

your dream just got better

## Hot New Deals & What's New

With a challenging economy, and the beginning of a New Year, we are seeing wonderful values for the traveling food and wine lover. So instead of posting our normal trip calendar (it's also online at [www.foodandwinetrails.com](http://www.foodandwinetrails.com)) we thought you'd appreciate knowing about some of these deals:

✓ \$2000 discounts are offered on the April 4-18 Jacques Pepin cruise, on our June 24 to July 4 Paumanock & Wolffer winery hosted "Best of Long Island cruise", our July 4-14 Franciscan and Simi hosted winery cruise, our July 14-21 cruise for Silenus, the September 4-16 cruise with Robert Mondavi Winery, and October 5-17 White Oak Winery hosted cruise. Prices start at \$2349 per person including free round-trip airfare. All our other winery cruises now include a shipboard cruise credit of up to \$500. **NOTE: Bookings made by March 1 will receive prepaid gratuities worth up to \$396!!**

✓ Cruise from Florida to Lisbon and then on to Barcelona for only \$55 per day! Holland America is offering a March 14, 18-day cruise starting at \$999. This is not a food and wine cruise per se, but at this price, you'll enjoy all the amenities of this world-class cruise line and have money left over for a private tour of Lisbon's wine region, or a visit while in Barcelona of the Priorat wine region, home of some of Europe's most exciting red wines.

✓ Grand Prix & Wine (May 17-25) : Giles de Chambre, the sommelier from Napa Valley Meadowood Resort, will be the host onboard the very romantic Windsurf on a 7-day French Riviera Cruise that includes the option of a Grand Prix package. Prices start at \$2869 including many special features: wine at every dinner, prepaid gratuities, private dinners and a \$200 onboard credit.

✓ Alaskan-cruise food adventure (July 24-August 1). Chef Paul Arenstam (a very nice guy) will be onboard the flagship of the Holland America fleet, the new Amsterdam. Prices start at \$1049 including a private lunch, cooking demonstrations and wine tasting with Paul. A fabulous way to see Juneau, the glaciers of Alaska, Sitka, Ketchikan and Victoria.

✓ South America for the food and wine lover: Experience incredible scenery with incredible Malbecs, Pinots and Tango, on an 11- day locally hosted trip to Mendoza, Buenos Aires, Santiago from \$1469.

Programs and offers are subject to change. Prices are per person, based on two to a room, and do not include tax or port fees.



*"I thoroughly enjoyed this informative trip filled with meals and events, that I would never have experienced otherwise."*

**R. Campbell, San Francisco, CA**

*"The entire event, from the planning stages, through the actual cruise, to the follow-up meetings, was perfectly executed by you and your staff. I'm already looking forward to working with you again. Thanks very much."*

**Ed Kurtzman, Winemaker & Owner, August West Wines**

*"The (private shore) tours and wine tasting was historic!! Every aspect exuded class and style, from the ship, the food, the seminars... WOW!! Sign us up for next year. We can't wait!"*

**D&J Brown (San Antonio, TX)**

*Every day of the (Italy) trip was a new and exciting experience. We were able to do some things that weren't normal, which is exactly what we were looking for. Thank you for making this trip an incredible experience for our people."*

**D Peterson, CEO of Harmon's Grocery (Salt Lake, UT)**

*"Super Tuscan day was one of the best and most memorable days of my life - should be a 7 or 8 on your 5 point scale"*

**M. Regan (New York, NY)**

**Tour information is updated often.  
Check our website  
at [www.foodandwinetrails.com](http://www.foodandwinetrails.com) for  
the most up to date information.**

**FOOD  
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# FOOD & WINE TRAILS

EPICUREAN TOURS FOR THE DISCERNING TRAVELER

Spring 2009



HAPPY NEW YEAR...

The old saying "When given Lemons, make Lemonade" is fitting for these times (and to come from a food and wine travel company) as we are seeing travel bargains like we have never seen before. For example, we just dropped the price of some of our wine cruises by \$2000! Because of that, we have replaced our normal trip calendar with a section called "Hot Deals & What's New". As I write this note during the Christmas holiday, I ask everyone to remember that the gift of your time is the most precious gift of all. Travel offers the best opportunity to bring your friends and family together. It also offers something much more: As Mark Twain said "Travel is fatal to prejudice, bigotry and narrow mindedness" - so we hope you travel this year with those that you love, and that you continue to make lemonade from your lemons.  
Larry Martin - President

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*Your dreams, at a better price  
than you thought possible...*



**FOOD & WINE TRAILS** Contact us at 800-367-5348

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“Il bicchiere della staffa.”

