

The Country Walkers Cookbook

A curated collection of our guides' favorite regional recipes.





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From our kitchen to yours

All the recipes in this book have been prepared and edited by a professional recipe tester. Measurements have been converted into U.S. units. Some use hard-to-find specialty ingredients; we have retained them for authenticity and provided more easily sourced substitutions where applicable.



Welcome

Food is culture. Time and again, you've experienced this in the most delicious ways as Country Walkers guides have hosted you in the places they call home. This sentiment has inspired us to create a cookbook of some of their favorite recipes, our gift to you. We hope you enjoy this collection of flavorful regional dishes and ancestral favorites, and hope you'll share them with your friends and family. Many of these epicurean delights hold a special significance to our guides and to the region where they grew up. Others have been passed down through generations. Of course, there's no substitute for getting back on the trail and sharing a destination-inspired feast with fellow walkers, and we hope to see you again soon. In the meantime, *bon appétit! Salud! Mangia!*





Soup + Salad

Few pleasures rival the prelude to a meal—the rustic soup that whets the appetite, the fresh, snappy salad bright with flavors that prime your taste buds. When served before a meal, soups and salads herald the promise of the deliciousness to come. A bit less formal and a bit more fun, there is no finer cultural welcome at the end of the walking trail. Indeed, when you are greeted by starters prepared with ingredients locally plucked and picked, you can be sure that genuine conversation—and an equally authentic meal—will follow. Our guides serve you each of the following recipes with a side of reminiscence —cozing up to a warm fireplace in Italy, climbing a favorite fig tree in Portugal, visiting with a culinary-minded father in Scotland. What they share in common is the love of cooking handed down from one generation to the next.





Manuela Ciri, Italy

My first memories of **Etruscan lentil and spelt soup** are tied to my beloved country grandma, Nonna Lola. She was a sweet, jolly woman, often busy in the kitchen, but always ready to sit and tell us stories by the huge fireplace. A pot of soup would be bubbling away, simmering and thickening slowly, filling the kitchen with delicious aromas. She didn't need to taste it—she just knew when it was done. She would slice some bread and quickly toast it on the fire, get out the precious bottle of olive oil—green gold as she called it—and douse both the bread and the soup with it.

Use top quality extra virgin olive oil—the best is from central Italy, of course! This finishing touch, added just before serving, is known as *il giro d'olio crudo*, meaning “the circle of uncooked oil.”

Above: Manuela (left), and her Nonna Lola (right)



Etruscan Lentil and Spelt Soup

The soup can be enriched and varied by adding pork sausage, ham or diced bacon to the onion and garlic mixture. And, if you like spicy, add a pinch of cayenne pepper or a little extra ground pepper.

INGREDIENTS

2 tablespoons extra-virgin olive oil,
plus additional for serving

1 onion, finely chopped

2 cloves garlic, finely chopped

1 carrot, finely chopped

1 stalk celery, finely chopped

4 ounces chopped Italian sausage or diced bacon
(optional)

4½ cups vegetable stock, plus more as needed

½ cup small lentils

¼ cup finely chopped parsley, divided

1 teaspoon salt

½ teaspoon ground pepper

½ cup pearly spelt or barley

METHOD

1. Heat oil in a large pot over medium heat. Add onion and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add carrot, celery and meat, if using; cook, stirring occasionally, until the vegetables begin to soften and the meat is browned, about 5 minutes. Add the stock, lentils, 2 tablespoons parsley, salt and pepper. Bring soup to a boil. Reduce the heat and simmer for 10 minutes, stirring occasionally.
2. Add the spelt or barley and return to a boil over medium-high heat. Reduce heat to low, cover and simmer gently, stirring occasionally, until spelt or barley is cooked through, about 30 minutes. Check and add more stock or water if mixture gets too dry.
3. Remove from heat. Keep covered and let rest for 15 minutes.
4. Serve sprinkled with remaining parsley and a swirl of olive oil.

Beverage Pairing: A glass of genuine red from Montefalco is the perfect match for this hearty soup.

Makes: 4-6 servings

Active Time: 20 minutes / **Total Time:** 1 hour

Suitable for Diet: Vegan and Vegetarian





David Silva, Portugal

This is one of my favorite dishes—**fig salad with goat cheese and prosciutto**. It's a tasty and fresh summer course that takes me back to my childhood. When I was little, my favorite tree was a fig tree that grew in my grandmother's garden. I would climb it and watch the world from above while eating the delicious figs. I would also help my grandparents dry figs from the tree—a very Portuguese tradition.



Fig Salad with Goat Cheese and Prosciutto

This marvelous meld of ingredients is made even more special by the fresh figs. Dried figs are very different but can be substituted. This is great as a starter or a light lunch.

INGREDIENTS

Dressing

- ¼ cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons whole-grain mustard
- ½ teaspoon salt
- ½ teaspoon pepper

Salad

- 5 ounces mixed salad greens, such as curly green and purple lettuce, baby arugula, and watercress
- 3 ounces prosciutto, shredded in small pieces
- 5 cherry tomatoes, cut in quarters
- 5 fresh figs, quartered
- 4 ounces aged goat cheese, cut in small pieces
- 4 ounces fresh goat cheese, crumbled
- 1 cup fresh mint leaves
- ½ cup chopped walnuts

METHOD

- 1.** To make the dressing: Whisk the oil, vinegar, honey, mustard, salt and pepper together in a small bowl. Alternately, shake ingredients in jar with a tight-fitting lid.
- 2.** To assemble the salad: Arrange the greens on a large platter or on individual plates. Top with prosciutto, tomatoes, figs, cheeses, mint, and walnuts. Drizzle dressing over the salads. Let rest for 5 to 10 minutes. Enjoy the flavors!

