



Unique Culinary Tour with Camelot Journeys *Culinary Class with Chef Lisa Fidler*

ARGENTINA

Choripanes

Paired with: *Gascon 2014 Malbec, Mendoza*

Choripán is a type of sandwich with chorizo popular in Argentina, Bolivia, Chile, Guatemala, Peru, Puerto Rico, Uruguay and Venezuela. The name comes from the combination of the names of its ingredients: a grilled chorizo (sausage) and a pan (crusty bread) such as a marraqueta or baguette. What makes the sandwich is the Chimichurri.

Ingredients

Basic Chimichurri Sauce

- 6 Tbsp. red wine vinegar
- ¼ cup water
- 2 Tbsp. minced garlic (about 8 cloves)
- 1 bay leaf, broken in half
- 1½ tsp. salt
- ½ to 1 tsp. dried hot red pepper flakes
- 1 tsp. dried oregano
- 1 tsp. coarsely ground black pepper
- ½ cup olive oil
- 1 cup finely chopped fresh flat leaf parsley, including stems

2 pounds Argentinian chorizo links (or Italian sausage links; don't use Mexican chorizo, it is very different) To duplicate Argentine Chorizo Cook Italian Sausage in:

- 5 teaspoons coarsely ground black pepper
- 3 tablespoons paprika
- 1 teaspoon nutmeg
- 3 to 5 garlic cloves, minced, about 2 tablespoons
- ¾ cup red wine

2 long crusty baguettes



Directions

Make the chimichurri first (you can make it a day ahead and refrigerate, as long as you bring to room temperature before serving):

In a large bowl, whisk together everything except oil and parsley. Once combined, slowly whisk in oil to emulsify. Stir in parsley. Allow to sit at room temperature 30 minutes for the flavors to develop.

Meanwhile, heat a grill. For indoor grills, set to high heat; for outdoor grills, set to medium-high.

Once hot, grill chorizo links on all sides, turning every 2 minutes or so, until casings are crisp and the sausages are beginning to split open.

Place on a cutting board and cut each sausage lengthwise.

Place cut-side down onto the grill for 2 more minutes to ensure thorough cooking and get some char on the insides of the sausages. This may take 10-15 minutes depending on the heat of your grill.

Slice the baguettes lengthwise and fill with sausage.

Liberally douse with chimichurri, and then cut the giant sandwich into 4 inch lengths for serving.

Serve with plenty of napkins, beer, and more chimichurri or hot sauce.

Unique Culinary Tour with Camelot Journeys
Culinary Class with Chef Lisa Fidler

INDIA

Mango Kulfi ~ Ice Cream

Paired with: *Watermelon Juice with Rum Chata Floater*

Choripán is a type of sandwich with chorizo popular in Argentina, Bolivia, Chile, Guatemala, Peru, Puerto Rico, Uruguay and Venezuela. The name comes from the combination of the names of its ingredients: a grilled chorizo (sausage) and a pan (crusty bread) such as a marraqueta or baguette. What makes the sandwich is the Chimichurri.

Ingredients

(measuring cup used, 1 cup = 250 ml)

- 1 ½ cups whole milk or a bit more than ¾ cup condensed milk.
- ½ cup whipping cream
- ½ teaspoon cardamom
- 1 cup chopped mango
- pinch of saffron threads, crushed (optional)

Directions

Blend everything except the cream, cardamom and saffron in a blender until smooth.

Add the cream, cardamom and saffron.

Blend until the cream is mixed and incorporated well in the mixture.

Pour the mango mixture in kulfi molds or small bowls.

Cover with a lid or aluminum foil and keep in the freezer for the kulfi to set.

Once set, serve the mango kulfi sprinkled with crushed saffron or rose water or kewra water.

To remove the kufi, place the kulfi molds under running water for a couple seconds or rub them between your palms.



Gulaab Jaamuns ~ Donuts

Ingredients

For the jaamun balls:

- 1 cup dried evaporated milk
- ½ cup tightly packed grated paneer/cottage cheese
- 3 tablespoons all-purpose flour/maida
- oil or ghee for deep frying
- For sugar syrup:
 - 2 cups sugar
 - 1.5 cups water
 - ¼ tsp lemon juice
 - 1 tablespoon rose water
 - ½ teaspoon cardamom
 - 12 to 15 strands of saffron/kesar

For coating:

- 2 to 3 tablespoons fine sugar or desiccated coconut

Directions

Making jamuns:

In a bowl, mix the Evaporated Milk, Cottage Cheese, Flour to form a dough, but do not knead.

Pinch small marble sized balls from the dough and roll them in a round shape between your palms. Roll lightly .

Roll all the jamuns this way and keep them covered with a cotton kitchen towel.

Make the sugar syrup:

Put 2 cups sugar in a pan and add 1.5 cups water.

Place the pan on stove top on a low to medium heat and stir so that the sugar begins to dissolve.

When all the sugar is dissolved, add ¼ tsp lemon juice. The lemon juice does not allow the sugar syrup to crystallize.

Cook the sugar syrup on a low to medium heat until you get ½ string consistency or the syrup becomes sticky.

Remove syrup from heat and add 1 Tablespoon Rose Water, ½ tsp cardamom powder and 12 to 15 strands of saffron, crushed.

Frying and soaking jamuns:

While the sugar syrup is cooking, you can begin frying the jamuns. The sugar syrup needs to be hot when you add the jamuns.