# Umbria and Jacques

## Jacques Pepin Meets a Great Wine and the Ancient Chianina Cattle

It's always fun to customize trips for our clients, but doing this for food, wine or travel journalists or for chefs, can be challenging as both groups have extensive knowledge and can be demanding.

Last year we did both, when Food & Wine Magazine asked us to design a series of experiences for an upcoming article on Jacques Pepin's Mediterranean cruise. Fortunately, Jacques turned out to be a nice guy and easy-going.

Jacques is the executive chef for Oceania Cruise Line, and once or twice a year hosts a food and wine oriented cruise. The professionals at Oceania orchestrated a series of onboard cooking demonstrations for Jacques and special dinners, and we were asked to create a series of onshore programs that would interest Jacques, his guests and an accompanying Food & Wine journalist and photographer. Talk about a potentially tough audience.

The Mediterranean is where we do most of our work, so we were fortunate to have both the necessary resources and friends. But with so many great food and wine options, the decision on where to go and what to do was very difficult.

Our final choices for Portovenere, Umbria and the Amalfi can be found in the article of the May issue of Food & Wine Magazine that is now posted on our website. But the day that stuck in my mind was when we introduced Jacques Pepin to the Castello delle Regine winery in Umbria, and to their herd of Chianini Cattle.

Castello delle Regine is part of a stunningly beautiful, 1000-acre wine and olive oil estate an hour and a half north of Rome. It's owned by Paolo Nodari and his partner, and our oldest friend in Italy, Livia Colontanio – a Cordon Bleu trained cook, sommelier and the

consummate Italian hostess. Castello delle Regine had three unique attributes we thought would appeal: red wines rated by the Italian counterpart to Wine Spectator as some of the best in Italy, their own herd of Chianina Cattle, and a small restaurant that specializes in (what else?) Chianina dishes matched with red wine!

The Chianina breed is ancient, dating as far back as the Etruscan era. The cattle are traditionally pasture-raised and the Italians favor its tender, lean meat for dishes like bistecca alla fiorentina, a thick grilled T-bone steak. They now, however, are endangered as Italians are starting to buy the more inexpensive, industrial-raised beef. Teaching our guests and Jacques about the need to protect the flavor and biodiversity of these animals was our goal for the day.

Chianina are some of largest cattle in the world: “Fifteen-hundred pounds of muscle,” Pépin declared, visibly impressed. Jacques prepared a fresh steak tartare for the group, which he seasoned with hot sauce, mustard, lemon juice, fresh green onions from the garden and the estate's own spicy olive oil. “We put in a raw egg yolk, but it's OK,” Pépin assured everyone. “I know the chicken.” This personal connection with food was also true for the Chianina, who we later met “face to face” at their enclosure and later on as the entrée for our lunch at the winery's fabulous restaurant. And just like with the beef and Jacques's chicken-egg, everything from that meal tasted great and came from Livia and Paolo's estate. You can't get more personal than that!

You can visit Castello delle Regina on your own or join one of our pre-wine cruise visits of Rome and Umbria on April 19, June 15 or October 3. Or join Jacques on his next Mediterranean cruise leaving on April 4th, and enjoy free roundtrip airfare, a \$100 cruise credit and a new \$2000 discount!

## la dolce vita Celebrity Hosts

And here's Johnny... Over the years, millions of TV viewers have enjoyed a special relationship with the Tonight Show. Like other variety shows, it offered great guests and entertainment, but it was the personalized hosting of Johnny Carson (and now Jay Leno) that made this show so special. The same is true with our winery-hosted cruise groups. Our cruises of course offer great value (particularly now as some have been reduced by \$1000 per person!), and amenities like prepaid gratuities and private dinners. But like with Johnny, it is the quality of the host that differentiates our programs from any other.

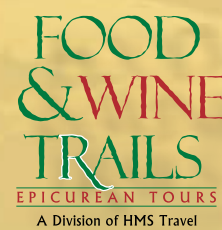
Here's a short overview on some of these folks:

On April 21, your onboard hosts will be Saveur Magazine and Napa Valley's St. Supery Winery. Representing Saveur as the magazine's first wine-contributor is Ania Zawieja. Ania is a woman with a passion for wine and for helping people find the right wines for their palette and budget. She has been the Director of Wines for the Ritz Carlton in Coconut Grove, Miami, and held a similar position for the Four Seasons in NY City. She's a frequent traveler to Europe and besides her wine tastings and seminar presentations, she will weave stories about her travels and how to find the best places to eat and drink in the various cities and ports you will visit. St. Supery's chief winemaker, Michael Beaulac, who also hosted Saveur's 2008 wine cruise, will join Ania. Michael is THE consummate wine-host, and is again eager to share his wines and his stories.