Beverage Pairing: Portuguese Vinho Verde or a dry white or rose wine. It is also great with sangria.

Makes: 4-6 servings

Active Time: 30 minutes / **Total Time:** 40 minutes

Suitable for Diet: Gluten free





Gill McMillan, Scotland

Cullen Skink soup is so thick and rich that fish stew might be a better description. Served as a starter and eaten hot with a chunk of bread, it was invented in the 1890s in the fishing village of Cullen, in the North East of Scotland on the Morayshire coast. Originally, “skink” was a word used to describe a broth made with a cow’s shin. But the locals swapped meat for smoked haddock as it was plentiful and cheap.

For the last 25 years of his life, my father lived abroad and would come to visit every so often. As a keen cook, his visits inevitably turned to local favorites: Scottish cheeses and oatcakes, cranachan, fish & chips, tripe, haggis...and Cullen Skink!

Some recipes recommend using a fish stock instead of milk, but milk is the way I’ve always seen this dish made. It’s creamy, hearty, tasty and very filling.

Above: Gill (left), and her father (right)



Cullen Skink Soup

Finnan haddie, Scottish smoked haddock, is a beautiful ingredient. It can be found at most well-stocked fish and seafood stores and is worth tracking down. The soup is easy to make yet its simplicity belies its incredible depth of flavor from the fish-infused milk and smoked haddock.

INGREDIENTS

4 cups whole milk
 1 bay leaf
 1 smoked haddock or other whitefish or
 1–1½ pounds Scottish smoked haddock fillets
 2 tablespoons oil
 1 medium onion, finely chopped
 1 small leek, finely chopped
 1 pound potatoes, cut in 1-inch cubes
 1 cup heavy cream
 ½ teaspoon salt
 ½ teaspoon pepper
 Chopped chives for garnish (optional)
 Bread for serving (optional)

METHOD

1. Heat milk and bay leaf in a large saucepan over medium heat until nearly simmering, 5 to 10 minutes. Add fish and cook until opaque and flakes easily, 15 to 20 minutes. Use a slotted spoon to transfer the fish to a shallow bowl. Set aside. Discard bay leaf and transfer milk to a heatproof container.
2. Wash and dry saucepan. Add oil and place over medium heat. Add onion and leek and cook, stirring frequently, until softened but not brown, about 5 minutes. Add the reserved milk and potatoes and cook, stirring frequently, over low heat, being careful to not let it boil, until potatoes are tender, 10 to 15 minutes. Using a potato masher or large fork, crush some of the potatoes until partially mashed.
3. Remove and discard any skin or bones from the fish; break the fish into pieces with your fingers. Add the fish, cream, salt and pepper to the soup. Simmer over medium-low heat, stirring frequently, until hot, about 10 minutes.
4. (Optional) Garnish with chives and serve with chunks of bread.

Makes: 6-8 servings

Active Time: 30 minutes / **Total Time:** 30 minutes

Suitable for Diet: Gluten free





Main Dishes

Sharing food with another human being is an intimate act that should not be indulged in lightly.” So wrote the beloved 20th-century American food writer M.F.K. Fisher. Our main dishes all tell a story—of childhood, of history, of culture—that just might inspire you to invite our guides to your table and say, “Tell me more.” You’ll discover that much of the telling is in the preparation, as tiny pearl-like quinoa spills through your fingers or the long, slow simmer of Moroccan chicken tagine fills your home with the aroma of saffron. As Fisher would say, these dishes should not be taken lightly. They reveal the intimacies of everyday life...the private, kitchen-table moments shared by the families all over the world...and the connections that people have felt with the earth since those first seeds were intentionally planted.





Saida Ezzahoui, Morocco

I'm from Fes, which is the capital of gastronomy in Morocco. You can find the best food here! I'm proud and happy to share with you my favorite recipe: **chicken tagine with preserved lemon and olives.**

Moroccan cuisine has been influenced by other cultures and nations over the centuries. It comes from Berbers (the original inhabitants of Morocco), and Arab people from Andalusia, Mediterranean, European, and Sub-Saharan cuisine. So, it's very rich on all levels.

The main dish here is couscous with vegetables and meat. We use a tagine—a dish made from clay—on the stove over very low heat to cook meat and vegetables, chicken, meatballs with eggs or many other things, but this is my favorite combination.



Chicken Tagine

There are many versions of chicken tagine. This recipe relies on preserved lemons and saffron-infused stock for its depth of flavor. Preserved lemons can be found at most well-stocked groceries.

INGREDIENTS

- 1 cup chicken stock, warmed
- ½ teaspoon crushed saffron threads
- 3 tablespoons olive oil
- 3 onions, chopped into ¼-inch pieces
- 3 cloves garlic, finely sliced
- 2 teaspoons ground ginger
- 1 chicken, cut in 8 pieces (or 4 pounds chicken pieces)
- 6 small preserved lemons, quartered (or 2 large, chopped)
- ½ teaspoon ground pepper
- ⅓ cup pitted green olives (or other olives)
- ¼ cup chopped parsley
- ¼ cup chopped cilantro

EQUIPMENT

Tagine or Dutch oven

METHOD

1. Combine the stock and saffron in a small bowl and set aside.
2. Heat the olive oil in a tagine or dutch oven over medium heat and sauté the onions, stirring often, until soft and well caramelized, 15 to 20 minutes.
3. Stir in the garlic and ginger and cook, stirring for 2 minutes. Add the chicken and stir to coat with the onion mixture. Stir in the lemons, pepper and reserved saffron-infused stock. Bring to a simmer, then cover and cook over low heat until chicken is cooked through and falling off the bone, 1 to 2 hours.
4. Add the olives and continue to simmer for 10 minutes. Gently stir in the parsley and cilantro just before serving.

