a six to 15-kilometre walk to counterbalance our intake of remarkable food and wine. Leaving Alba, we tromped through vineyards and up to the town of Barbaresco for a wine tasting and lunch. Most of us napped in the van while our guides drove us to Lake Orta and its medieval cobblestone village, Orta San Giulio, where we had plenty of free time to



BON VIVANT

“ Yes, it was a once-in-a-lifetime indulgence. ”

explore the town or take a boat over to Isola San Giulio, known as the Island of Silence and dominated by a baroque basilica.

That night we were treated to real home cooking. Chef Lili used to run an excellent restaurant in Orta that our guides frequented. However, because she'd closed her restaurant and was in the process of seeking a new location, Lili invited our group to her mother's house for porcini risotto (yes, more truffles), beef braised in Barolo wine and silky panna cotta.

Going on an authentic truffle hunt and dinner at a friend's home are just a couple of examples of what makes Italian Connection tours unique. Founder Anita Iaconangelo seeks off-the-beaten-track trails and experiences. High above Lake Orta, for example, we followed a series of mule paths to an idyllic spot by a stream where Peter had laid out a picnic of local cheeses, cured meats, olives,

fresh bread and a chestnut cake.

On the last day we hiked up the Monte Mottarone and took a breather at the top to photograph the spectacular views of Monte Rosa, the tallest peak in the Swiss Alps, and Lakes Maggiore and Orta shimmering below. From there we rode the funicular down to the shores of Stresa on Lake Maggiore. Early in the 1900s Stresa became a stop on the Grand Tour for wealthy Brits and Europeans. Not to be missed is a boat



© ANITA DRAYCOTT



ride over to the aptly named Isola Bella (Beautiful Island) where a palace complete with fantastic baroque gardens filled with statuary, terraces of perfumed tropical plants and strutting albino peacocks was built for Count Borromeo. Here, nothing succeeds like excess.

We began our final evening with cocktails at the Grand Hotel des Iles Borromees, which must be just as palatial now as it was when Ernest Hemingway used it as his setting for a romantic tryst in A Farewell to Arms.

For dinner Peter and Daniela found a quaint trattoria up in the hills that was once a tram

station. Over plenty of robust Piedmont wine and a multi-course feast, our group exchanged addresses, toasted our superb guides and discussed various strategies on how to cram all of our souvenir bottles of wine, grappa and truffle oil and packages of dried porcini mushrooms, pasta and Arborio rice into our luggage. I think of them as training aids for my next romp through Italy. After all, Anita recommends that the best way to prepare for one of her authentic adventures is to "get out and walk, eat pasta and drink wine." Those are marching orders I can follow with great gusto.

Truffle Trivia

The record price paid for a single white truffle was set in December 2007, when Macau billionaire and casino tycoon Stanley Ho paid US\$330,000 at a charity auction for a specimen weighing 1.5 kilograms.

The Italian white truffle is considered to be superior in smell and taste to the French black truffle. It should be eaten raw in thin shavings over bland foods such as pasta, rice and eggs.

Store truffles unwashed, wrapped in a paper or cloth towel in a sealed glass jar in the refrigerator and use within 15 days.

Truffle oil is much cheaper and wonderful drizzled over scrambled eggs and wild mushroom soup.

For information on Alba's White Truffle Fair, visit www.fieradeltartufo.org/en.

Cruise

Crystal Cruises

Savour a *zarzuela de mariscos* in Barcelona, *pasta con le sarde* in Taormina, *bouillabaisse* in Cannes and the exceptional wines of Tuscany on a gastronomic journey to favourite destinations.

Cruise 0312: Taste of the Mediterranean

Venice to Barcelona
May 25 to June 6, 2010
12 Days (3 sea days) aboard *Crystal Serenity*

Offers: 2-for-1 Fares » \$1,000 As You Wish Shipboard Credit » Free Air » Price Guarantee » Crystal Family Memories Program »

Theme: Crystal Wine & Food Festival



Food Expert André Soltner

André is the former owner of Lutèce, a legendary, 4-star, classic French restaurant in New York. He now teaches at the French Culinary Institute and is an award-winning, 'Master Chef of France.'

