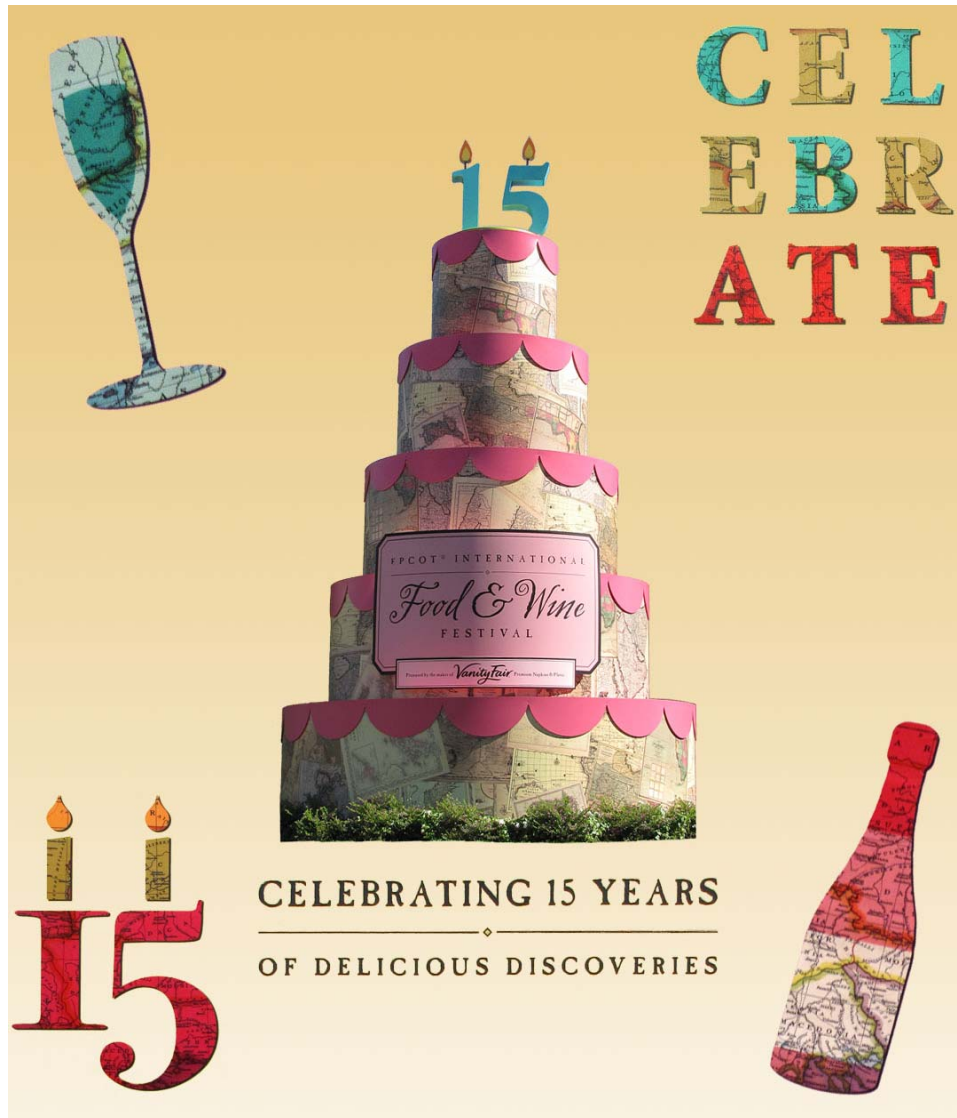


Food and Wine Festival

Walt Disney World



November 2010

By Andy Cubbon

Introduction

This was our annual visit for the Epcot International Food & Wine Festival. Lisa had pre-booked a few events for us and we planned to book any wine tastings while we were there. Unfortunately, we both caught bad colds just before we left which put somewhat of a damper on the trip. Therefore, we weren't up to doing much, so this report will be a little smaller than usual (which some might consider a blessing ;-).

ps. This report was delayed until 2011 because my computer died and I had to get a new one. So, I had to re-install all the software, restore all the data, and then had to get used to new versions and a new operating environment going from Windows to Mac.

Acknowledgements

Cast of Characters

- Andy and Lisa Cubbon, Marietta, Georgia

with guest appearances by

- John and Susan, Orlando, Florida
- Pat and Marianne O'Neill, Lakeland, Florida

Text Credits

The text was written by Andy and reviewed by Lisa.

Picture Credits

The pictures were taken by Andy with his Canon SX10 IS, or by Lisa with her Canon SD1000 ELPH. Lisa's photo is noted in the caption.

Cover Pictures

The center cover picture is of the cake display near the Festival Center and the others were isolated from photos of various festival banners

Previous Trip Reports

Our previous trip reports can be found at our website: <http://www.cubbon.net/>.

