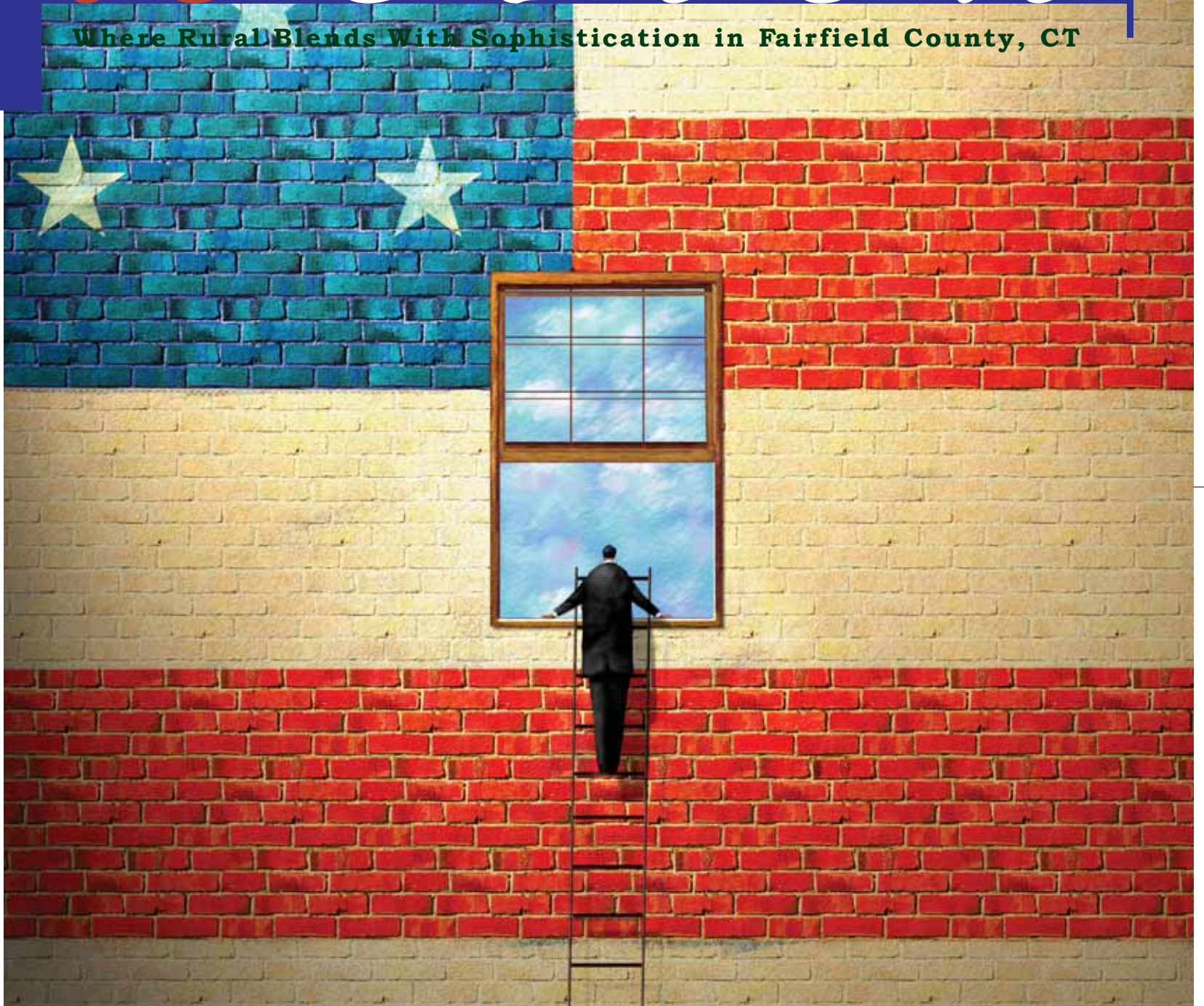


SEVENTH ANNIVERSARY ISSUE

Fall 2008

# Weston

Where Rural Blends With Sophistication in Fairfield County, CT



## THE TRAVEL BOOK

YouTube: Dancing Around the World  
**LAST STOP IN VENICE** OH, SWEET SABBATICAL  
 College Grads' Crisis of Confidence

