

WINTER 2022

NEW CLICKABLE EDITION

THE TRAVELER'S TABLE

A chef in a red shirt is cooking with a large flame in a wok. The chef's face is partially obscured by the intense yellow and orange flames that rise from the wok. The chef is holding a metal tool, possibly a spatula or a long-handled spoon, and is looking towards the camera. The background is dark, making the bright flames stand out.

The Hottest Trips for Traveling Foodies

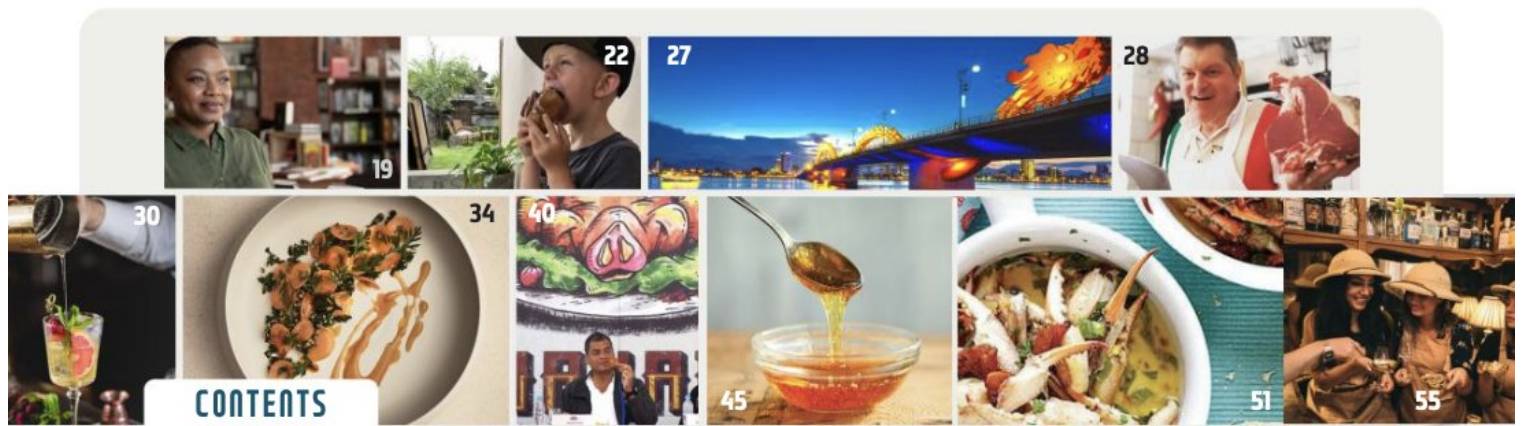
5 Chefs Reveal Their
Go-To Destinations

Perfect Pairings:
Tuscany | Da Nang | Warsaw

Who Cooks the Best
Pork in Ecuador?

Chasing Kerala's Spices

2021/2022 Gift Guide!



CONTENTS

- 19** **WHERE DO CHEF'S GO ON VACATION?**
A handful of chefs weigh in on their culinary travels
- 22** **THE CULINARY KID**
Born in Panama and living in Bali, Hawksley Spicer will try anything
- 27** **PERFECT PAIRINGS**
Partners, good friends, and new people all add flavor to our travels
- 34** **FOR THE LOVE OF FORAGED FOOD**
A celebrated Swiss chef brings high-end dining down to earth
- 38** **THE SCENT OF PARADISE**
Two cookbook authors visit the birthplace of their favorite spices
- 40** **DINING WITH EL PRESIDENTE**
Serendipity strikes on an après-Galapagos tour to inland Ecuador
- 45** **THE SWEETEST SOUVENIR**
The "third wave" of honey tourism is in full swing, and we're all in
- 51** **GIRLS GONE GLADING**
Grouper, alligator, crab "scoobies" – plus Cuban food after dark
- 55** **TRANSATLANTIC GLAM**
A spirited traveler sails across the sea to attend The Ginstitute of London

DEPARTMENTS

- 3** From the Editor
- 4** Contributors
- 6** Small Bites
- 14** Sea Foodies
- 48** Gift Guide

THE TRAVELER'S TABLE: DIGITAL REMIX

What's better than a magazine about travel and food? Devouring The Traveler's Table in an easy, eco-friendly, digital format that makes plotting your next foodie adventure oh-so satisfying!