Appendices

- Appendix 1 – Kent Rathbun Recipe
- Appendix 2 – Piero Premoli Recipe
- Appendix 3 – Sweet Sundays Recipes

Disney World in November

Day 1 – Monday, November 8th

Getting There

We left home in Marietta just after 8:00AM, had lunch at the Florida welcome center as usual and arrived at the Kidani Village in the Animal Kingdom Lodge resort area at 4:00.

When we got to the room, we were not pleased with the view. It was on the Sunset savanna, but we were mostly looking at other room's balconies. Lisa tried to get it changed, but it wasn't possible to get a suitable one-bedroom villa until the next day, so we stayed in this room for one night. Anthony from Bell Services was very helpful during this process.

Dinner at Jiko with Friends

After getting cleaned up from the trip and resting up a bit, we walked over to Jambo House for dinner at Jiko with Susan and John, fellow Disney nuts who live in the Orlando area.

When we arrived, Susan and John were already waiting in the bar. Lisa checked in at the podium and we had a short wait for a table in Nasser's section. I ordered a martini (gin of course).

We were welcomed by Nasser and Lisa asked after his family. We started with a bottle of Chocolate Block wine and two of the *Kalamata Olive Wood-fired Flatbread*¹ with "Four Cheeses and Laura Chenel Soft Goat Cheese." It was yummy as usual. We then shared the *Artisanal Cheese Selection* ("Five tastings portions from Around the World with Accompaniments"). Unhappily, they no longer have the *Cucumber, Tomato, and Red Onion Salad* on the menu which Lisa and I usual share for our second course.

While we were enjoying these starters, Nasser brought us tastings of a new Pinot Noir and the Camberley Pinotage. We felt the pinot noir was too light for us, but liked the Camberley. It has that lovely old world earthiness but it wasn't overpowering.

For our main courses Susan got the *Seared Barbarie Duck Breast* with "Potato and Spinach Masala, Chanterelles, Brûléed Fig and Port Emulsion." Lisa had one of our favorites, the *Braised Beef Short Rib* with "Truffled Potato Puree, Pearl Onions, Baby Carrots, [and] Cabernet-Tamarind Sauce." John reacts badly to black pepper which limited the number of dishes available to him. Nasser checked with chef to determine what could be prepared without it. John settled on the *Seared Irish Salmon* "with Succotash, Peppadew Peppers, and Applewood Smoked Bacon." Unfortunately, the salmon was overcooked. I got the *Maize-crusted Wreckfish* with "Vegetables of the Moment and Tomato-Butter sauce." It was lovely.

I was the only one to get dessert I had the *Tanzanian Chocolate* ("Chocolate cremeux with chocolate crunch, chocolate-cherry mascarpone and cocoa nibs"). We all got coffee. As usual the meal lasted for several pleasant hours.

We had hoped to change the negative experience Susan and John had had on a previous meal at Jiko, but it didn't work out too well. We all had a great time, but the style of food

¹ Dish names in italics and descriptions in quotes are taken directly from the restaurant's menu.

just didn't match their tastes. However, the service was much better than their previous experience.

I was quite tipsy by the end of the meal. I hadn't had any alcohol for a couple of weeks because of medication plus having a cold so the martini and wine (we had a second bottle of the Chocolate Block) hit me pretty hard. Fortunately, I wasn't driving anywhere.

We got back to our villa in time to see the last half or so of "Dancing with the Stars" (DWTS), before crashing for the night.

Day 2 – Tuesday, November 9th

Lisa was up well before I was. She got a couple of newspapers and some milk for our breakfast, which was cereal and coffee/tea in the room. We lolled about reading the paper until about 9:30 or 10:00 when we had Bell Services come and pick up the luggage to store until our new room was ready in the afternoon.

Epcot

We drove to Epcot rather than waiting for the bus. After entering the park we saw there was a long line for Spaceship Earth, so we went to the Food & Wine Festival Center for a look around. It was set up just like the previous year with one wine seminar area, one culinary demonstration area, the wine shop and the knick-knacks and book shop. There weren't any wine tastings we were interested in today.



Figure 1. Food and Wine welcome display at Epcot

We wandered over to the World Showcase and got some lunch at the Tangerine Café in the Morocco pavilion. We had our usual vegetarian platter with extra sides of hummus and marinated olives. Lisa would love to know how they make the hummus because it is some of the best she's had. She thinks they may start with dried chickpeas and reconstitute them rather than the pre-moistened from a can.

After eating, we took in the **American Adventure** show. Then Lisa wanted to check out the new Werther's caramel shop in the Germany pavilion. It smelled wonderful and they were making caramel apples while we were there. She bought some of their caramel corn; I had a Coke. Back in Future World, we did the **Universe of Energy** and **Spaceship Earth** which was now a walk on.