Makes: 4 servings

Active Time: 1 hour / **Total Time:** 3 hours

Suitable for Diet: Gluten free





Jorge Olivera, Peru

The Andes have abundant healthy ingredients that ancestors combined to create flavorful dishes. Andean cuisine and its traditional techniques are one of our most important legacies.

This recipe was taught to me by my mother, who learned from her grandmother, who learned it from her grandmother. **Quinoa p'esque with sautéed mushrooms** is a very old recipe that takes you back to the Inca civilization.

According to our traditions, on Holy Week, after a day of fasting, this dish is served for lunch on Good Friday. It's made with quinoa, a superfood that contains nutrients, minerals, vitamins, and amino acids. It's now considered the "new gold of the Incas."

Above: Jorge in his kitchen (left), and sharing a picture of his grandparents (right)



Quinoa P'esque

This is a savory and satisfying dinner that is perfect for friends and family who are vegetarians or gluten-free.

INGREDIENTS

2 cups quinoa

4 cups water

1½ teaspoons salt, divided

2 tablespoons vegetable oil

3 medium onions, halved and thinly sliced

16 ounces button mushrooms, thinly sliced

3 medium tomatoes, halved and thinly sliced

½ teaspoon ground pepper

1 cup milk (plus more as needed)

1 cup grated pecorino cheese (or other dry grated cheese)

METHOD

1. Thoroughly rinse and drain quinoa in cold water. Repeat until water is clear.
2. Bring 4 cups water to a boil in a medium saucepan and add quinoa and ½ teaspoon salt. Reduce heat to low, cover and simmer until all water is absorbed, about 15 minutes. When done, the grain appears soft and translucent, and the germ ring will be visible along the outside edge of the grain. Add milk and cheese and stir until thoroughly combined and creamy. If it is too thick, add additional milk a couple tablespoons at a time.
3. While the quinoa cooks, make the sauce: Heat oil in a large saucepan over medium heat. Add the onions and mushrooms and sauté, stirring often, until lightly golden, about 10 minutes. Add the tomatoes, remaining 1 teaspoon salt and pepper. Cook until tomatoes are heated through, 5 to 8 minutes. Cover to keep warm.
4. Serve the quinoa in shallow bowls surrounded by the sauce. Enjoy!

Beverage Pairing: Pairs best with *frutillada*, a fermented corn beer that incorporates wild strawberry juice.

Makes: 6 servings

Active Time: 50 minutes / **Total Time:** 50 minutes

Suitable for Diet: Vegetarian and Gluten-Free





Luigi Esposito, Italy

I used to work at a hotel in Capri. Nearby there was some land that belonged to my mother, and I started a small garden there. I grew tomatoes, eggplant, zucchini, peppers, artichokes, and lettuce. One day someone must have thrown some pumpkin seeds onto my land, because they started growing! I was never a big fan of pumpkin, but I had to find a way to use it. The chef at the hotel where I worked, Vincenzo, made an excellent risotto with zucca and gamberi (pumpkin and prawns) and he taught me his recipe.



Pumpkin and Prawns Risotto

Carnaroli is the perfect rice to make creamy risotto because of its great flavor and because each grain keeps its shape. Arborio is a good substitute; it isn't as starchy as Carnaroli but can still produce a delicious risotto.

INGREDIENTS

2-pound cooking pumpkin, cut into 1-inch cubes (or 15-ounce can pumpkin puree)

4 cups seafood broth, divided (or vegetable broth)

1½ cups white wine, divided

4 tablespoons extra-virgin olive oil, divided

3 cloves garlic, minced, divided

1 pound shrimp (best with shell)

1½ cups Carnaroli or arborio rice

Hot chili pepper oil (optional)

Freshly chopped parsley for garnish (optional)

METHOD

- 1. Fresh pumpkin:** Peel, remove seeds, and cut into small cubes. Cook cubes in ½ cup broth, ½ cup wine, 2 tablespoons oil, and 1 minced clove garlic in a saucepan over medium heat until pumpkin is very soft. Blend in a mixer or with immersion blender until smooth. **Canned pumpkin puree:** mix puree with ½ cup broth, ½ cup wine, 2 tablespoons oil and 1 minced clove garlic in medium bowl. Set aside.
- 2.** Heat 1 tablespoon oil in a large saucepan. Cook shrimp and 1 minced clove garlic over medium heat until shrimp is opaque white with some pink. Let cool and peel.
- 3.** Heat remaining 2 tablespoons oil and 1 minced clove garlic in a large saucepan until fragrant, 30-45 seconds. Stir in the rice and coat with the oil. Alternate adding the wine, broth and pumpkin in ¼ cup amounts, stirring often and waiting until the liquid is evaporated before adding next one. When rice is almost cooked, add the shrimp and chili pepper oil, if using, and cook until done. Turn off heat, cover and let sit for 10 minutes.
- 4.** Serve garnished with parsley if desired.