Wine Expert Doug Frost

Doug is one of only 3 people in world to achieve the distinctions of both 'Master Sommelier' and 'Master of Wine.' He is the author of 3 books: *Uncorking Wine*, *On Wine*,

and *Far from Ordinary Spanish Wine Buying Guide*. Doug is the wine and spirits consultant for United Airlines and writes about wine and spirits for numerous publications, including *Santé* and *Cheers* magazines, and the James Beard Award-winning *Kansas City Star* food section. He is also Director of the Jefferson Cup Invitational Wine Competition and founding partner of Beverage Alcohol Resource, an educational and consulting beverage company.



Cruise

Princess® Cruise Line

It's not just a meal. It is an food extravaganza!

Imagine having the Executive Chef of a luxurious cruise ship prepare a multi-course feast just for you and another nine guests.

Well, it can become your reality.

Princess Cruises® provides a small group of ten, an incredible evening filled with mouth-watering delicacies and exquisite wines. The evening begins with a visit to the galley and then onto a night full of memorable tastes, sights and conversation. Over a glass of French champagne served with appetizers



such as *foie gras* and *ceviche*, the Executive Chef presents the menu for the evening. Then, the banquet commences. Course after course is presented, discussed and enjoyed and paired with the finest of wines. As you enjoy dessert, the Executive Chef returns for a post-dinner discussion with the specially invited guests. And to top off this great experience, each guest receives a copy of the best selling Princess cookbook *Courses: A Culinary Journey*.

Guests who intend to partake in this feast must reserve immediately upon arrival on the ship to ensure their spot. There will be an additional fee of \$75 per guest.

Sample Galley Dinner Menu

Flambé of Skewed Pork Tenderloin

Bloody Mary Sorbet

Grilled Lobster Tail

Filet Mignon

Lamb Chops

Risotto & Market Vegetables

Parfait



Cruise

Cunard®

Opulent, magnificent, elegant - these are just a few words to describe life on Cunard's majestic vessels which truly reflect 'living the good life.'

Dining onboard is always a special event. Whether guests choose the ship's spectacular dining room or one of the alternative restaurants, the experience is one-of-a-kind.



“Dining onboard is always a special event.”

Jean-Marie Zimmermann and Todd English are two incredibly talented chefs among the team that create the most memorable menus.

Chef Zimmermann, Cunard's Global Culinary Ambassador and winner of a coveted Michelin star, ensures every dish served meets his high standards.

This commitment to quality extends to *Queen Mary 2®* and *Queen Victoria®*'s specialty dining, including namesake restaurant of Boston's star chef, Todd English, whose delectable dishes push boundaries of creative Mediterranean cuisine. His philosophy for the Todd English restaurant* is simple: "I want guests to feel like these restaurants are similar to out-of-the-way gems they discover when they travel to new cities - after all, the ships are really like cities themselves."



*Surcharge applies. Reservations required.

Artichoke Guacamole

Ingredients :

- 6 large fresh, frozen, or canned artichoke bottoms, including stem except for 1/2 inch
- 1/2 small red onion, finely chopped
- 1 large beefsteak tomato, chopped
- 2 tablespoons fresh lemon juice (about 1/2 lemon)
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon toasted sesame oil
- 1/3 cup chopped scallions
- 3 tablespoons chopped fresh cilantro leaves
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

Place the artichoke bottoms in a small saucepan, cover with water, and bring to a boil over high heat. Reduce the heat to medium-low and cook until the artichokes are very soft, about 20 minutes. Drain.

• When they are cool enough to handle, finely chop the artichokes and place in a medium-size mixing bowl. Add the onion, tomato, lemon juice, olive oil, sesame oil, scallions, cilantro, salt, and pepper and gently mash with a fork.