Lisa hadn't heard from Kidani about whether our room was ready yet, so we went to Guest Services. The very helpful cast member, Jerome who was from France, let Lisa call about our room. It was ready and surprise, surprise they were able to issue us our new room keys right there. This saved us having to take the long walk to the Kidani lobby.

Before going to our new villa, we went to Publix on 192 for supplies (milk, water, bananas, limes and Cokes). When we got to the villa, I was pleased to find that the keycard issued in

Epcot worked. We had our luggage brought up from storage, unpacked and rested up for a couple of hours before dinner.

Dinner at Sanaa

Due to our weakened state, we decided to have dinner at Sanaa. This is a small restaurant in the Kidani Village that has a limited but tasty selection of Asian themed dishes in keeping with the Asian side of the Animal Kingdom. We started by sharing the *Potato and Pea Samosas* “with choice of Tamarind or Mango Chutney” and a side of naan. Lisa had the *Vegetarian Sampler* with Basmati rice choosing the Cauliflower and Spinach from the four choices. To drink I got the *Mango Lassi Smoothie* a “frozen blend of mango puree with nonfat yogurt.” It is yummy. To eat I got the *Tandoori Chicken* with Basmati rice.

Then it was back to the room for “Glee” and the DWTS Results.

Day3 – Wednesday, November 10th

We slept in this morning. I didn’t get up until 8:30. We had breakfast in the room and read the papers while listening to the Atlanta radio station over the Internet. Speaking of which, Lisa had heard that hooking a wireless router to the Internet connection in the room would work. We had a Belkin at home that had already been configured (we’d recently replaced it). I plugged it into the Ethernet jack, powered it up and it worked great. At one time we were using two laptops and two iPod Touches without a hitch. Each day we would be prompted to log-in to the Disney network and Lisa would do this on one of the laptops before we attempted to connect the other devices (though my iPod would automatically connect). Once logged in the other devices worked without a hitch.

Animal Kingdom

We left for the Animal Kingdom around 11:30. We first got FastPasses (FPs) for the Kilimanjaro Safari and then had lunch at Pizzafari where we shared a pepperoni pizza and the antipasti salad.

While waiting for our FPs to be valid, we continued one of our photo projects. I would take a photo of any WDW attraction, restaurant, shop, or sign that started with one of the letters in “Disney.” I will create a montage of these by letter to put in the letter-shaped openings in a large DISNEY photo mat Lisa got as a gift years ago. For example, I spotted the sign for the “Duka la Filmu” shop in Harambe which will go in the “D” in the mat (see picture).



Figure 2. One of the “D” signs for our project

When our FPs were valid we took the **Kilimanjaro Safari**. By then it was basically a walk on for standby. Then it was back to the villa for a rest period. Lisa made reservations for us at one of the Sunday wine seminars. It was the only one that looked interesting to us. We like to go to those featuring small wineries. This is how we found some of our favorite wines.

Magic Kingdom

Lisa wanted to do the Magic Kingdom for our evening activity. We began with a visit to Casey's for hotdogs and fries. Then we rode **Pirates of the Caribbean** and the **Haunted Mansion** followed by a loop on the **Tomorrowland Transportation Authority**. We then took in the Electric Parade that was still there. We had seen it in August on a brief visit while Lisa was teaching a class in Orlando. It was supposed to have left Disney World before November.



Figure 3. Electric Parade float

Then it was back to the room for the night and a couple of reruns of “Burn Notice” before turning in.

Day 4 – Thursday, November 11th – Veterans Day

Up a bit earlier this morning and had our usual relaxed morning in the room before driving to Downtown Disney for a shop. We picked up some ornaments at the Christmas store, Christmas gifts at World of Disney, and chocolate squares at Ghirardelli.

We went back to the villa. Because of the problem we had finding a good villa, we used the fire escape map on the back of the door to determine which rooms would give the best view and quiet privacy we like. This way Lisa can request specific rooms the next time.

Back to Epcot

We took the bus to Epcot where we first got FastPasses for Soarin' and then had some lunch at Seasons in the Land. I got a Ruben panini and Lisa had Mongolian beef. We still had some time until our first Culinary Demonstration, so we rode **Living with the Land**.

Culinary Demonstration – Kent Rathbun

Our first event of Food & Wine was the culinary demonstration by Kent Rathbun of Concepts in Dallas, TX. He was demonstrating Pork Tenderloin with a Chipotle-Corn Mash. The main highlight was the Bunratty Meade, which was quite tasty and would make wonderful syrup if reduced a bit. There was also a small fire when Kent added oil to a pan he'd preheated on the conduction range and it burst into flames. It got a lot hotter than he was used to with a gas stove.