Beverage Pairing: White wine from the Campania region such as Falanghina or Greco di Tufo

Active Time: 1 hour / **Total Time:** 1 hour

Suitable for Diet: Gluten Free





Rob O'Hara, England

Yorkshire pudding is a common English side dish. Similar to popovers, they are served in numerous ways depending on the ingredients, the size, and the other components of the dish. As a first course, it can be served with onion gravy. For a main course, it may be served with roast beef and gravy. It can also be filled with bangers (sausages) and mash (mashed potato) to make a meal. I got this recipe from my mum who, I believe, got it from hers.

When wheat flour came into common use for baking in the 1700s, cooks in the north of England made use of the fat that dropped into the dripping pan to cook a batter pudding while the meat roasted. Originally known as dripping pudding, it was later renamed, most likely due to Yorkshire's association with coal, and the higher temperatures this produced, which helped to make the batter crispier.

Above: Rob in the garden (left), and his grandmother, who taught Rob's mum this recipe (right)



Yorkshire Pudding

The simplicity of Yorkshire Puddings cries out for high-quality ingredients, especially the eggs and chosen fat.

INGREDIENTS

3 large eggs

$\frac{3}{4}$ cup whole milk

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground pepper

$\frac{1}{4}$ cup rendered beef or pork fat, olive oil or melted butter

EQUIPMENT

12-cup muffin tin

METHOD

1. Preheat oven to 400°F.
2. Whisk the eggs, milk, flour, salt and pepper until combined, be careful not to over mix. Allow the batter to rest for 20 minutes at room temperature.
3. Add a teaspoon of fat to each cup of muffin tin and place in the oven to heat, 5 to 7 minutes. Once hot, evenly divide batter to fill cups about halfway.
4. Return the muffin tin to the oven and bake until the puddings are golden brown and crisp, 10 to 15 minutes.

Beverage Pairing: If you are having the Yorkshire Puddings as part of a Sunday roast beef dinner, the best beverage to pair is a pint of cask beer. If they are being served as a starter, the recommendation is a glass of sherry.

Makes: 12 puddings

Active Time: 20 minutes / **Total Time:** 35 minute

Suitable for Diet: Vegetarian





Sarah Mickler, USA

Low country boil, also called Frogmore stew after the town a few hours south of Charleston where it originated. It's a delicious meal made in one pot with minimal prep and is an easy way to feed a whole bunch of people. It's usually eaten outside on tables covered in newspaper. The boil is dumped directly from the pot onto the table, and everyone eats with their fingers—no plates or silverware necessary! This makes for very easy cleanup after the meal, which is another great perk if you're entertaining.

Low country boils always bring up memories of playing barefoot by the marsh behind my Uncle Steve's house, the air filled with the salty tang of sea air and the sweetness of honeysuckle, the adults gathered around a big pot steaming on the wraparound porch. This was the dish we made when my extended family gathered every Easter in Charleston, South Carolina, and it always felt special because we were allowed to eat it with our fingers!

Above: Sarah (left), and Sarah's Uncle Steve (right) on his porch



Uncle Steve's Low Country Boil

This classic recipe is easily halved for a smaller gathering or doubled for a party. Fresh shrimp is best, but frozen can be substituted. If you use frozen, make sure shells are on; shelled shrimp will be too tough and tasteless.

INGREDIENTS

¼ cup Old Bay seasoning or your favorite crab boil seasoning

3 pounds small red potatoes

4 ears fresh sweet corn, husked and cut in half

2 sweet onions, peeled and quartered

1½ pounds andouille sausages, cut in half

4 pounds shrimp

Melted butter and cocktail sauce for serving

METHOD

1. Bring 3 quarts of water to a boil in a large pot.
2. Add the Old Bay seasoning and potatoes. Turn the heat down to a simmer and cook for about 15 minutes.
3. Add the corn, onions, and andouille sausage to the pot and cook until the potatoes are tender, approximately 5 minutes. Add the shrimp. Put a lid on the pot and turn the heat up; steam the shrimp until they are pink, 3 to 5 minutes.
4. Strain the liquid into a very large colander to prevent your shrimp from overcooking. Alternatively, use large slotted spoon to scoop out ingredients. Place your Low Country Boil into large serving bowls or directly onto a newspaper-covered outdoor table in true Low Country tradition!
5. Most often served with melted butter and cocktail sauce.

Beverage Pairing: Cold Beer

Makes: 8-10 servings

Active Time: 30 minutes / **Total Time:** 1 hour

Suitable for Diet: Gluten-Free





Miguel Vergara, Peru

Peruvian cuisine is very rich thanks to the country's mix of ecosystems and cultures. Italians were the second largest group of immigrants to settle in our country, so our cuisine was largely influenced by their cooking traditions. This blend is known today as Peruvian-Italian fusion. It is my pleasure to share with you a recipe that my mother taught me: **tallarines al horno (baked fettuccine)**.

This recipe can be made at any time of the year, but generally it is prepared for birthdays, Sunday dinner, or other special moments. This recipe reminds me of my childhood birthday lunches and the special family and friend gatherings that we had at home.

I highly recommend the *tallarines al horno* with Peruvian Pisco Sour or Peruvian red wine.



Baked Fettuccine

You can find red *aji* paste in Peruvian markets, large well-stocked groceries, and online.