As you feast your eyes on these tantalizing pages, be sure to click the interactive icons to see juicy content and supplier videos that sync with each page's theme.



LOOK FOR THESE ICONS INSIDE THE MAGAZINE

Contributors

The Traveler's Table 2021



ROBIN CHERRY lives in the Hudson Valley and writes about travel, food, and popular culture. She's written two books: *Catalog: The Illustrated History of Mail Order Shopping* and *Garlic: An Edible Biography* (with over 100 recipes). She's visited over 100 countries and has a passion for Central and Eastern Europe. Pages 14-16



Based in Colorado, **NANCY HELLMRICH** is a recovering advertising creative director and active travel enthusiast. Her work includes brand alignment projects as well as travel stories. Her recent adventures include grappa tasting on the coast of Croatia, cycling in New Zealand, snuggling up in Sweden's Ice Hotel, and glamping in the Sahara. Pages 6-13, 51-53



SMITA AND SANJEEV CHANDRA Based in Toronto, Smita and Sanjeev share their expertise in South Asian cuisine via vlog, radio and television appearances, and cooking classes. Here, the authors of three best-selling cookbooks track down the origins of their favorite spices, pages 38-39.



MICHAEL SHAPIRO Michael's book, *The Creative Spark*, just won a 2021 Independent Publisher (IPPY) award. Fresh from an interview with Jane Goodall for National Geographic, he took time to tell us about his "El Presidente" moment on a trip in Ecuador, pages 40-42.



CAROLYN B. HELLER Based in Vancouver, Carolyn is a travel, food, and feature writer who has eaten her way across more than 50 countries. She's the author of three Canada guidebooks, and has been published in *Travel + Leisure*, *TIME*, *Lonely Planet*, and more. Page 27.



CHANTAL PANOZZO, Currently living in Chicago, Chantal spent almost a decade in the land of cheese, chocolate, and people who can pronounce her name. She is the author of several books, including *Swiss Life: 30 Things I Wish I'd Known*. Page 34.



Canadian by birth, **LAUREN SPICER** is an avid traveler, writer, content creator, and community engagement specialist. She is currently living in Bali, Indonesia, with her partner and two children, the eldest of whom is featured in her story on pages 22-24.



RUKSANA HUSSAIN Ruksana is a journalist and editor who revels in eclectic cultural experiences. Born in India, raised in Oman, she now calls Los Angeles home. Her work has been published in *Cuisine Noir*, *Edible Los Angeles*, *Dining Out*, *Global Glam*. Pages 19-21



GABBY PEYTON is a food and travel writer based in St. John's, Newfoundland, Canada. Her obsession with documenting travelling to eat on her blog *The Food Girl in Town* has turned into a decade-long journalism career. She is the current restaurant critic for *The Telegram* and writes for media outlets, such as *en Route*, *Eater* and *CBC*. Page 28.



JANICE TOBER Janice is the executive editor of *Hotel Addict* and a freelance travel and lifestyle writer. She's a former contributing editor for CNT's *HotelChatter* and has written for *Lonely Planet*, *Trivago*, *Bravo TV*, *iExplore*, and more. Page 55.



EMILY MANTHEI Emily is a Berlin-based travel writer covering Central Europe and her home state of California. Her work has been published in *Bon Vivant*, *Deutsche Welle*, *Open Skies*, and many other publications. Read her story about Warsaw cocktails on page 30.



WAHEEDA HARRIS Waheeda writes about art, culture, cuisine, travel, and people who are passionate about what they create. A regular contributor to *Toronto Star*, *en Route* magazine, *Travelweek* and *Travel Life*, she shares her knowledge of honey and apitourism with us on page 45.