Cruise

Avalon

Expand your horizons on an Avalon Waterways wine-themed river cruise. Learn the differences between an Austrian Grüner Veltliner and a French Sauvignon Blanc. A distinguished wine authority explains how various grape varieties are cultivated, and teaches you what to look for in a good wine. Visit a wine village and taste the wines to test your new-found talent. This is an adventure Bacchus himself would enjoy!

Windmills, Vineyards & Paris Wine River Cruise

Amsterdam to Paris - July 31, 2010
Category E, Indigo Deck, CDN \$4,855

Book by March 31, 2010 and save an additional \$500 per person/\$1,000 per couple

Vineyards, vintages, varietals and some very fine wines are the focus on this exciting itinerary. As you leisurely float past the legendary vineyards along the Rhine and Moselle Rivers, a distinguished wine authority will describe how grape varieties are cultivated, and will teach you what to look for in a good wine. On board your ship, the luxurious *Avalon Affinity*, participate in regional tastings, attend fascinating lectures on French and German wines, and be pampered at a food and wine pairing gala dinner.



“Vineyards, vintages, varietals and some very fine wines.”

The Legendary Danube Wine River Cruise

Prague to Budapest - October 27, 2010
Category E, CDN \$3,160

Enhance your knowledge and love of European wines on our exhilarating “The Legendary Danube Wine River Cruise. Learn the differences between an Austrian Grüner Veltliner and a German Riesling Spätlese—and a whole lot more! A distinguished wine authority will describe how grape varieties are cultivated, and will teach you what to look for in a good wine. Participate in a wine tasting excursion in Prague, marvel at Austria’s legendary Wachau Wine Valley, and consider visiting the Wine Academy or a typical Wachau wine cellar in Melk. On board your ship, the splendid *Avalon Tranquility*, attend an Austrian sweet wine lecture and tasting, and be pampered at a food and wine pairing gala dinner.

Burgundy & Provence Wine River Cruise

Paris to Côte d’Azur -
August 21 & October 30, 2010
Category E, From CDN \$3,652

This beautiful itinerary appeals to wine connoisseurs or amateur enthusiasts alike! Onboard, listen as one of Avalon’s wine authorities explains how grape varieties are cultivated and teaches you what to look for in a good wine. Visit a wine cave in Beaune, and participate in tasting excursions of France’s famed Burgundy, Chardonnay, and Châteauneuf-du-Pape wines. On board your ship, the magnificent *Avalon Scenery*, attend a Beaujolais wine tasting, a food and wine pairing gala dinner, and a scrumptious wine and chocolate tasting. Another adventure Bacchus himself would enjoy!

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Tour

Trafalgar Tours

'Be My Guest' for authentic dining experiences in Italy, Spain, Portugal and France operated by Trafalgar Tours.

Trafalgar Tours brings European hospitality to life with the 'Be My Guest' feature included in many of their escorted tours. Each of these unique experiences will be hosted by a local family, from an 18th-century farmhouse-winery in Tuscany to a old traditional Italian home in Sorrento overlooking the Bay of Naples. Guests will get a glimpse into the culture and lifestyle of their host family. It's a great once-in-a-lifetime experience.