INGREDIENTS

- 11 large eggs, divided
- 1 cup oil
- 1 large onion, thinly sliced
- 3 cloves garlic, finely chopped
- 1 teaspoon cumin
- ¼ teaspoon ground pepper
- 1 cup *aji* Panca Paste (one 7.5-ounce jar)
- 3 bay leaves
- 1 teaspoon salt
- 1 pound fettuccine
- ½ cup milk
- 8 ounces mozzarella cheese, cut into strips
- ⅓ cup chopped olives

METHOD

- 1.** Hard boil 4 of the eggs. Peel, cool and slice. Put a large pot of water on to boil. Preheat the oven to 375°F. Grease a 9x13-inch pan. Place pan on a large baking sheet in case casserole bubbles over.
- 2.** Heat the oil in a large skillet over medium heat. Add the onion, garlic, cumin and pepper and cook until onion softens, about 10 minutes. Add the *aji* and simmer over low heat for 15 minutes.
- 3.** Add bay leaves and salt to large pot of boiling water. Then add fettuccine and cook until almost done, 8 to 10 minutes. Drain and rinse.
- 4.** Put half of cooked fettuccine in prepared pan. Cover evenly with the reserved onion-*aji* mixture and top with remaining fettuccine.
- 5.** Whisk 5 eggs and milk in medium bowl and pour over the fettuccine.
- 6.** Place sliced hard-boiled eggs, cheese and olives on top.
- 7.** Separate remaining 2 eggs. Lightly beat yolks. Whisk egg whites to stiff peaks and then fold in the beaten yolks. Pour over the fettuccine mixture.
- 8.** Bake until heated through, bubbling, and top is crisped, 35 to 45 minutes.

Makes: 6 servings

Active Time: 45 minutes/**Total Time:** 1½ hours

Suitable for Diet: Vegetarian





Ermes Riccobono, Italy

Panelle are Sicilian fritters made with chickpea flour. Like many dishes in Sicily, it's of Arabic origin, and similar to other chickpea dishes like *farinata* (from Liguria) or falafel and pakora (from the Middle East).

They are so popular in Palermo that you can find them everywhere—on the streets, in markets, and restaurants—all year long and even at night. They can be served as appetizers or as a quick and light meal, and are often eaten in a bread roll as a sandwich, with a little salt and sometimes lemon.

I love panelle, and learned to make them with my grandfather, Calcedonio who did not cook very often. He only prepared panelle and barbecue—everything else was done by my grandmother, like a traditional Sicilian family.

You can find many versions of this recipe, but this is a really unique family recipe. My grandfather's family owned a small deli where they only served panelle. The ingredients are very basic and easy to find.

Above: Ermes (left), and his grandfather Calcedonio with his grandmother (right).



Panelle

Chickpea flour is worth searching out. It can be found at most well-stocked grocers and Italian markets. These are best eaten hot, when they are crunchy and tender all at the same time. Panelle are delicious served in a warmed roll or served as is as an appetizer.

INGREDIENTS

1½ cups chickpea flour
3 cups water
1 teaspoon salt, plus additional for serving
¼ teaspoon ground pepper
2 tablespoons finely chopped parsley
Sunflower or canola oil
Italian-style rolls, for serving

EQUIPMENT

12x15 baking sheet

METHOD

1. Line a 12x15 baking sheet with parchment paper. Line a large plate with paper towels.
2. Whisk chickpea flour, water and 1 teaspoon salt in medium saucepan until smooth. Using a wooden spoon or whisk, stir constantly over medium heat, scraping the bottom and sides of the pan frequently, until mixture is smooth, thick and pulls away from sides of pan, about 5 minutes. Remove from heat and stir in parsley.
3. Pour the mixture onto prepared baking sheet and use spatula to quickly spread in an even layer.
4. Refrigerate until completely firm, about 1½ to 2 hours.
5. Once cooled, use sharp knife to cut into 3-inch squares. Carefully lift the cut pieces from the pan with your hands or a spatula.
6. To fry the panelle, pour oil into a wide heavy skillet to cover the bottom to a depth of ¼ inch. Set over medium-high heat. When oil is hot, fry in batches, until undersides are golden brown and crisp, about 3 minutes. Flip and cook the other side until golden brown and crisp, 2 to 3 minutes. Do not overcrowd pan when frying. Place the panelle on the paper towels to drain. Sprinkle with salt and serve hot.
7. If serving in rolls, while panelle are frying, warm rolls in 350°.

Beverage Pairing: Cold Beer

Makes: 4-6 servings

Active Time: 45 minutes/**Total Time:** 3 hours (includes cooling time)

Suitable for Diet: Gluten free, Vegan, and Vegetarian





Desserts

After a memorable meal, it's impossible to resist a fine dessert. There's no better excuse to indulge in the fine art of lingering. And oh, what you'll enjoy when you follow the sweet advice of our guides. Whether a simple coffee beverage from Italy or a more complex meringue from New Zealand, our decadent and dreamy treats give you all the reason you need to make the conversation last longer. Many of these desserts are tied to culture, history and memory—from an Austrian Kaiser's pancake gone horribly wrong to a Vermont family's own whimsical apple creation. These recipes are worth saving room for, and reveal that our guides may indulge their sweet tooth as much as their love of hitting the trails and sharing stories over a decadent treat and a dessert wine.





Marcello Bertino, Italy

In Italian *bicchiere* means “glass,” and in the Piedmontese dialect, *bicerin* means “little glass.” This traditional recipe is perfect whether shared at home with your family, or enjoyed in a fancy cafe with good friends during a cold autumn or winter coffee break!