On June 17, the Russian River Valley Winegrowers will have four hosts on their first Pinot Passion 10-day Western Mediterranean cruise. Since the movie Sideways, Pinot Noir has seen a tremendous jump in popularity and some of the best Pinots in America come from the Russian River Valley. One of your hosts is Ben Papapietro, from Papapietro Perry Winery. They have received the Critics Choice Award from Wine Spectator, with regular scores in the mid to high 90's. Ben is their winemaker and is the gregarious, fun-loving partner. A native San Franciscan of Italian descent, Ben grew up with wine as part of every family meal and gathering. His grandpa made his own red wine blend in the basement, and Ben was an eager student. Today, his Sonoma County winery is simply a more elaborate version of the garage where he started making wine more than 25 years ago. “Authentic, not pretentious,” says Ben. “The winery is an extension of my home and my hospitality.”



Ania Zawieja of Saveur Magazine



### UNIQUE TO FOOD & WINE TRAILS:

- New \$2000 cruise discounts
- Up to \$500 cabin credits
- Prepaid gratuities
- Convivial wine host/experts
- Private winery lunch and tasting shore tours

## WELCOME

### Chef David Mitchel

David recently joined Food & Wine Trails as our Napa and Sonoma specialist. He came to the Napa Valley in 1982 as a chef for the famed restaurant Auberge du Soleil and then decided to hang up his chef's toque to start his own tour company. This was sold when Beringer hired him to create their “Masters Series on Food & Wine,” described by Forbes Magazine as “The ultimate food and wine fantasy camp”. We are delighted he's joined our team, so please let us know if David can create a food and wine fantasy just for you.



Chef David Mitchel

**Rotolo di Pollo**  
by Chef, and now F&WT Napa & Sonoma specialist, David Mitchel

Butterfly 2 chicken breasts and pound with a mallet to flatten.

Season breasts with olive oil, salt, pepper and Italian style herbs.

Roast a red bell pepper, put the pepper in a plastic bag for 15 minutes. Remove skin and seeds and then cut the bell pepper into four slices and place two slices on top of each pounded chicken breast

Sauté 8 oz of spinach in 1 oz of butter, season slightly with salt and pepper, drain and distribute spinach on top of the bell peppers.

Roll the chicken, bell peppers and spinach up - (similar to rolling a burrito).

Tie chicken with string and lightly brown in a hot pan with two oz. of canola or vegetable oil.

Place chickens in a roasting pan on the middle rack of a preheated 400 degrees oven and roast until done (turning once). Slice and serve with mashed potatoes and grilled leeks.

The approximate cooking time is 25 – 30 minutes.

## make your dollars make sense Looking for Value? Take a Cruise!

With a turndown in the economy, consumers are looking for the best bang for their buck. This might seem to spell a gloomy forecast for the travel industry, but one segment is weathering the choppy economic seas very well: Cruising.

“One of the top reasons that cruises are so popular, particularly in a recession, is the outstanding value they represent. Because of the incredible variety of cruises, ships, itineraries and destinations available, consumers can find even greater value and stretch their vacation dollar further by choosing the right cruise for their budget” said Terry L. Dale, president and CEO of CLIA (Cruise Lines International Association) a trade group.

One component of the current economic downturn – the falling value of the U.S dollar against other currencies – may be helping some cruise lines. Europe has become a very hot destination for cruises, likely because demand for travel to Europe is still strong and travelers are learning that the strong Euro makes land-based trips quite expensive.

“If you want to go to Europe and take a cruise, you pay for your lodging, most of your food and your transportation between cities in U.S dollars” Bob Sharak of CLIA said. “With the value of the dollar, American tourists in Europe might stop at a café for a light meal and the bill is something like \$90. With a cruise, travelers insulate themselves against the cost of travel to Europe.”

In times like this, people will still take their vacations, but they will plan wisely and may trade down to a trip for less money” said Howard Frank, vice-chairman of Carnival Corp, the world's largest cruise line. “That's what cruises are all about. Value. Overall our bookings are holding up quite well.”



Diners enjoy the quality experience of an Oceania cruise.

*FWT offers 10-night deluxe wine-cruises in Europe for as low as \$2350 including airfare and paid gratuities. See the next page for more details.*