ISSUE 36  
USA . \$5.95

# RURAL PALATES

## culinary adventures and discoveries

By Debbie Silver

### The Gourmet Institute

It's never too early to start planning your next culinary adventure. One that packs a wallop is the seventh annual Gourmet Institute, to be held next October in Manhattan. Check [www.gourmetinstitute.com](http://www.gourmetinstitute.com) for 2009 dates and details. Gourmet Magazine unites the world's top culinary talents for an exceptional three-day weekend of intimate chef demonstrations, seminars, wine tastings, and exclusive dinners in New York City. The Gourmet Institute offers epicureans an insider's view of the magazine's Times Square epicenter, and the opportunity to meet Editor in Chief Ruth Reichl. Learn the latest culinary techniques first-hand from the likes of Daniel Boulud, Tom Colicchio, Masaharu Morimoto, Jean-Georges Vongerichten, Todd English, Marcus Samuelson and more.

### Discoveries at the 2008 Fancy Food Show

#### VESTRI VELLUTATA

Vestri Vellutata is aptly named – vellutata, in Italian, means velvet. This unique hazelnut chocolate spread is made with hazelnuts harvested from the Piemonte region in Italy. The exclusivity of Piemonte hazelnuts is comparable to the distinctiveness of the grapes from the Champagne



region in France. These hazelnuts, combined with the organically grown Dominican cacao from the Vestri farm, make for an unparalleled chocolate experience. Vestri Cioccolato has shops in Arezzo and Florence. ([www.vestri.it](http://www.vestri.it)) In Manhattan, Vestri chocolates are available at the Food Emporium Fine Chocolate Shop at the Trump Palace, 1175 3rd Avenue. 212/249-6778; [www.bonvoyagegourmet.com](http://www.bonvoyagegourmet.com).

#### SANTOMIELE FIGS

Dried in the warm Italian sunshine, Santomiele's white Cilento figs are featured in a line of exceptional, artisanal products such as: Raw paper



CHEF MASAHARU MORIMOTO



basket of figs stuffed with nuts and wild fennel; Cilento Figs stuffed with almonds wrapped in fig leaves; "Salami Log" of figs with their peels; Sweet Capicollo: figs with dark chocolate and almonds; Arabic Capicollo:

figs with pistachios, cinnamon, almonds; Scugnizzi – Figs covered with cinnamon, brown sugar, and cocoa. [www.bonvoyagegourmet.com](http://www.bonvoyagegourmet.com).

**BISSINGERS BLUEBERRY ACAI GUMMY BEARS**

Bissingers' Blueberry Acai Gummy Bears were awarded "Outstanding Confection" at the 2008 Fancy Food Show in New York City. They're yummy, packed with organic ingredients, and made without artificial sweeteners or colors. The antioxidant value of one serving is equivalent to a 1/2 serving of fresh blueberries. Also available in: Blueberry Acai Gummy Pandas; Pomegranate Gummy Pandas with White Tea; Green Tea Gummy Pandas with Spiced Peach. \$13.50 for a 1 lb. bag or \$11.75 for three 4 oz. bags. [www.bissingers.com](http://www.bissingers.com).

**SOUTHERN ALPS**

From the very first sales in London's Borough market, Lotte Garner's muesli "Southern Alps" has garnered attention. Southern Alps selects quality fresh fruit and allows it to ripen and dry slowly in slightly warm air so there's no need for additives or preservatives, and mixes it with crunchy organic grains and seeds. Southern Alps muesli is a chunky, chewy delight. [www.southern-alps.co.uk](http://www.southern-alps.co.uk).