The original ***bicerin*** recipe was created in Turin in 1763, and it is an absolute must-try when you travel there. The drink is known to have been enjoyed by Pablo Picasso and Ernest Hemingway. Hemingway supposedly believed *bicerin* was one of the top 100 things in the world worth protecting! Was he right? Taste and decide!



Bicerin

A luxurious warm and creamy coffee drink that is made even more special by seeing the three distinct layers. Don’t stir before drinking.

INGREDIENTS

½ cup heavy cream
2 tablespoons sugar
½ cup finely chopped dark or milk chocolate
4 cups hot brewed coffee
Cocoa powder or additional melted chocolate for serving

EQUIPMENT

4 glass coffee cups and a double boiler or microwave

METHOD

1. Whisk cream and sugar in medium bowl until thickened but still pourable. Set aside in refrigerator.
2. Melt chocolate in a double boiler or the microwave stirring frequently until smooth, 1-3 minutes.
3. To create the first layer, carefully pour the melted chocolate evenly into 4 coffee cups.
4. To create the second layer, slowly pour coffee over the chocolate.
5. To create the third layer, gently spoon the reserved cream on top.
6. If desired, free your fantasy and decorate the top with cocoa powder or use melted chocolate to put the first letter of your guests’ names.

Makes: 4 servings

Active Time: 20 minutes / Total Time: 20 minutes

Suitable for Diet: Gluten-free and vegetarian





Julia Thorne, New Zealand

Legendary Russian ballerina Anna Pavlova enthralled New Zealanders when she performed 38 shows in 1926, with a troupe of 50 and a 22-piece orchestra. In her honor, a Wellington chef created this now equally famous dessert, inspired by her ballet tutu.

Like ballet, it may look simple, but it can take a few tries and much finesse to get it just right, with crispy meringue on the outside and light (not chewy or syrupy) marshmallow on the inside. My mum made ours forever, so it wasn't until this last New Year's Eve, that I finally had the courage to whip one up. I'm delighted to say it got her approval!

Lashings of whipped cream on top cover myriad imperfections (should there be any). Topped with kiwifruit slices, strawberries, or passionfruit for some tartness, the New Zealand pavlova is enjoyed at any celebration. It's great washed down with a glass of Daniel Le Brun brut bubbles from the South Island Marlborough region.



Pavlova

Although the meringue can be made using a hand mixer, the results are much better if you use a stand mixer fitted with the whisk attachment. To make superfine sugar, pulverize granulated sugar in a food processor until fine.

INGREDIENTS :

Meringue

5 large egg whites

1 cup superfine sugar

1 tablespoon cornstarch

½ teaspoon cream of tartar

2 teaspoons vanilla extract

1 teaspoon white vinegar

Whipped Cream and Topping

1 cup heavy cream

1 tablespoon granulated sugar

1 teaspoon vanilla extract

3 cups fruit, such as strawberries, kiwifruit, passion fruit or your favorite berries

METHOD

To Prepare Meringue

1. Preheat oven to 250°F. Line a baking sheet with parchment paper.
2. Beat egg whites in a large bowl with an electric mixer on medium-high speed until soft peaks form, about 1 minute. With mixer running, gradually add the sugar, beating until mixture is stiff and shiny, about 5 minutes.
3. Combine cornstarch and cream of tartar in a fine-mesh sieve and sprinkle over whites. Add 2 teaspoons vanilla and vinegar. Beat on low speed for a few seconds to combine.
4. Spoon meringue mixture onto the center of the prepared pan and use the back of a spoon to spread it out to form a 10-to-12-inch circle with a slightly higher edge all around.
5. Bake until dry and a creamy beige color, 1 to 1¼ hours. Turn the oven off and leave in the oven to cool for an hour.

To Prepare and Serve

1. Beat cream, sugar and vanilla in a mixing bowl with an electric mixer on medium-high speed until soft peaks form. Fill the center of the meringue with the whipped cream and arrange fruit on top.
3. Slice and enjoy!

Makes: 12 servings

Active Time: 30 minutes / **Total Time:** 2½ hours (includes cooling time)

Suitable for Diet: Gluten free and Vegetarian





Chris Gleirscher, Austria

Kaiserschmarrn, loosely translates to “emperor’s mess.” As the legend goes, Kaiser Franz Joseph I returned hungry from a hunting trip and requested his favorite snack, a sweet pancake-like dessert. The young chef working in the emperor’s kitchen was so nervous that he broke the pancake while taking it out of the pan. Since he had no time to make a new one, he chopped the broken pancake up even more and piled it high with applesauce and powdered sugar.

As the waiter served the dish, the emperor remarked, “*Was ist das für ein schmarrn?*” (“What is this mess?”) The waiter told him it was a new dish and asked him kindly to try it. He did, and loved it! From then on it was known as the emperor’s mess, or Kaiserschmarrn.

It is served as a main dish or as a dessert. It’s a traditional meal you can find at mountain huts and in our ski resorts. It’s served all year long and I have fond memories of eating it as a child while spending time in the mountains.

Above: Chris (left), and his wife Agnes (right) enjoying a plate of Kaiserschmarrn.



Kaiserschmarm

An Austrian pancake that is lightly sweetened and shredded or broken up after cooking. It is typically served with applesauce and/or plum jam.

