

Food & Culinary Professionals

Dietetic Practice Group of the American Dietetic Association

“Discovering the Culinary Treasures of Argentina”

An International Culinary Education Trip to Argentina

April 1-10, 2011

Escorted by: A Cook’s Tour in cooperation with Robertson Wine Tours

Traveling to Argentina: Buenos Aires is served by non-stop flights from five cities in the United States: Atlanta (Delta), Dallas (American), Houston (Continental), Miami (Aerolineas Argentinas) and Washington, D.C (United). All flights depart in the evening and arrive the following morning, making for easy connections from airports across the country.

For assistance in travel arrangements to Argentina contact: A Cooks Tour: (425) 557-9905 or david@acookstour.com.

Lodging in Argentina: Two outstanding four-star hotels have been arranged.

In Buenos Aires, the charming ART HOTEL provides modern comfort and Old World charm.

See: www.arthotel.com.ar

In Mendoza, the stylish EXECUTIVE HOTEL PARK SUITES provides all of the contemporary comforts in the wine countries capital city.

See: www.executiveparksuites.net

Meal Notation: B = breakfast, L = lunch, D = dinner

TOUR DAY BY DAY

DAY 1. TRAVEL DAY FROM U.S. TO ARGENTINA

DAY 2. BUENOS AIRES ARRIVAL, TOURING AND WELCOME RECEPTION

Following your morning arrival and clearing customs, you will be escorted to the Art Hotel to check in and enjoy some time to refresh before our orientation and trip overview.

This afternoon we will visit a unique Buenos Aires landmark area, the Sustainable Tourism Project featuring 70 different artists, restaurants, bars, museums, art galleries and theatres. We will enjoy a lunch of regional foods served in the walled garden of the '**Conventillo**' Bar and restaurant that features sculptures of local artists, followed by a visit to **Museum Marjan Grum**. This colorful convent dating from 1880, possesses an imposing patio, The museum namesake, Marjan, will describe the interesting history on how Buenos Aires grew up from this port area to be the city that it now is. Next a stop at '**Bar Los Laureles**', declared “Remarkable Bar of Buenos Aires” represents one of the few, 'bodegones,' that still maintains the style and genuine charm of the mid 19th Century.

Tea will be served in **Mate Bar, 'Todesca,'** A cultural and recreational space that has opened its doors to local and touristic participation with the aim of contributing to the independent development of the culture and to the free expression of the artists and the social promoters of the this famous quarter of Buenos Aires.

Our final visit will be to the Renowned **Caminito**, with a local artist explaining the history of the area and there will be time to enter craft shops and enjoy the afternoon Buzz of this fascinating area of Buenos Aires. We will stop of for a quick look at **Plaza Dorrego in San Telmo**, the next Barrio (neighborhood). Stately trees shade outdoor tables in the city's second-oldest square. The surrounding architecture provides an overview of the many historical influences that have shaped the city's history. Highlights of bohemian San Telmo include strolling around, antiques shopping at Feria de San Pedro and surrounding stores, and the tango halls that come to life nightly. Cobblestone streets teem with 19th-century buildings, once inhabited by affluent Spaniards. Thanks to preservation efforts, the area is now a cradle of history and culture, and all its landmarks have been declared national monuments.

We return to our hotel at 6.30 PM allowing time to freshen up for tonight's welcome Wine & Tapas Reception at the Art Hotel.

Meal service, included: B, L, D

DAY 3. COOKING WITH MARTIN MOLteni & SIGHTSEEING

9.00 AM - Depart for a hands on Cooking Class with Martin Molteni, owner and chef of the restaurant 'Pura Tierra'. Martin is renowned in Argentina, as a chef always going the extra mile to source his produce from around this vast country looking for the very best it has to offer. The cooking class will include elements of the following:

- South American food map
- Food history in Argentina
- The five regions – heritage, products, cooking and influences
- The Argentinean perfect meal
- The basics of the Argentine Kitchen

See: www.puratierra.com.ar

Following a five course lunch at Pura Tierra, we will enjoy a guided visit to '**Cementerio de la Recoleta**' Recoleta Cemetery and the surrounding areas and landmarks. These ominous gates, to the Cemetery are Doric-columned portico and open up to the labyrinthine paths of the oldest cemetery in Buenos Aires (1822). The final resting place for the nation's most illustrious figures (including Evita Peron) is a virtual city of the dead covering 13 1/2 acres that are rumored to be the most expensive real estate in town. The cemetery has more than 6,400 elaborate vaulted tombs and majestic mausoleums, 70 of which have been declared historic monuments. From here we are only a block to our hotel.