66 You will enjoy a home-cooked meal prepared by 'mamma' - exclusively for you. 99



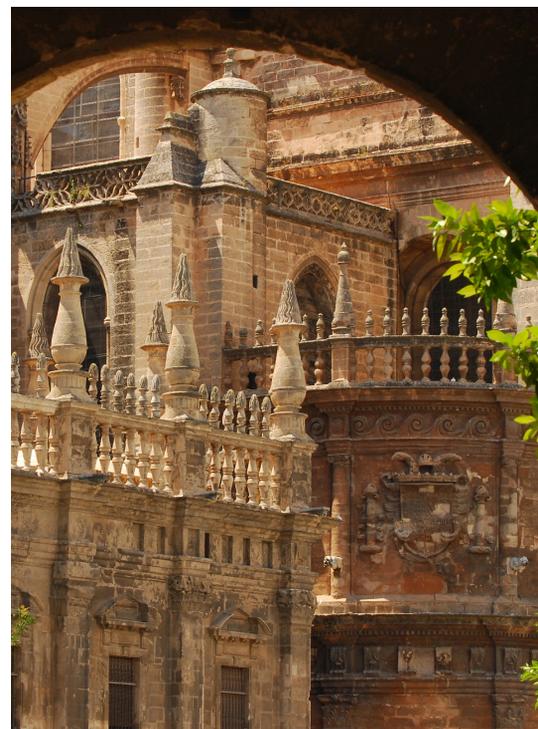
Seville - Spain

Nothing typifies an evening in Seville like visiting a bodega in the Barrio Santa Cruz. Trafalgar Tours lets you experience the real Seville at a typical Spanish bodega. Guests will be treated to a hearty welcome and a glass of local Manzanilla sherry. Enjoy a tasty selection of tapas and other specialties while soaking up the charm and atmosphere.

Sorrento - Italy

High up in the hills of Sorrento, you will be welcomed into a traditional family home set amongst lemon groves and a winery. Sample some of the boutique wines produced on the estate and learn about the entire wine making process. Later, while overlooking the spectacular Bay of Naples and surrounded by the fresh aroma of lemon groves, you will enjoy a home-cooked meal prepared by 'mamma' - exclusively for you!

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Cruise

Oceania Cruises

Since the inception of Oceania Cruises, their ships have delivered an unparalleled onboard experience. This tradition proudly continues with the refined *Marina*, the newest ship to personify the Oceania experience.

On *Marina's* maiden voyage from Barcelona to Miami on January 22, 2011, culinary enthusiasts will discover the many indulgences, aboard this beautiful vessel starting with Oceania Cruises' signature "finest cuisine at sea" in six restaurants, including two new gourmet venues — Jacques and Red Ginger. Enjoy exclusive food and wine pairings at La Reserve or host a private dinner party at Privée. For special coffees and snacks, there is Baristas Coffee Bar. The new Bon Appétit Culinary Center offers hands-on cooking instruction under the guidance of master chefs. Similarly, artists-in-residence teach fine arts in the Artist Loft, a new enrichment center. Intimate lounges abound. Accommodations in every category are incredibly spacious, especially with regard to the lavish bathrooms.

Oceania's partnership with Master Chef Jacques Pépin soars at a new level aboard *Marina*. Dine at Jacques, the eminent Chef's first restaurant to bear his name on land or sea, and you will be instantly struck by the sensory pleasures. Luscious aromas waft from the gleaming glass and brass show rotisserie in the room's heart, where duck, pork, chicken and veal roast slowly, sealing in their succulent flavors. Handsomely decorated with rich fabrics, heirloom antiques, pickled wood furnishings and art from Jacques' personal collection, it resembles a classic Parisian bistro. Exceedingly comfortable and chic, the ambiance is pure French, as is the cosmopolitan yet wonderfully approachable cuisine.

Chef Pépin has taken the classics, deconstructed them, and then ingeniously re-created each remarkable dish. This is coq



au vin as you have never tasted it before. Rotisserie-roasted chicken falls off the bone, bursting with flavour. His Steak Frites pairs the succulence of prime beef with the crisp sweetness of pommes de terre. At Jacques, simple classic French cuisine becomes incredibly elegant and, of course, absolutely *magnifique*.

In the Bon Appétit Culinary Center aboard *Marina* – the only hands-on cooking school at sea – you will learn how to prepare a variety of exquisite dishes in a state-of-the-art culinary studio under the tutelage of Master Chefs from around the world. You'll experience the regional flavours of the destinations by using fresh, locally purchased produce, meats and fish. Imagine accompanying *Marina's* chefs while shopping for *porcini* mushrooms in a quaint village market, or selecting freshly caught seafood along the waterfront.

