



2009

WORLDS of FLAVOR  
TRAVEL PROGRAM



# Don't follow recipes. Live them.

## 2009 WORLDS OF FLAVOR TRAVEL PROGRAM



### **The Viking Life and The Culinary Institute of America have partnered to bring you the Worlds of Flavor travel program.**

These exclusive culinary trips explore the authentic flavors and traditional techniques of cuisines around the globe. But you won't just eat where the locals eat – you'll cook where the locals cook.

Led by chefs, authors, and celebrated food experts, each trip offers the rare opportunity to experience everything that goes into these exciting dishes. From scouring the street markets of Saigon to hunting truffles in the Umbrian forests, you'll be completely immersed in the cultures that created these cuisines. You'll learn history and techniques from local chefs. And, of course, you'll eat at some of the most amazing restaurants in the world. You may get your hands dirty during the day. But each night you'll unwind in luxury. No matter where these epicurean adventures take us, we make sure to secure world-class accommodations. This is a vacation, after all.

Due to the intimate nature of these trips, space is always extremely limited. So please make your reservations as soon as possible at [thevikinglife.com](http://thevikinglife.com), or contact Bridget

Engle at [bengle@vikingrange.com](mailto:bengle@vikingrange.com) or 1-800-961-9239.







**vietnam**  
with Mai Pham

FEBRUARY  
**17-25**  
**2009**

**From the frenzied street food scene of Saigon to the quieter pleasures of neighborhood markets in Hanoi**

and family restaurants in Hoi An, Vietnam is a cultural feast for chefs and food lovers alike. With Vietnamese cuisine now among the fastest-growing Asian flavor trends in the U.S., this tour provides a unique opportunity to learn the cuisine first-hand. From the heavenly crab spring rolls of Hanoi to the steaming pho noodle soup and lemongrass prawns of Saigon, our trip will thrill your palate and inspire your culinary passions.



# india

with Julie Sahni

## This journey takes us deep into the heart of Indian food and culture –

from the dynamic cosmopolitan city of Bombay, into the tranquil backwaters along the spice coast of Kerala, on to the Ganges and the holy city of Varanasi, and finally to the celebration of tradition and modernity that is New Delhi. Along the way, we will learn first-hand the secrets of tandoor masters, spice

**MARCH  
3-11  
2009**

experts, biryani and dosa specialists, market vendors, and a host of local cooks.

A pre-tour to Bombay and a post-tour to Agra and Jaipur are also offered.





# napa valley

APRIL  
16-19  
2009

## During this exclusive food and wine tour, experience the best of California's wine country.

The Culinary Institute of America's magnificent Greystone campus in the heart of the Valley will serve as your home base as we set off to explore the flavors, vineyards, techniques, and personalities of one of the world's leading culinary and viticultural regions. Join us for a rare insider's experience and meet the chefs, vintners, growers, and artisanal producers that make Napa Valley thrive.



# china

with Fuchsia Dunlop

APRIL 17-28

2009

## China has one of the richest culinary histories in the world –

its dynamic cuisine spans dynasties and vast regions. We'll travel from Beijing, with its "hutongs," markets and Peking Duck; through the Szechwan province of Chengdu; to the tranquil lakes

and tea-growing region of Hangzhou; and finally, the booming metropolis of Shanghai. The adventure culminates with

an optional visit to Hong Kong, with dim sum, fishing junks, and marvelous Canton cuisine. You will learn to prepare regional specialties in each area, as well as tour markets, wok and cleaver shops, and teahouses. Of course, we'll also eat at some of the finest restaurants in China and meet some of the most innovative chefs in the world.





# sicily

## As a cultural and culinary crossroads,

Sicily's influence on modern cuisine cannot be overstated. From simple pastas to elaborate seafood combinations, Sicilian cuisine is perhaps the most exciting expression of the classic Mediterranean kitchen. We will explore these dynamic flavors and passionate lifestyle behind them as we sip from the casks at esteemed wineries, taste olive

MAY 15-23

2009

oil right off the press, and shop at the bustling street markets.



# spain

with Gabriella Ranelli de Aguirre

SEPTEMBER 26-  
OCTOBER 4

2009

## Spain is a country of strong, seductive flavors.

Food, wine, architecture – it is a fountainhead of new ideas, fresh ingredients, and bold flavors. On this extensive tour of Catalonia and the Basque Country, we will visit star-studded restaurants, markets both ancient and modern, an experimental olive oil producer, pioneering wineries, tapas bars, and some up-to-the-minute buildings that are setting the world of modern architecture on fire.



# turkey

SEPTEMBER 28-  
OCTOBER 8

2009

## The crossroads of Europe

**and Asia,** Turkey is a culturally fascinating country whose brilliant and eclectic cuisine is just starting to be appreciated by Western chefs. This 11-day journey begins in Istanbul, and then explores the aromas and flavors of Bodrum and Cappadocia. From coffee houses to Ottoman feasts, we'll experience centuries-old dishes and traditions. We'll visit with contemporary Turkish chefs to learn the secrets of kibbe, kebabs, yogurt, and buttery Middle Eastern sweets. And we'll stroll through modern markets and ancient bazaars to get a close look at the remarkable ingredients and people that make Turkish cuisine so extraordinary.







## emilia/piemonte

### From the red cow pastures of Parma

to the truffle-scented hills of the Piemonte, we'll explore the culinary treasures of northern Italy's Po Valley. We'll taste true parmigiano reggiano and sample exquisite salumis. As a traditional sfoglina rolls her dough thin enough to read through, she'll explain the intricacies of hand-rolled egg pastas like tagliatelle and tortellini. Then we'll set off into the woods of Colli Bolognesi and the hills of Piemonte to hunt for truffles and wild mushrooms. We'll also sit down with the

OCTOBER  
**11-19**  
2009

chefs at Academia Barilla's brilliant new Parma facility and taste wines with the masters of Barolo and Barbaresco.



# rhone/burgundy

## One of the most renowned wine regions of the world

winds along the Rhone River, beginning just below the culinary mecca of Lyon and culminating at Avignon in the heart of Provence. We will visit the legendary vineyards and winemakers of Hermitage and Chateauneuf-du-Pape, along with the spectacular local restaurants along the way.

Throughout the trip, we will explore the art of pairing wines

with a variety of foods, and learn how the cuisine and wine of this region have evolved together over the centuries to complement each other so magnificently.

OCTOBER  
17-26  
2009



# tuscany/umbria

**Umbria has been called the "green heart of Italy."** And after

your first meal with the famously friendly people of this lush mountain region, you'll know why. By the time we finish our tour of historic Tuscany and Umbria, it will be part of you heart, too. We'll introduce you to our favorite butchers, bakers, cheese makers, farmers – and their families. We'll hunt for truffles and taste the fruits of the olive harvest. Along the way, professional chefs and

country cooks will share their secrets for cooking with mushrooms, truffles, olive oil, and more.

OCTOBER 24-  
NOVEMBER 1

2009





# thailand

with Ian Chalermkittichai

## Thailand is a land of smiles, spicy air, and tranquil countryside.

A complex and historic past is reflected in its food – balanced by sweet, sour, spicy, and salty flavors. Join us for a mouthwatering journey where you will discover Chef Ian's favorite places, meet local cooks, taste

NOVEMBER

13-21

2009

fragrant street food, visit magnificent temples, and enjoy the boisterous river life and buzzing tuk-tuks. We will begin our tour in the cultural center of Northern Thailand, and end in the bustling city of Bangkok.