OPTIONAL EVENING ACTIVITY:

DINNER AND TANGO *(A suggested optional evening of exploring the Argentine Kitchen with a renowned American chef and food critic and an authentic Café Tango experience. Can be taken in parts or as a complete evening)*

It would be incomplete to come to Buenos Aires and not experience Tango. We are being offered the chance to dine with Dan Pearlman at his home restaurant, 'Casa Saltshaker'. Dan Pearlman is an American food writer, sommelier and chef and is very much involved in the Buenos Aires food scene and is the author of a widely read food blog. Because of space limitations, the group will be limited to 15 persons. This dinner will also be offered the following night, should there be enough demand.

The cost for Dinner with Dan and Tango with Transfers is \$75 per person. Those wishing to just do the Tango portion, the cost will be \$20.

See: www.casasaltshaker.com

Confiteria Ideal is a real tango Milonga where Portenos, professionals and people who know a few steps get together and dance the Tango. This is authentic Tango Café, unlike the shows that cater to tourists.

See: www.confiteriaideal.com/public

Meal service: B & L

DAY 4. URUGUAY FOR THE DAY

We'll have an early Sunday morning departure via the Buquebus Hydrofoil to Colonia del Sacramento (Uruguay). The fast boat will have us on Colonia's cobbled Portuguese streets by 10:00 AM. Colonia del Sacramento is a UNESCO World Heritage Site and is truly worth an hour or so wandering around the historic centre.

Following your time of exploring Colonia del Sacramento, we will pay a visit to 'La Vigna' a beautiful small estancia to the south of Colonia. 'La Vigna' is a family run project that is a working farm. Here we will immerse ourselves in Uruguayan Ranch Food. We will be involved in the preparation of our lunch, concentrating on lamb and pork and cooking the 'Asado Style' Outside BBQ in a highly traditional manner. We will also use of the clay oven in the preparation and cuts meat.

The farm also grows all their own vegetables and herbs and makes a whole range of different cheeses. We will be able to visit all these areas after a leisurely lunch.

We will be joined for lunch by Roberto Cetrángolo the chef and owner of 'La Poêle' in Montevideo. He is going to discuss contemporary Uruguayan cooking and we will also be joined by two food artisans who concentrate on cheese and meats and salamis.

Our dining experience will feature an introduction to Uruguayan Wines.

In the afternoon we are invited to see different parts of a working estancia. Clara O Campo, chef and owner of Uruguay's foremost restaurant guide will discuss Uruguayan recipes with us.

A late afternoon hydrofoil will transfer us back to Buenos Aires.

See: www.lavignallifestyle.com

Meal service: B, L

Day 5. 'COOKING WITH DOLLI IRIGOYEN

Today begins with a visit to the kitchen of Dolli Irigoyen, the most famous chef and TV presenter in Argentina. Dolli has written various cookbooks and is revered by many of her fellow chefs. Lunch will be three courses created in the teaching session with Dolli accompanied by wine.

www.dolliirigoyen.com

Following lunch we will return to the hotel, allowing free time for the balance of the day.

Dinner and transfers will be offered to Dan Pearlman's CasaSaltshaker to those who have not eaten there yet.

Meal service: B, L.

DAY 6. MARKETS / CHOCOLATE PRODUCER / MUSEUMS

We'll start our final day in Buenos Aires with a visit to '**Mercado de Progreso**', the most interesting and authentic Market you will find in Argentina. We are going to split up with arrangements made for each group to stop and talk to several shop owners. We will observe Matabre being made. This is a rolled flank steak filled with vegetables, eggs and herbs, and is a specialty in South America and Italy.

