

GOURMET TRAVEL

2013

Haute cuisine

MOUNTAIN FARE IN THE DOLOMITES

SEA WORLD
A TASTE OF CANADA'S
MARITIME PROVINCES

STEAK OUT
CHICAGO'S
NEW MENU

FLAVOURS OF INDIA
INSIDER SECRETS FROM
GOA TO NEW DELHI

BEYOND
NOMA
DENMARK'S
OTHER
CULINARY
WONDER

Plus
BORDEAUX,
EDINBURGH
AND UK
ESCAPES FOR
FOOD LOVERS

PRODUCED BY
HOUSE
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PROMOTIONS

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Laura Archer is the editor of luxury travel and lifestyle magazine *Sphere* and has also written for

the likes of *Condé Nast Traveller* and *Insight Travel Guides*. Having once succeeded in eating lobster for breakfast, lunch and dinner, in Antigua, her drive through Canada's Maritime Provinces for *Gourmet Travel* was a dream come true. She says: 'Maritime by name, maritime by nature, every meal delivered the finest seafood I've ever eaten.'



Sarah Coghill is a travel and gastronomy photographer based in Copenhagen.

She is a regular contributor to travel and food publications in the UK and Denmark and travelled to Chicago for this issue of *Gourmet Travel*. 'For me, Chicago has it all,' she says. 'It is an extraordinary museum of beautiful architecture, with friendly people, freshwater beaches and a huge variety of great places to eat. I can't wait to go back.'



Lianne Harrison is an illustrator born in the Malvern Hills and currently working from her

London studio. Her favourite tools are paper, scissors and glue, which she uses to create detailed collage illustrations, such as the one showing Canada's Maritime Provinces in this issue of *Gourmet Travel*. 'I love to travel,' she says. 'One of my most recent trips was to Modena. I love the beautiful villages, the great food and locals gossiping over espressos.'



Welcome to *House & Garden's* annual *Gourmet Travel* supplement.

Once again we have rooted out for you a host of mouthwatering experiences around the globe to savour on your next holiday. For those who have skied the Sella Ronda, we suggest visiting the **Dolomites** in summer – a bucolic haven of mountain fare and cool-climate wines. If you have done Copenhagen, we recommend rural south-west Denmark, where many of the country's top chefs source their produce. For lovers of food, art and architecture, **Chicago** is our pick; while the Atlantic coast of **Canada** makes a fine gourmet drive. We hope these pages inspire your culinary travels in 2013. *Kate Crockett*



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Bites

India's culinary landscape is breathtakingly diverse and often overwhelming.

NEW DELHI



Priya Paul, chair of The Park Hotels, is based in New Delhi. She is passionate about boutique hotels, food, art and design.

'Delhi is about new experiences. I love going to fancy restaurants, of course, but it is more interesting to discover places around the city that are a little off the beaten track.'

'I am a great explorer of street food, and there is nothing better than walking through the narrow lanes of Old Delhi trying the exotic delicacies at all kinds of establishments, some of which have been running for over a century. One of my favourite places is **Parathe Wali Gali** – 'fried-bread alley' – a street famous for *paratha*.

Close by, in the alleyways of Matia Mahal bazaar, opposite the Jama Masjid mosque, is **Al Jawahar**, serving curries made to ancient recipes.

Their *korras* are very typical and do not contain modern ingredients, such as tomato.

'A funky spot, for its cafés, creative stores and great views, is **Hauz Khas Village**, one of Delhi's forgotten villages. It's green and overgrown, and you can wander the small lanes and not know what you might find. It's a place for fabrics, fashion ateliers, craftsmen, antique booksellers, and so on. Here, I love **Yeti** –

The Himalayan Kitchen (50A Hauz Khas Village), serving food from the mountain regions of India, from Kashmir to Nagaland. I also recently had a memorable evening on the terrace at **The Grey Garden** (A18 Hauz Khas Village), which serves New Indian and International cuisine overlooking the tombs and the lake.'



MUMBAI



Originally from Delhi, **Satbir Singh Bakshi** is the executive sous chef at The Oberoi, Mumbai, where he settled nine years ago.