OCEANIA CRUISES®
Your World. Your Way.®



European Legends Cruise with Jacques Pépin

Copenhagen to Lisbon
August 10, 2010 aboard Oceania's *Insignia*

World-renowned Master Chef and Oceania Cruises' Executive Culinary Director, Jacques Pépin, hosts this culinary sojourn delving into 7 countries in 14 days. Guests will be treated to specially designed signature menus, engaging lectures, culinary demonstrations, book signings and much more.

Bridging the northern reaches of Europe and the western shores of the Iberian Peninsula, this voyage stands out by blending marquee destinations with several unique treasures and even brand new ones – medieval Brest and enchanting La Rochelle.

“You will be
instantly struck
by the sensory
pleasures.”



Istria's Culinary Revolution

STEPHANIE ORTENZI

The Croatian peninsula of Istria hangs like a cluster of grapes from the Slovenian border, a stone's throw from Italy.

Like a child of divorced parents, Istria's custody volleyed back and forth depending on the era's spoils of war. In the 15th century, Austria and Venice split the peninsula in half. At the end of the 18th century, Austria took all of Istria, but it reverted to Italian rule in 1919 for approximately 25 years. Then Yugoslavia claimed it after World War II, until the Independence of Croatia in 1991.

Because of the long Italian influence, Italianate cooking is prevalent: pasta, pizza and prized olive oil. Austria's influences can be seen in pastry and Germanic styles of charcuterie. Slavic accents take the form of hearty stews with flavourful spicing.

With these influences, Istria has carved out a unique heritage of indigenous artisanal foods. *Prsut* is similar to prosciutto, but it's smoked and more flavourful than its Italian cousin. Slices of fresh *prsut* are often delicately sautéed in olive oil and finished with a splash of wine. *Pag* is a sheep's milk cheese from the town of the same name. *Pag* of various ages often appears as a cheese course for comparative tasting.

Istria is also home to a prodigious wine industry, which has recently begun to export its vintages. Visitors are as likely to take a wine tour as they are an olive oil tour to taste a range of award-winning oils. The peninsula's other treasure is the abundant



truffle, used in just about everything including sweets.

The cuisine specializes in fresh, simple fish and seafood. Fish always gets a light touch, most often grilled, stewed, baked in sea salt or served raw. *Buzara* is a braising style with tomatoes, garlic, herbs and white wine or lemon. Cutting-edge chefs are cooking *sous vide* style, a method of cooking food in vacuum-packed bags immersed in hot, temperature-controlled water kept at a low heat for a long period of time, which intensifies the inherent flavours and keeps food juicy.

For casually rustic food, Istria has the *konoba*, a family-run trattoria with groaning boards of hearty food. Many of them use the *cripnja* or *peka*, a large cast-iron pot on legs with a perforated lid that is designed to go into a wood stove on top of hot embers. It gets hot fast and stays hot, imparting smoky flavours to lamb, pork, large pieces of fish or vegetables.

Istrian restaurant culture is cosmopolitan, though critics consistently laud three Istrian restaurants, each of them on the Adriatic seaboard.

In the small port town of Novigrad in the north, **Damir e Ornela** serves Istrian sushi, which is actually sashimi, since rice in Istria is usually turned into risotto. Damir also fries and grills, but people consistently swarm to the busy 28-seat *boite* for its thin slivers of fresh fish anointed with local olive oil. Some

of Damir's surprising matches are sashimi with truffle, or raw sole with polenta and wild asparagus. Damir's daughter, Mattea, has also taken up the sashimi knife while her mother, Ornela, makes the restaurant's pasta.

Monte is in Rovinj, in the middle of the coast, a spot for posh Italian-Istrian food and bold flavours done in a modern style. As a starter, you may be presented with a quartet of miniatures to taste: *prsut* with melon foam, a sashimi sampler, foie gras and tapenade. The house favours degustation menus with wines matched to courses along the lines of



© SIME
Bottle of Moscato wine.



© SIME
Prsut and Pag, typical Istrian food.

66 Istria has carved out a unique heritage of indigenous, artisanal foods. 99

pepper gelée, calamari stuffed with shrimp, horseradish foam on half-seared tuna and lemon presented four ways: sorbet, gelée, cake and foam.