We are going to visit a Sausage maker and finally we are going to make and eat our way through one of Argentina's most famous Foods, the Empanada. Each Country in South America has its own secrets and ingredients. People become incredibly nationalistic about them, These Latin American pastries, can be filled with seafood, meat, cheese, vegetables or fruit.

Lunch today will be of our handmade Empanadas and an assortment of Argentine tapas and cold meats with wine.

Following lunch we will visit the famous chocolate producer, **Fenix**. Rodrigo Salgado the owner and fourth generation of this family owned company will show us every possible way cacao and chocolate is made, elaborated, mixed with truffles, pralines, ice cream and more. The founder, Don Jose Salgado started up his cacao mill driven by water in Spain in 1889 and emigrated to Buenos Aires in 1912 and by 1918 had founded the first and only chocolate factory in the country in their current location. They are known for experimenting with different beans and blending. This visit is going to be giving us an in depth understanding of high-level confectionary production.

Fenix works with beans from Brazil, Ecuador and Venezuela and are the main supplier of Cacao in the country. Their production ranges from industrial supplies to finely elaborated chocolates found in the top patisseries in Argentina.

See: www.chocolatesfenix.com

In mid afternoon we will head to the Plaza de Mayo, the heart of Political Argentina. The plaza has been the site of many important events throughout the nation's history. Today, it is an important site for ceremonies and political protests and home to the Government and the Cathedral of Buenos Aires.

Following this excursion, you will have free time to enjoy this great city, known as the Paris of South America on your own before we must say goodbye in the morning!

Dinner on your own

Meal service: B, L

DAY 7. MENDOZA -WINERIES AND URBAN WINE TOUR

We will have an early morning flight to Mendoza, the wine capital of Argentina, where we have arranged an early check in with our hotel. Following refreshments at the hotel, we will be heading straight out to **Achaval Ferrer**, considered by many to be the definitive boutique winery of Argentina. One our informative tour: we will review the wines and taste three totally different terroirs. The wines are incredibly concentrated due to their savage pruning leaving only a tiny amount of fruit on the vines. The winemaker is Roberto Cipresso. We will taste the full range of wines and will emerge with a black, but happy, tongue.

See: www.achaval-ferrer.com

Lunch will be a relaxing gourmet meal at **Bodega Melipal** just 10 minutes drive from Achaval Ferrer. Each course will be prepared with their range of wines in mind. The bodega is stunning and we can expect to be spending a good two hours taking in the view of the Andes over a great lunch.

See: www.bodegamelipal.com

Our very full day of wine tour, will conclude with a visit to one of the best-kept secrets in the region ... **Domaine-St-Diego**. Angel Mendoza has decades of experience running other people's wineries and this is his own family affair. Angel experiments with many different types of grapes and his winery enjoys terracing on the banks of what was the Mendoza River. Here olives grow in abundance and one could be easily be in the one of the great wineries of Tuscany. He produces a small quantity of very interesting wines. We cannot promise Angel will be about as he consults all over the world but Lucas his son who is now also much in demand will show us the small vineyards and the ethos behind the wines. The 'Pura Sangre' and their champagne are unavailable outside Argentina and you will not have tried anything like them. www.domaine-st-diego.com is not Angel's site but it gives you an idea.

But wait, there's more!

At 7 this evening, back in Mendoza we'll begin **The Urban Wine Tour**, which will incorporate two incredible wine spaces very close to our hotel. This will enable us to give you a great introduction to the wines of Argentina in a relaxed and informal manner without having to venture too far from the hotel after this mornings early start and full day.

A short walk down one of Mendoza's beautiful tree lined streets will bring us to the **Winery**, a wine shop, restaurant and tasting room in the centre of Mendoza. Here we will taste 3 reserve wines and enjoy some tapas style dishes. This will be an educational tasting experience as you will be guided through each of the wines and getting an overview of what makes this region so special.

Our next stop, just 3 blocks away, will be a tasting room called **The Vines**, where we will be doing a Sensory Tasting. It consists in learning about different varietals and their characteristic aromas. This is done with 3 wines of Argentina from wineries that you will not be visiting in the tour.