'For me, Mumbai is the gastronomic capital of India. Being a cosmopolitan city, many cultures and cuisines have evolved here.'

'A few must-try cuisines that define Mumbai's food culture include Muslim, Gujarati, Goan, Coastal, South Indian, Parsi and Maharashtrian influences. But it is Mumbai's street food that captures the diversity and beauty of the local cuisine. The metropolis has a fast-food culture consisting of *vada pavs* (potato dumplings deep-fried in gram flour batter) – known as 'the Indian burger' – *panipuri* (filled crispy snacks) and *bhelpuris* (puffed-rice snacks). Such is the popularity of street food, that a number of restaurants now specialize in it, including some five-star establishments. Indeed, we have some of these snacks on our menu at **Fenix** at The Oberoi.

'Cooked with tomatoes, onion, green chillies and coriander, *akhuri* (Indian scrambled eggs) at **Britannia Café** (16 Sprott Road, Ballard Estate) is an old Parsi favourite of mine. I love to eat them with fresh bread and Amul butter.'

'One must also pay a visit to **Trishna**, in Kala Ghoda (Birla Mansion, Sai Baba Marg), for some of the finest seafood in the world. Semolina-fried Bombay duck, Koliwada prawns, Mangalorean fish *gassi* (curry) and Hyderabadi *khatti dal* – the food is sublime.'

KOCHI



India travel specialist and founder of Hotels Under 100, **Philippa Kaye** reveals her favourite places to eat in Kochi, Kerala.

'Cochin (Kochi) has dishes of Arab, Jewish, Portuguese and British origin, all of which are made so much tastier by Kerala influences such as the cumin, mustard and fenugreek, brought here by Arab traders.'

'In the sixteenth and seventeenth centuries, the Portuguese arrived, bringing chillies with them. Then, over a century later, the Dutch conquered the harbour, turning Portuguese churches into warehouses and building their own fort and a palace. The British followed

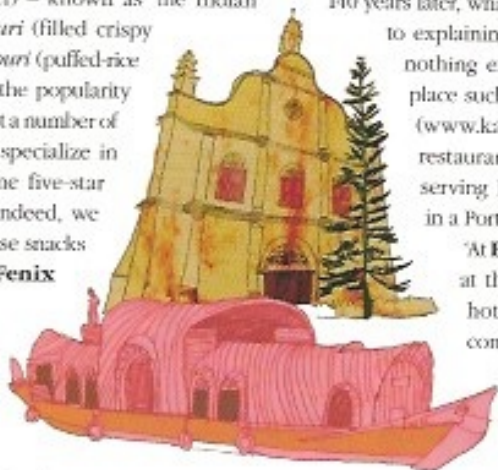
140 years later, which all goes some way to explaining why today there is nothing extraordinary about a place such as **Kashi Art Café** (www.kashiartgallery.com), a restaurant in Fort Cochin, serving British tea and cakes in a Portuguese mansion.

'At **History Restaurant**, at the Brunton Boatyard hotel (www.cghearth.com/brunton-boatyard) on Cochin's harbour, sample the Dutch lentil soup or, for a taste of Cochin's Jewish

past, sample *chattulli meen* – freshwater fish cooked with shallots in a green masala.

'There are several good Anglo-Indian dishes to sample, such as 'Dak Bungalow Mutton Roast' – which is mutton cooked for four to five hours to make it tender, then served with spices; and 'First Class Railway Lamb Curry' – lamb chunks in a thick coconut gravy with cashew and tomato. For a South Indian breakfast, choose from 57 varieties of crispy *dosa* at **Pai Brothers** on MG Road.

'Lastly, the Gujarati traders of Mattancherry are immortalised too with *unabhiyo*, a vegetarian dish made with unripened bananas and potatoes, which is available at numerous local restaurants. But, for me, one of the best dishes is simply the local fish curry.'



Here, six insiders reveal the tastiest morsels in the cities they know best

GOA



Chef Carina De Sa's family originate from Divar island, Goa. She recently opened ATona in Betim, serving Portuguese-Goan food.

'When I think of Goa, the first thing that comes to mind is music and the lifestyle. Along with that comes the food and drink, from the local brew, *fenny* (a spirit made from cashew and coconut), to the famous *bibinka* (coconut cake).

