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CELEBRATED LIVING

Giada De Laurentiis

A Winning Combination

INSIDERS' DINING GUIDE

8 Cities, 16 Experts,
24 Delicious Possibilities

ITALY IMMERSION

A Feast for the Senses

Why You Must Visit These
9 UNIQUE WINERIES

COCKTAIL COMEBACK

Classic Spirits Hip it Up

WINNER
**BEST
QUARTERLY
MAGAZINE**
WESTERN PUBLISHING
ASSOCIATION

FOODIE NEWS

Cutting-Edge Kitchens
Best of Barbecue
Farm-to-Table Favorites
Gourmet Ingredients

The Food and Wine Issue

OUR ANNUAL GOURMET GUIDE



AVOID THE DIET SABOTAGE BROUGHT ON BY TRAVEL

Healthy restaurant menus are on the rise in hotels, sparing travelers common diet pitfalls. **FAIRMONT HOTELS & RESORTS** recently introduced gluten-free, heart-healthy, macrobiotic, and raw food menus at each of its 60 hotels. Nutrition expert Joy Bauer designed in-room-dining dishes limited to 500 calories each for the 53 **KIMPTON HOTELS & RESTAURANTS**. The "SuperFoodsRx" menus at **WESTIN HOTELS & RESORTS** boost antioxidants and phytonutrients via dishes such as green-tea-infused salmon (pictured above). And **DESTINATION HOTELS & RESORTS** redesigned its Kids Café selections, swapping fatty standards for non-fried fish sticks and melon fries with strawberry ketchup.

PROGRESSIVELY FEAST

Street market meets open-air food court in the new **SINGAPORE FOOD TRAIL**, with 17 seller stalls amid retro '60s decor. 30 Raffles Ave. singaporeflyer.com/food-trail

DROP AND GIVE ME 20 WHISKS

Boot camp steps out of the fitness arena and into the kitchen at the **BILTMORE CULINARY ACADEMY's** culinary boot camps. Three-day programs range from fundamentals to dinner parties. (305) 913-3131, biltmorehotel.com

EAT YOUR WAY THROUGH INDIA WITH AN EXPERT

Geography, economics, and culture forged the regional patchwork that is Indian cuisine. Sample the range, from tropical seafood in southern Goa to Kashmiri multicourse feasts, with Connecticut chef Prasad Chirnomul, owner of five Indian restaurants. Between meals the 16-day Gourmet India tour from **GERINGER GLOBAL TRAVEL** will visit the Taj Mahal, the Elephanta Caves, and the Kochi spice market. Departing October 24; \$12,910 per person. (877) 255-7438, geringerglobaltravel.com