The ultimate in Istrian dining is at Valsabbion in the southern town of Pula. Famous for a theatrical presentation of clams cooked in black salt, Valsabbion is also an exclusive 10-room hotel with spa and al fresco dining overlooking the bay. The kitchen consistently takes top honours for haute cuisine built around the Istrian terroir. A degustation menu might include an olive oil aperitif, olive butter for the house-made bread, truffled risotto, scallops in squid-ink pasta with wild asparagus, an intermezzo sorbet with lavender, a wild fruit cup and fennel ice cream with chocolate and sea salt.

Baked salt-crust fish

Serves 6

- 5 lbs whole sea bream or snapper, scaled, fins and gills removed
- 8 egg whites beaten into stiff peaks
- 4 cups sea salt
- 4 twigs fresh thyme
- 4 bay leaves
- lemon wedges
- good olive oil

- Preheat oven to 400°F (approximately 200°C)
- Fold the salt into the egg whites
- Line a tray or large casserole with parchment paper
- Spread one-third of the salt and egg white mixture as a base for the fish
- Stuff the fish with thyme and place in the centre of the salt and egg white mixture
- Cover the fish with the remainder of the salt and egg white mixture and stud with bay leaves
- Bake for 40 minutes and let rest for 10 minutes
- To serve, crack open the crust with the back of a spoon
- Pull the crust and skin carefully away from the meat, and serve with lemon and olive oil
- Serve as a fish course with a green salad



Cruise

Silversea Cruises

To the delight of all sea-bound foodies, Silversea, through its exclusive partnership with Relais & Châteaux, has just introduced L'École des Chefs, a new interactive cooking school that will be featured on 11 of the cruise lines' voyages in 2010.

The Relais & Châteaux L'École des Chefs program offers guests a special culinary curriculum and entertaining events hosted by Silversea executive chef David Bilisland. Educated in classic French cooking, Bilisland's career includes several years as a chef instructor at the prestigious Le Cordon Bleu culinary school in London.



The curriculum for each of these cruises is carefully designed to celebrate the cultural flavour of the ship's itinerary. Highlights include specialized workshops covering a range of topics from basic knife skills and kitchen terminology to sauces and baking; cooking demonstrations with wine pairings and interactive Q&A sessions; lively cooking competitions between Chef Bilisland and the ship's own culinary team; a "Lunch and Learn" event offering small groups of guests a chance to sample a delicious meal of specially prepared dishes; and inspired "Take It Home" recipes that will give guests an edge when entertaining at home.

Also offered on certain voyages is a "Market to the Plate" experience that provides an escorted tour of a local market followed by a cooking class, and a "Culinary Outing," an instructor-escorted excursion to a local restaurant, hotel or other venue where guests can enjoy a unique culinary exploration.



SILVERSEA

The Whisky Generation

NICK KEUKENMEESTER

Everything old is new again. Bartenders who might once have given blank stares at requests for cocktails like the Rusty Nail are now well-versed in whisky-based recipes. Thanks in part to television shows like *Boston Legal* and *Mad Men*, the spirit that was once considered an 'old man's drink' is gaining popularity with a younger generation, for whom whisky represents power, intelligence and style.

Whether you call it 'Scotch' or 'whisky' (from the Gaelic 'uisge beatha' or 'water of life'), the best place to enjoy a 'wee dram' is, of course, Scotland.

What is Scotch? It's whisky. Whisky is a spirit made from barley, and sometimes other grains, which is crushed, soaked and fermented into a beer-like liquid called wash. The wash is then distilled into a clear spirit, which is aged in oak barrels to imbue it with colour and flavour complexity. Sounds complicated? It is.

When you are in Scotland, don't ask for a 'Scotch.' Ask for 'whisky' if you want a blend or 'malt' if you want a single malt. And just as important, never refer to a Scottish person as 'Scotch'!