INGREDIENTS

3 eggs, separated
1 cup milk
1 teaspoon vanilla
3 tablespoons sugar, divided
1 cup all-purpose flour
¼ cup butter

For Serving

Powdered sugar
Applesauce and/or plum jam

METHOD

1. Whisk egg yolks, milk, vanilla and 2 tablespoons of sugar in a large bowl. Stir in the flour.
2. Beat the egg whites until stiff.
3. Fold the beaten egg whites into egg yolk mixture.
4. Melt butter in a 12-inch skillet on medium heat.
5. Pour the batter into the pan. Cover and cook for about 4 minutes or until bottom is golden brown.
6. Uncover, sprinkle remaining tablespoon of sugar over the top and then turn pancake over. Because you break the pancake up for serving, it’s ok for it to be a little broken up.
7. Uncovered, cook for another 4 minutes or until bottom is golden brown.
8. Chop the whole thing up into small pieces and toss in the pan. Sprinkle heavily with powdered sugar.
9. Serve it in the pan or on a plate accompanied by apple sauce and/or plum jam.

Beverage pairings: Dessert: coffee; **Main Dish:** Grüner Veltliner wine

Makes: 4 servings

Active Time: 30 minutes / Total Time: 30 minutes

Suitable for Diet: Vegetarian





Gillian Nicol, England

Apple and Blackberry Crumble is one of my favorite family recipes from my childhood. Apple crumbles originated during the war as a cheaper version of the more traditional apple pie. It's likely that fruit for crumbles would have been foraged from hedgerows and wild blackberry bushes, from hidden orchards or overhanging trees.

This crumble is especially close to my heart as it brings back memories of our autumn family walks in Delamere Forest, picking blackberries on a Sunday afternoon. The Bramley apples on the trees in our back garden were ripe around the same time.

The beauty of the recipe is that you can pretty much substitute any fruit that you have available. We would often make rhubarb crumbles when the first rhubarb started to appear in early spring.

Above: Gillian (left) with her mother and sister.



Apple and Blackberry Crumble

Most British cooks agree that Bramley apples are the best for cooking because of their melt-in-your-mouth texture and tang. This is a great make-ahead dessert; make the filling and the crumble ahead and then simply combine when you're ready for it to go in the oven.

INGREDIENTS

Fruit Filling

5 Bramley apples (or 3 pounds other large cooking apple such as Braeburn or Jonagold)

½ cup water

½ cup granulated sugar (may want to add more if apples are tart or to taste)

8 oz blackberries

Crumble Topping

1 cup all-purpose flour

½ cup whole rolled oats

½ cup soft brown sugar

⅓ cup mixed seeds such as sunflower seeds and pumpkin seeds

8 tablespoons (1 stick) butter, cut into cubes, at room temperature

For Serving

Ice cream, crème fraîche, whipped cream, custard or plain Greek yogurt

METHOD

1. Preheat oven to 350°F. Butter a 2-quart baking dish and place on a baking sheet lined with parchment; the fruit can bubble over so it's good to have the dish on a baking sheet to protect your oven from spills.
2. **To make the fruit filling:** Core, peel and cut apples into approximately 1-inch pieces. Combine with water in a medium saucepan. Bring to a boil. Turn the heat to low and simmer, stirring occasionally, until apples are soft and broken down, about 15 to 20 minutes. Add the sugar and stir until completely dissolved (add more sugar if the apples are especially sharp). Transfer to a prepared baking dish. Sprinkle the blackberries on top and gently stir a couple times to mix; you want colors to be distinct.
3. **To make the crumble topping:** Combine the flour, oats, brown sugar and seeds in a medium bowl. Sprinkle the butter on top and mix in using your fingertips or a pastry cutter until the mixture feels and looks like breadcrumbs. Crumble the topping evenly over the apple mixture. Bake until golden brown and bubbling, 30 to 40 minutes.
4. Serve with your choice of topping. Ice cream is especially nice because the cold topping helps cool the hot fruit down and you don't have to wait to eat it!

Makes: 6-8 servings

Active Time: 1 hour / **Total Time:** 1¾ hours

Suitable for Diet: Vegetarian





Alvaro Zamora, Peru

In the Sacred Valley of the Incas there is a variety of giant white corn that has been cultivated and eaten by our people since ancient times: the *choclo*. When the Spanish arrived, Catholicism and Andean traditions blended into a unique mix of beliefs—today these are expressed in the form of popular festivities and religious celebrations. We have a culinary tradition during the Holy Week where we prepare 12 different dishes that represent the apostles. Although each family decides which dishes to cook, giant white corn is always included.

Pastel de choclo (corn cake) is one of our traditional plates. My mother, Rosa, used to prepare this cake every Holy Week. It has been my favorite since I was a child and I look forward to eating it each year.

The perfect matching beverage? The Inka Cola, of course. Our national soda.

Above: Alvaro (left) and his mother, Rosa (right).



Pastel de Choclo Corn Cake

This moist corn cake is as wonderful for brunch as it is for dessert. Anisado is a Peruvian anisette, but any anisette works.