LEARN TO GRILL BRAZIL

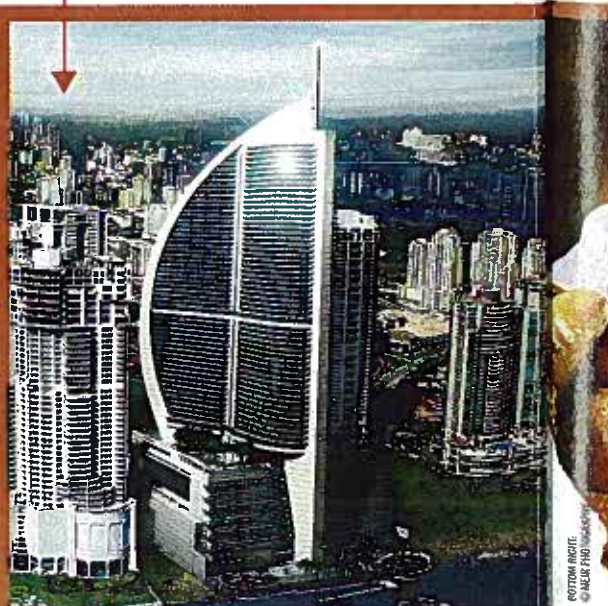
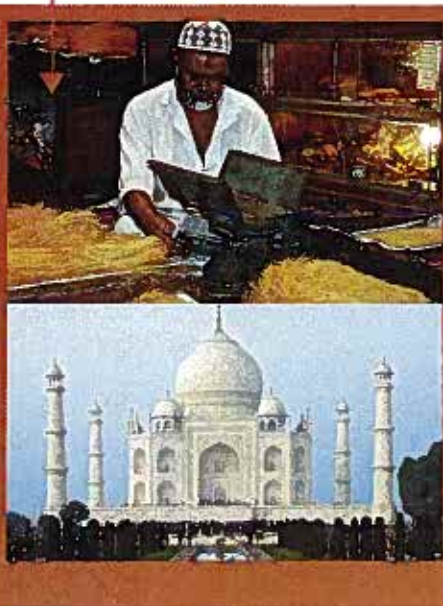
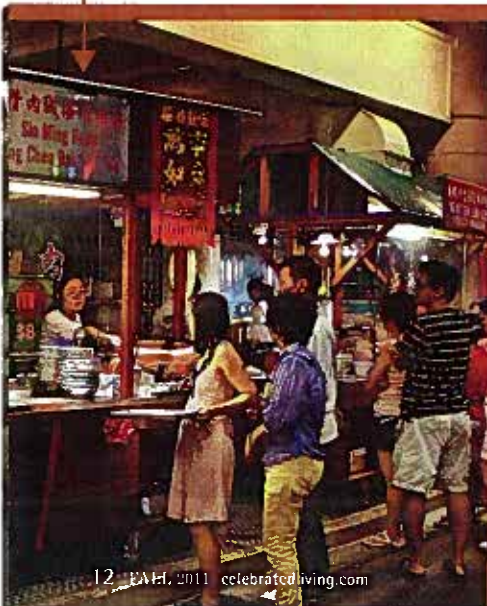
In the open barbecue kitchen of the new **PARILLA** restaurant at Brazil's 20-room **Insólito Boutique Hotel** in Buzios, two hours from Rio de Janeiro, the *parrilleiro*, or barbecue master, offers tips and demonstrations while cooking. (800) 337-4685, designhotels.com/insolito

WATCH A REAL DOCUMENTARY

Forget reality TV. Follow restaurant owner Danny Meyer of the acclaimed **Eleven Madison Park** in New York over 12 years of chef hirings and firings in **THE RESTAURATEUR**, newly released on DVD. firstrunfeatures.com

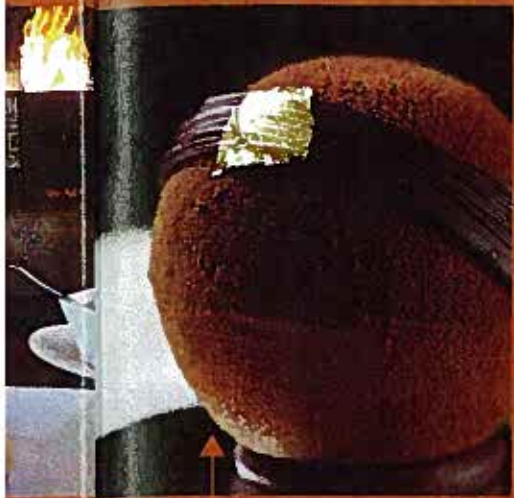
HIT A NEW FOODIE HOT SPOT

Panama City's new **TRUMP OCEAN CLUB INTERNATIONAL HOTEL & TOWER PANAMA** hosts a wine bar and four stylish restaurants from chef Daniel Bausa, last seen at **Rosewood Mayakoba**. (855) 225-9640, trumppanamahotel.com



FLASH

WHAT TO DO, EAT, SEEK, AND WATCH
NEXT IN THE FOOD WORLD. — ELAINE GLUSAC



SHOP CRYSTAL, DINE KRISTALL

The Swarovski Crystallized shop in Manhattan hosts **Café KRISTALL** from Kurt Gutenbrunner, Michelin-starred for his nearby restaurant Wallise. kg-ny.com

TRADE INSIDER INFORMATION

The best palates in Houston not only divulge where they eat, but take you there in **WHERE THE CHEFS EAT** culinary tours. Celebrated chefs including Hugo Ortega (Hugo's) and Monica Pope (t'afia) lead the dine-arounds, including The Americas tour (September 18), Middle Eastern outing (October 16), and Street Food (November 13). houstonculinarytours.com