Blended Scotch whiskies vary from cheap brands to well-known names such as Chivas Regal and Johnnie Walker. 'Blended' refers to the fact that both malted barley and other grains (unmalted barley, wheat and corn) are distilled. Grain whisky can be distilled in a continuous (Coffey) still to help keep costs down. The better examples like Johnnie Walker Black Label retain a characteristic flavour while offering more smoothness than malts.

Single malts are highly sought after by collectors. They are made entirely from malted barley and are distilled in old-fashioned pot stills. 'Single' means they come from just one distillery, whereas 'vatted' malts blend the malts of several distilleries.

Malt styles can be divided into regions: Islay, Highland, Lowland and the lesser-known Campbeltown (which no longer produces anything of great interest).

The Lowlands, near the English border, tend to produce malts used in blended whisky that offers a softer character and flavour.

Islay is an island halfway to Ireland. Try saying that quickly. Here the whiskies have a distinctly peaty (seaweed and salt) aroma and flavour. This is due to the local water and the fact that the barley is dried on peat fires. Lagavulin and Ardbeg are two key brands from this area.

The Highlands include Speyside and contain most of the famous brands like Glenfiddich and Glenmorangie, but also include the Island whiskies. I encourage anyone who enjoys a dram to explore them. Talisker from the Isle of Skye shows interesting spice and peat.

“As important to the Scottish experience as the Stone of Scone or Loch Ness.”

In the heart of Edinburgh and an easy walk from the castle is an attraction called The Scotch Whisky Experience. This is about as cheesy as it gets, but don't let that put you off. Amid the mechanical mannequins and audiovisual displays are some fascinating facts along with wonderful whiskies to taste. One fact I learned is that: in the 1820s King George IV discovered whisky. Since royalty were the 'Brangelinas' of the day, the English public soon followed suit. Later in the century Europe caught on to whisky after a phylloxera infestation devastated the French wine industry and made Cognac hard to find. This gave Scotch the international following that it has kept to this day.

Most retailers in Edinburgh or Glasgow have samples for tasting, or you could immerse yourself by visiting a distillery or two when in the Highlands.

However you do it, you will be experiencing something as important to the Scottish character as the Stone of Scone or Loch Ness.



When to drink whisky...

I know it sounds crazy, but the variety of styles and flavours means that pairing whiskies with foods can be quite exciting. You don't have to serve haggis. Smoked salmon, minted lamb, cheeses, pickled dishes and Japanese food all work, just for starters.

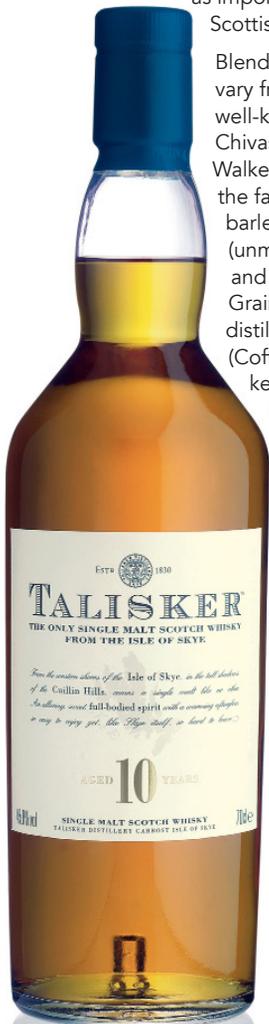
How to spell whisky...

Whisky is made all over the world, including Japan, Finland, Germany and Taiwan. The spelling 'whiskey' tends to be reserved for those made in the U.S. and Ireland. (Ironically, the spelling was changed to distinguish them from the once-inferior Scottish product!) The spelling 'whisky' is used for Scotch, Canadian and Welsh whisky. (In 2000, Penderyn Distillery started production of single malt whisky in Wales, the first since 1894. The tiny distillery is in the Brecon Beacons and makes stunning whisky.)

How to drink whisky...

If you want to taste the whisky add a little pure spring water. I know the distiller has spent much time and effort trying to take the water out of the whisky, but a little water brings out the flavour. Ice is fine for a refreshing drink but the colder temperature masks the flavours.