'What excites me about Goan food is its diversity. Long periods of Muslim, Hindu and Portuguese rule have left their influence on Goan cuisine, which is spicy and tasty.

'Besides famous dishes such as *umam* (fish curry) made with prawn or fish and coconut, one should also try the local sausages (Goan chorizo) and *solachi kaalbi*, a light kokum curry.

We serve many of these at **ATona**, as well as authentic desserts such as *godbhem* (which has a coconut jaggery base), and *seradara*, a Portuguese cream-based dessert.

'There are many more examples of the Portuguese influence on Goan cuisine, such as *balchao* and *feiçoada* bean stew, which is traditionally made with Portuguese sausage but has been adapted with Goan sausage.

'My favourite local places include **Mum's Kitchen** (www.mumskitchen.goa.com) – one of the few places to serve forgotten Goan dishes. Travellers must also visit the produce markets, such as **Mapusa**. Here, every Friday, you can find the freshest ingredients and local handicrafts. Alternatively, see the morning fish auctions at **Margoa market**, where you'll find Goa's restaurateurs bidding for the best catch.'

CHENNAI



Veteran of the Indian hospitality industry, Vinita Bajaj hosts personal shopping and food tours for Greaves Travel in Chennai.

'Tamil Nadu is fondly referred to as the 'rice bowl of South India', which explains why the staple food of this lovely city is rice. The traditional breakfast, or *tiffin*, consists of steamed rice cakes, known as *idli* (try these at **Murugan Idli**; www.muruganidlishop.com), accompanied by spicy lentil soup

(*sambar*) and coconut chutney eaten on a banana leaf. Other rice-based breakfast items include *masala dosa* – spicy potatoes made with South Indian spices wrapped in thin rice crepes – and *vadaai*, a round, fried snack made with pulses and curried leaves.

'Chennai is busy with many street stalls, while the city's most popular spots for South Indian

cuisine include the famous Saravana Bhavan vegetarian restaurant (www.saravanabhavan.com). For fine-dining, I recommend **Southern Spice** at

the Taj Coromandel and **The Raintree** at Taj Vivanta (www.tajhotels.com). The arrival of hotels such as the ITC Grand Chola, Park Hyatt and the Leela Palace has transformed the city's palate.

'Chennai also has a renowned café culture. The famous 'Madras filter coffee', which is prepared by using the premium Peaberry or less expensive Arabica coffee beans filtered with chicory, is distinct to this region – and not to be missed.'

HYDERABAD



Jonty Rajagopalan is the personable owner of Detours India, which offers culinary tours of Hyderabad, the capital of Andhra Pradesh.

'Hyderabad's food and culture is a mix of the north and south – and that is what makes it interesting. The early rulers, the Nizams, came from the north and brought with them their Mughlai cuisine, which merged with local ingredients and local eating habits to create Hyderabad's unique cuisine.

'The people of Hyderabad are passionate about food – there is a lot to eat here, from sheesh kebabs to *baaleem*, a thick porridge of mincemeat, wheat, lentils and spices. You can try this, along with various home-style dishes not normally seen in restaurants, at **Aish** at the Park Hotel (www.theparkhotels.com). For those with a sweet tooth, Iranian cafés around Charminar serve *Iraní chái* (tea) with *Osmania* biscuits, named after the last Nizam.

'A lot of people say that the only place for authentic biryani is Hyderabad, because the meat is cooked with the rice, rather than being cooked separately and assembled. The city is best known for the *kacbe gosht ki* ('raw meat') biryani, which is cooked in this way.

'In the Old City is a restaurant called **Shadab** (21 High Court Road, Charminar), which locals say serves the most authentic biryani around. Turnover is so high that you will always find fresh, hot food there.

'The standard accompaniment to the Hyderabad biryani is *mirchi ka salan* – chillies cooked in tamarind, peanut and sesame-seed gravy. Guntur is one of India's largest exporters of chillies and they are a signature of the cuisine of Andhra Pradesh and of Hyderabad.'



For information on travel in India, contact Greaves Travel (www.greavesindia.co.uk) or Ampersand (www.ampersandtravel.com)