See: www.vinesofmendoza.com

Meal service: B, L, D

THURSDAY DAY 8. UCO VALLEY – COOKING ASADO AT ‘LA TUPINA’

This morning we head out to explore the Uco Valley, just 50 miles south of Mendoza. Situated in the foothills of Los Andes mountain range, this area has seen the highest amount of foreign investment in wineries anywhere in the new world wine growing regions. Some of the biggest names in wine have poured millions of dollars into this region. And evidence is in the wine, the architecture and the level of service the bodegas are offering.

Upon arrival at Altus, we are not going to look around the winery but go straight to their beautifully restored adobe restaurant la Tupiña where Lucas the owner will be waiting for us. Coffee and tea will be served on arrival

The chef, Lucas Bustos has been a pioneering force in the emergence of the cuisine of Cuyo. Lucas is a man very much in demand and now has several restaurants, a catering company which many of the wineries utilize. Lucas will be exclusively with us, and is going to tell us about the traditions and customs of this culinary art, while we taste wines of the region.

In order for us to experience and understand what is Argentine Beef, what finer way than to have a whole cow to play with. In this rare opportunity the chef suggests to show a little bit of our stockbreeding culture and everything that it is usually done on a ranch when a cow is slaughtered (The cow will have be slaughtered two days in advanced just to have the right temperature at the moment of the cooking class.) With the different cuts from the cow, the chef will show us the Argentine grilling techniques, and special ways to prepare beef.

The cooking class will extend to the mid afternoon and will include lunch and tea. Wines will have been selected especially for each course. This “Day on the Ranch” will be incredibly informative and uniquely entertaining.

See: **www.altusdetupungato.com.ar**

A late afternoon transfer will have us back to the hotel in time to relax, before a free night on the town.

SPECIAL DINNER SUGGESTION

Francis Mallman’s 1884 is Mendoza’s foremost restaurant, featuring Classic Argentine fare set in the beautiful Bodega Escorihuela in the centre of Mendoza. The wine list is extremely long and comprehensive and the food it divine. Voted one of the top 10 restaurants in the World by the Times of London.

See: **www.1884restaurante.com.ar**

Meal service: B, L

DAY 9. A DAY IN THE WINERIES AND FAREWELL DINNER

We will begin our final day of tour, just minutes outside of Mendoza at the Vineyards of Mendel. Here Roberto del la Motta puts his incredible wine pedigree to good use. This is Roberto's joint project with the Sielecki family and Annabelle Sielecki will be our host. We will see the whole wine making process in this boutique winery and of course, we will sample.

See: www.mendel.com.ar

For our final lunch, we will have had the pleasure of visiting the restaurant set in the Bodega of the same name.

See: www.dezero.com

Our wine visit following lunch will be to the Renacer Winery built in 2004. They concentrate on Malbec and it is a fusion of classical and modern architecture. This winery has achieved considerable success in its formative years; with the wines all achieving more than 90 points from the famous wine critics.

See: www.bodegarenacer.com.ar

FAREWELL DINNER AT SOTTANO WINERY

The family of the same name come from the Veneto region of Italy, and were pioneers in the wine and agricultural industry of Mendoza in the late 19th Century. The winery has built a strong reputation and is producing reserve and premium wines with a great standing in the domestic and export markets.

We felt it is appropriate to end our tour in a winery for our farewell dinner. Our Chef Nicolás Bedorrou, will organize a dinner featuring dishes from all of Argentina's regions.

Each dish will be prepared with a different Argentine region in mind.

See: www.bodegasottano.com

Meal service: B, L, D

Day 10. ART TOUR AND FLIGHT BACK TO BUENOS AIRES

You have a free morning in Mendoza to relax and enjoy the picturesque town centre and we will be running the option of this Art Tour for those who wish to participate. For anybody not wishing to take part in this tour, we will leave you to enjoy the Centre of Mendoza and give you an overview of things to look out for, shops of interest and local and artisanal crafts. The cost is \$30.

We will have lunch today at Azafran, before heading to the airport for our 3:23 pm flight back to Buenos Aires. This ground tour will end with transfer to connecting flights to the U.S.

POST TOUR EXTENSIONS ARE AVAILABLE IN ARGENTINA AND CHILE

Contact A Cook's Tour for post-tour options.