The Scotch Whisky Experience is located on the Royal Mile, at the top of Castle Hill adjacent to Edinburgh Castle, so you won't be the only tourist. A standard tour and tasting costs around £12. Children are welcome... but not for the tasting. (0131 220 0441)



Tour

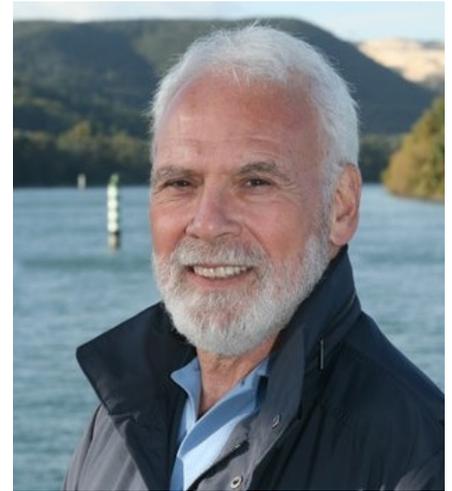
Globus

With more than 80 years of experience, Globus has created their hands-on Food & Wine vacations that will ensure your trip is absolutely delicious!

For food-lovers, this vacation to Switzerland is a dream come true. Learn about the gastronomic specialties throughout Switzerland with a full-circle tour from



Geneva to Crans-Montana to Lausanne. Enjoy an afternoon in Geneva with Burt Wolf, the host of the public television series *Travels & Traditions*, with lunch in Café Papon followed by a tour of Lake Geneva on an antique steamboat. This area is one of the great cheese producing regions of Switzerland. Discover why raclette is the ultimate melted cheese dish at lunch at the Chateau de Villa in Sierre. The most mountainous region in Switzerland is called the Valais. Ascend by cable car to Bettmerhorn to see the Aletsch Glacier with wonderful views of Switzerland's most famous mountain – the Matterhorn. Board the mountain train to reach Zermatt, a picturesque cluster of rustic chalets at the foot of the magnificent Matterhorn. The Valais is also the largest wine producing area in Switzerland. Visit the wine museum at Aigle Calse and enjoy a wine tasting at Chillon Castle. Discover Charlie Chaplin's contribution to chocolate during your



excursion to Vevey. Your tour ends with a lovely farewell dinner and many culinary memories of this beautiful area of Switzerland

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“For food-lovers,
this vacation to Switzerland
is a dream come true”

Cruise

The Yachts of Seabourn

There is no better way to discover intimate ports and harbours that are left unexplored by larger ships than aboard a Seabourn yacht. The jewels you'll uncover on shore are just one aspect of the experience, and the journey to each new destination is a culinary dream come true.

Each of Seabourn's five luxurious yachts offers extraordinary dining experiences. Choose to dine on deck in one of their al fresco eateries, or at your request, you can have dinner from The Restaurant served course-by-course in your suite, complete with white linens, fine china and silver service.

Celebrated Chef Charlie Palmer delivers on all levels; with an innovative menu that fills the senses with wonder. From traditional fine dining in the open-seating Restaurant and an eclectic and adventurous menu in Restaurant 2 to themed dining in The Colonnade and



more casual fare in the Patio Grill, Seabourn's acclaimed made-to-order dining experience is enhanced by their personal custom of welcoming you like an honoured guest – whose preferences are carefully noted, then thoughtfully indulged every night.

Perhaps that's why Seabourn has been honoured with the prestigious International Five Star Diamond Award for the last 13 years and was ranked Top Cruise Line Food in *Condé Nast Traveler's* 2007 Reader's Poll.

Don't miss special culinary events like *Shopping with the ChefSM* at local markets in select ports around the world. Learn from the masters of the *Chef's CircleSM* as guest chefs from well-known restaurants share their culinary secrets. Enjoy tempting treats and rare estate teas, compliments of our popular *Seabourn to a TeaSM*, complete with white glove service and relaxing, live music.





Bon Vivant

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