INGREDIENTS

3 ears corn, preferably Peruvian corn (or 2 cups frozen corn kernels)

2 cups all-purpose flour

$\frac{3}{4}$ cup sugar

$\frac{1}{3}$ cup cornstarch

2 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

3 eggs

$\frac{3}{4}$ cup milk

$\frac{1}{3}$ cup vegetable oil

2 tablespoons anisado (or anisette)

1 teaspoon vanilla extract

$\frac{1}{2}$ cup raisins, tossed with 1 tablespoon flour

EQUIPMENT

8- to 10-inch angel food or Bundt pan

METHOD

1. If using fresh corn, cut kernels off the cobs. If using frozen, drain well and pat dry.
2. Preheat oven to 350°F. Thoroughly grease the pan with butter and sprinkle with 1 teaspoon of the flour.
3. Whisk the remaining flour, sugar, cornstarch, baking powder and salt together in a medium bowl.
4. Combine eggs, milk, oil, anisette and vanilla in food processor or blender until well combined. Add the corn kernels and blend until kernels are broken down but not completely crushed, about 10-15 seconds.
5. Add the liquid mixture to the dry ingredients and stir until smooth. Stir in raisins to combine. Gently pour the mixture into prepared pan.
6. Bake for 1-1 $\frac{1}{4}$ hours until golden brown on top and toothpick comes out dry.
7. Cool on a rack for an hour. Unmold. Serve slightly warm and enjoy!

Makes: 1 cake, 8-12 servings

Active Time: 20 minutes / **Total Time:** 1 $\frac{1}{2}$ hours (includes cooling time)

Suitable for Diet: Vegetarian





Cat Trebilco, Scotland

Every year on January 25, Scots gather to celebrate Burn's Night, a celebration of Scotland's famous poet Robert (Rabbie) Burns. When I moved here in 2012, it was my first introduction to many Scottish dishes.

The simple dessert, **Cranachan** (pronounced cran-a-can) owes its origins to 'crowdie,' an old Scottish breakfast in which crowdie cheese is combined with lightly toasted oatmeal, cream, and local honey. Raspberries, when in season, might be added to the breakfast.

Cranachan is now served all year round, typically on special occasions, like Burn's Night. A traditional way to serve it is to take each ingredient to the table so that each person can assemble theirs to taste. For practical reasons, when serving a large group, we make it in the kitchen and assemble in layers in glasses.

There's no set recipe, it's more a case of just "bung it all in together" (that's my favorite kind of cooking!) and the only bit of real "cooking" needed is to toast the oats in a frying pan, or under the grill.



Cranachan

Great ingredients, especially honey and whiskey, are important. The combination of tasty oats, honey, whiskey, cream and raspberries is pretty close to Scottish heaven.

INGREDIENTS

- ½ cup steel-cut oats
- 1 pound raspberries, divided
- 3 tablespoons honey, divided
- ¼ cup top-quality Scotch whiskey, such as Glenfiddich or Glenlivet (optional), divided
- 2 cups heavy cream
- Fresh mint to garnish (optional)

METHOD

- 1.** Toast the oats in a small skillet over medium heat, stirring frequently, until lightly browned, about 5 minutes. Keep a close eye so they don't overbrown. Set aside.
- 2.** If you'd like, choose a few raspberries to decorate the tops and set aside. Use a fork to mash half the remaining raspberries, 1 tablespoon of the honey and 1 tablespoon of whiskey (if using) in a medium bowl. Stir in the remaining raspberries.
- 3.** Whip the cream in a large bowl until it starts to thicken, then drizzle in 1 tablespoon each honey and whiskey and whip until stiff peaks form.
- 4.** To assemble the Cranachan: Either mix all the ingredients together to make a big messy deliciousness or make layers of cream and raspberries and top with a drizzle of the remaining tablespoons of honey and whiskey. Finish by sprinkling toasted oats and fresh mint on top.

Makes: 6 servings

Active Time: 30 minutes / **Total Time:** 30 minutes

Suitable for Diet: Gluten free and Vegetarian





Mark Kutolowski, Vermont

This is a recipe that my family and I cooked up (so to speak) years ago. We turn to it when the air grows crisp in the fall, and that we come back to again and again through the long winter months. We jokingly named it “three of four” because it is made out of three of the four main local food groups in Vermont: apples, maple syrup, dairy, and everything else. We sometimes cook this dish for our guests on an open fire or a woodstove for a special treat on tour.

Use heirloom apples with a complex flavor like Northern Spy or at least MacIntosh. Similarly, use good Vermont maple syrup, ideally a medium or dark amber grade syrup. At all costs, avoid using that wretched chemically modified corn syrup that comes to you from the commercial “syrup” brands.

You’ll have best results if you use raw or simply pasteurized cream. This can be hard to find, so use the ultra-pasteurized if needed. Don’t be intimidated by the lack of specific measurements in the recipe. Vermont homesteaders taste their favorite dishes when they cook and adjust the ratios accordingly. You can, too!



Three of Four

Although the recipe includes optional add-ons for serving, the recommendation is to try it straight at least once, and you might not bother.

INGREDIENTS

4 heirloom apples, such as Northern Spy or MacIntosh

3 tablespoons butter

1 cup heavy cream

¼ cup pure maple syrup

Walnuts, cinnamon, nutmeg and/or cloves (optional)

METHOD

1. Core the apples and cut into approximately 1-inch pieces. We like the taste better if you leave the peels on.
2. Heat the butter in a medium saucepan or Dutch oven. Add the apples and simmer, stirring occasionally, until the apples are soft but still keep their shape and some texture, 15 to 20 minutes.
3. Reduce heat to a simmer, add the cream and simmer gently just until cream is warm, 2 to 4 minutes. Add maple syrup and stir in gently.
4. Just before taking the dish off the stove, stir in any additional ingredients.

Makes: 4-6 servings

Active Time: 30 minutes / **Total Time:** 45 minutes

Suitable for Diet: Gluten free, Vegetarian