Heat oil, for deep frying, in a kadai or deep pan, on a low to medium heat.

Test the oil by sliding a tiny dough ball in the hot oil. The ball should come up slowly and not quickly.

Fry until they turn golden. Remove with a slotted spoon and place them on paper towels to remove excess oil.

While they are hot, quickly add them to the sugar syrup.

Remember that the sugar syrup has to be hot.

You can keep the sugar syrup bowl or pan on a hot water bath.

Cover and allow the jamuns to soak in the sugar syrup for about 2 hours.

After 2 hours, gently strain the jamuns from the sugar syrup.

Take each jamun and roll it in a small plate consisting of 2 to 3 tbsp sugar or 2 to 3 tbsp desiccated coconut.

Roll them well, so that the sugar or desiccated coconut coats evenly.

Place them in a bowl or container. Close with a lid and refrigerate.

Serve dry gulab jamuns as a dessert or sweet. You can garnish with some sliced or chopped pistachios or blanched almonds while serving.



Unique Culinary Tour with Camelot Journeys *Culinary Class with Chef Lisa Fidler*

SOUTH AFRICA

Chakalaka & Pap

Paired with: *FairView 2014 Charles Back Pinotage*

Chakalaka and pap are mainstays on every South African dinner table. Chakalaka is a vegetable dish made of onions, tomatoes, peppers, carrots, beans and spices, and is often served cold. Pap, meaning 'porridge', is similar to American grits and is a starchy dish made from white corn maize. Chakalaka and pap are often served together, along with *braaied (barbecued) meat*, breads, salad and stews.

Ingredients

- 3 tablespoons oil
- 1 onion, finely chopped
- 2 green bird's-eye chilies (Thai chilies), seeded and chopped
- 2 cloves garlic, crushed
- 50 grams (2 ounces) ginger, finely grated
- 2 tablespoons mild curry powder
- 1 green bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 1 yellow bell pepper, finely chopped
- 5 large carrots, scrubbed, topped, tailed and grated
- 400 grams (14 ounces) canned chopped tomatoes
- 2 tablespoons tomato paste
- 400 grams (14 ounces) canned baked beans
- 2 sprigs fresh thyme, leaves only
- Salt and freshly ground black pepper

Directions

Heat the oil in a pan and fry the onions until soft and translucent. Add the chilies, garlic and half of the ginger (reserve the other half to add right at the end). Add the curry powder and stir to combine. Add the bell peppers and cook for another 2 minutes. Add the carrots and stir to make sure they are well combined with the other



ingredients and coated in the curry powder. Add in the tomatoes and tomato paste and stir.

Cook until the mixture is well combined and slightly thickened, 5 to 10 minutes.

Remove from the heat and add the baked beans, thyme and remaining ginger and stir to combine; season with salt and pepper. Serve hot or cold.



Unique Culinary Tour with Camelot Journeys *Culinary Class with Chef Lisa Fidler*

THAILAND

Shrimp Cake ~Khek Kung

Paired with: *Takara Premium Plum Wine*

Ingredients

- 2/3 cup panko (Japanese breadcrumbs), divided
- 1/4 cup minced unsweetened dried coconut, divided
- 2 tablespoons minced green onions
- 2 tablespoons finely chopped fresh cilantro
- 2 teaspoons fish sauce
- 2 teaspoons Sriracha (hot chile sauce)
- 1 1/2 teaspoons grated peeled fresh ginger
- 1 teaspoon lime juice
- 1 large egg, lightly beaten
- 1 garlic clove, minced
- 8 ounces peeled and deveined shrimp, chopped
- 1 tablespoon olive oil
- 1 lime, quartered

Directions

Combine 1/3 cup panko, 2 tablespoons coconut, and next 8 ingredients in a large bowl.

Add shrimp; stir just until combined. Using wet hands, shape mixture into 4 equal balls. Combine remaining panko and coconut in a shallow dish. Coat balls in panko mixture; press to form 4 (4-inch) patties.

Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add patties; cook 4 minutes on each side or until desired degree of doneness. Serve with lime.

Spiced Plum Sauce

Ingredients

- 2 pounds plums, pitted and chopped
- ½ large onion, chopped
- 2 inch chunk of fresh ginger, peeled and chopped
- 1 clove garlic, peeled and chopped
- 2 chili peppers (hot), stemmed and chopped
- 1 cup red wine or apple cider vinegar
- 1 cup water
- ½ cup brown sugar, packed
- 1/8 cup soy sauce
- 1-2" cinnamon stick
- 1 whole star anise pods
- ½ teaspoon sichuan peppercorn
- ¼ teaspoon whole fennel seeds
- ¼ teaspoon whole cloves
- ¼ teaspoon whole black peppercorns

Directions

In a heavy-bottomed, non-reactive pot, bring plums, water, onion, garlic, ginger, and chili peppers to a boil and then reduce to a simmer.

Add to plum mixture sugar, vinegar, spices, and soy sauce and continue to simmer until plums are falling apart and the mixture is quite soft, about 20 minutes.

Remove cinnamon stick and pass mixture through a food mill in batches into another non-reactive saucepan.

Return the mixture to a boil, reduce to a simmer and cook until the texture is pulpy and saucy.

Remove from heat and let cool slightly. Ladle into CLEAN plastic deli containers. Fill almost to the rim. Place the lid on and press center down until all air is removed.

Wipe sides clean store them in the refrigerator.