Where Do Chefs Go on Vacation?

by RUKSANA HUSSAIN

Travel is sometimes such a transformative experience that we take away more than memories when we leave. I enjoy bringing home ingredients from a favorite dish, so that I can continue to savor the dish long after my memories have faded. Among my mementos turned staples are Rwandan coffee and Indian spice mixes. But what do professional chefs bring back from their travels and where do they go to find inspiration for their menus? To find out, I contacted a few chefs I've met over the years.

Here's what they had to say.



Credit: Adel Ferreira

“I go home to my grandparents’ house in **Venda, Limpopo**. It is a trek across **South Africa**, from the tip in Cape Town to the border that separates us from Zimbabwe, where the family farm and burial grounds are in Tshifudi. Usisi (grandparents’ housekeeper in Xhosa) shows me traditional methods of preparing food—how to harvest, dry and grind leaves, and which ‘weeds’ can be eaten. Identifying the correct dark leafy greens, a staple in many African homes called Moroho, is important. I now recognize some of the Moroho growing in the garden or along the roadside. I grow more in my foraging experience with every walk outside and conversations with Usisi.”

Chef Amanda Manyatshe from South Africa, Private Chef at For the Foodie in Me



Credit: Caerula Mar Club

“My wife is from **Lima, Peru**, and visiting her family in the place where she grew up has impacted my cooking at *Caerula Mar*, where we use fresh-caught seafood, tropical fruit and citrus. From street food like hot corn tamales to bright ceviche and earthy proteins, the slow food of Lima and the love family members put into cooking for us in their kitchen has inspired many dishes and encouraged me to incorporate Peruvian techniques. We do a grilled garlic lemon shrimp served with Peruvian aji amarillo sauce, and my take on Peruvian ceviche, made with fresh hogfish, shaved red onions, cilantro, goat peppers, and a lime garlic ginger marinade.”

Chef Sebastian Perez from Argentina *Executive Chef at Caerula Mar Club in South Andros Island, Bahamas*



Credit: Chef Pérez

“In August this year, I had one of the most revealing and inspiring trips to Kendall Jackson Winery Culinary Gardens in **Santa Rosa, California**. The whole experience starts with their sensorial garden, where they introduce you to some of the smells and flavors that you later identify in their wines. The complex includes many peculiar products and ingredients, one of which was the ‘oyster leaf.’ I close my eyes, taste a little bit of it, and it was like having a fresh oyster, but it was a plant! Now we are growing that plant to incorporate it in our next menus. The whole experience was truly unbelievable.”

Chef Sergio Pérez *from Mexico, Executive Chef at Casa Salles Hotel Boutique in Tequila*

“There are no rules when you create a recipe for a new menu. Maybe there’s only one thing you must keep alive and that’s curiosity. But after curiosity, there’s the necessity that guides you in cooking. At the moment, I have to substitute Romanesco broccoli with a seasonal ingredient, so I took inspiration from **Val Granara**, not far from Rome, where I went for a relaxing weekend. The area is known for its porcini. I loved their veal shank with porcini and decided to use porcini inside the Romanesco broccoli to create my personal version of the dish. The aroma and flavor are intense, the taste is strong and distinct, and has a soft flesh perfectly mixed with the porcini.”

Chef Antonio Vitale from Italy, Executive Chef at *Bettoja Hotels* in Rome



Credit: Bettoja Hotels

“My last memorable holiday was in **Playa del Carmen, Mexico**, and the most recent in **Dubai, UAE**. In Mexico, I went to the market to find spices and products but found many were the same as ones in Africa. Hibiscus flower is called flor de jamaica in Mexico and we make the same juice out of it in West Africa. The technique of slow cooking meat under the sand is the same as in Niger. The Dubai experience was full of oriental spices and olfactive memories. Saffron from Iran, lavender from Syria, and sumac from Oman—I use them all in my marinades or to plate a dish, it adds that extraordinary flavor.”

Chef Paule Beke from Ivory Coast, Executive Chef for *Douceurs d’Ivoire* in London



Credit: Chef Beke