RESERVE NOW

Consider this season's banner openings: **AMERICA EATS TAVERN**, featuring American classics from José Andrés (pictured) in Washington, D.C.; **BREAD STREET KITCHEN** in London, with wood-fired flatbreads from Gordon Ramsay; and **COCHON**,

a pig-focused spin-off in Lafayette from New Orleans chef Donald Liak. americaeatstavern.com, gordonramsay.com, donaldliak.com

SEE HOW A RESTAURATEUR MAKES BEDS

Owners of the famed Cipriani restaurant in New York just debuted **MR. C**, a 138-room hotel with an Italian (of course) eatery, in Los Angeles. Rooms from \$329. (310) 277-2800, mrchotels.com

FINISH WITH SOMETHING SAVORY

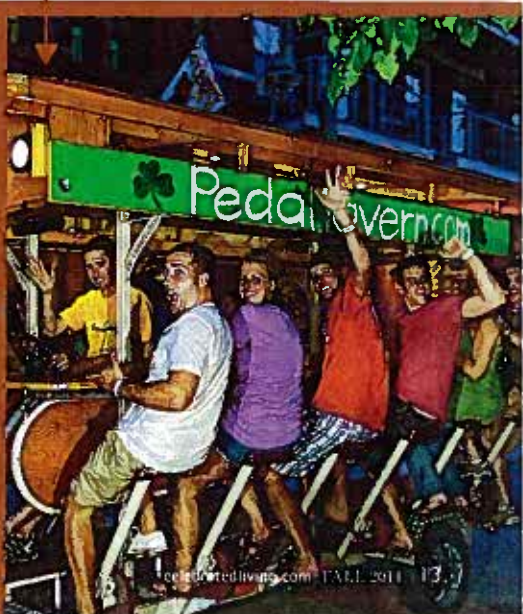
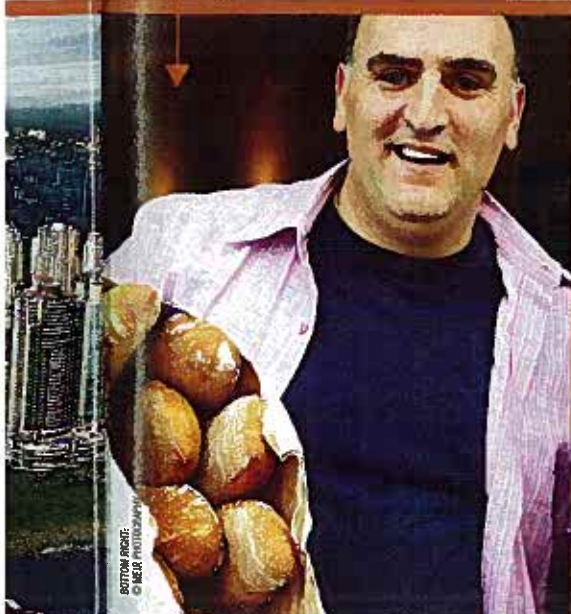
Move over, sugar. Savory is the new sweet. Sample goat cheesecake (pictured) at **THE NATIONAL** in New York, jalapeño pineapple polenta cake at **THE HENRY** in Las Vegas, and bacon ice cream root beer floats with candied pork jowl at **BROOKVILLE RESTAURANT** in Charlottesville, Virginia. thenationalnyc.com, cosmopolitanlasvegas.com, brookvilleresaurant.com

DINE AMONG ART AT DRAGONFLY

Located inside Dallas' chic **HOTEL ZAZA**, **DRAGONFLY** offers up creative cuisine in a fun, art-filled setting that attracts the city's A-listers. Sidle up to the 20-foot Carrera marble bar and perch yourself on one of the 20th-century bentwood bistro chairs, or let your dinner party spill out to the pool for alfresco dining on a temperate fall night. Be sure to end the evening with chef Dan Landsberg's fun "Afterschool Snack," featuring a homemade Hoho, Twinkie, and butterscotch pudding. hotelzazadallas.com

POP A WHEELIE

You can't drink and drive, but you can commute between beers aboard the **PEDAL TAVERN** in Milwaukee. The 16-seat bike-pedal-powered mobiles offer neighborhood pub crawls. pedaltavern.com



BOTTOM PHOTO: © MEIR PHOTOGRAPHY