Here are a few notes on the recipe in Appendix 1 on page 14. For the Chipotle-Corn Mash he didn't add the peppers and sugar until he had simmered the onion-garlic-corn mixture for a while. The sugar is only added if the mixture is not sweet enough. An



Figure 4. Kent Rathbun (right) and the hostess

alternative to simmering the mixture to thicken, one can bake it at 300°F uncovered 25-40 minutes.

The wine served with the dish was Ravenswood Zen of Zin. It was OK, but nothing to get excited about.

After the demonstration, we walked to Imagination pavilion to take in Captain Eo, but just missed the start of it, so we did **Journey into Imagination with Figment** then did **Captain Eo**. It had just returned to Disney World this summer. It showed its age, though apparently it's very popular.

For supper we went to Beaches & Cream in the Beach Club resort. We had our usual. Lisa had the cheeseburger with onion rings and water to drink. I had a cheeseburger, fries and chocolate milk shake. (Lisa did sample my shake to make sure it was OK :-). We noticed that we didn't get a long handled spoon with the shake like we usually do. When we asked the waiter, he told us that the Cape May restaurant had commandeered them all claiming a bigger need (for ice tea spoons). You'd think Disney could afford to buy a couple more gross.

The burgers were great as was the shake. We were a bit concerned because last time the burgers had been dry, but not this time.

After eating, we walked around World Showcase enjoying the people watching. We paused at the American Garden Theater for a song or two of the Rick Springfield Eat to the Beat performance.

We also checked out the new pizza restaurant in the Italy pavilion. It's a large space with both inside and outside seating. The menu wasn't particularly unique. We didn't have any of the food, so cannot comment on its quality.

Then it was back to the room for episodes of "Bones" and "CSI."

Day 5 – Friday, November 12th

Lisa wanted to do a small load of laundry, but found that someone had put dishwashing liquid in the machine. She ran it empty hoping to clear it, but it was still very sudsy after one full cycle. She called maintenance who cleaned it up while we were out.

Disney Hollywood Studios

We started the day with the **Muppets 3D** show; one of our favorites. We got a quick lunch at Studio Catering sharing a Caesar wrap, Greek salad and fries. Before heading for Epcot we took in the **Indian Jones Epic Stunt Spectacular**. Lisa really likes this show.

Epcot

We took the Friendship boat to Epcot, we were still feeling a bit poorly from the colds and weren't up to the long walk. We walked over to the Festival Center for our second Culinary Demonstration.



Figure 5. Rick Springfield in concert at Epcot

Culinary Demonstration – Piero Premoli

Lisa picked this demonstration because the chef is from Pricci an Atlanta restaurant in the Buckhead Life Restaurant Group and he was making a lamb dish. The wine was LaPosta Pizzella Malbec from Argentina provided by the Vine Connection. It went well with the dish.

He made a roulade of lamb saddle with a black Norcia truffle sauce and Chanterelle and Taleggio cheese polenta. He was ably assisted by Pano Karatassos Jr. the son of the founder and CEO of Buckhead Life. Lisa is pretty sure that the Buckhead Life group didn't want one of their chefs out without a minder.

While the dishes were cooking with Pano monitoring them, Chef Premoli demonstrated how to remove the excess fat (all but a thin layer that would become the outside of the roulade) and debone a lamb saddle and then roll it and tie it into the roulade (Step 2 in the Lamb method in the recipe in Appendix 2 on page 15).



Figure 6. Pano Karatassos Jr. (left) and chef Piero Premoli

A few notes on the recipes:

- Step 3 of the Lamb method: Piero used thyme instead of rosemary. He used a tied bundle 8-10 sprigs of it.
- Step 1 of the Polenta method: The amount of water depends on the amount of polenta. The ratio is 5 to 1.
- The water is salted; how much depends on the saltiness of the cheese.
- Step 4 of the Polenta method: Another 3 or 4 tied sprigs of thyme was added with the mushrooms.

After the demonstration, Lisa went up to Chef Premoli with some questions and told him she hadn't dined at Pricci in a long while and wanted to try it again soon. He gave her his card and told her to call him when we were coming.

We walked around the World Showcase so I could get a few more photos for the DISNEY mat and then took a Friendship boat to the Swan and Dolphin Resorts.

Dinner at Il Mulino New York Trattoria

We met Susan and John at Il Mulino in the Swan Resort. Lisa and I had dined here twice before and once at the one that used to be in Atlanta. Our first experience last May was just the two of us and was wonderful (see the trip report *A Spring Break at Walt Disney World*). The second experience was with Pat and Marianne in August. It wasn't as spectacular (no TR for this short visit). This time was somewhat of a disaster.

To start with our server talked very fast with a foreign accent. When Lisa asked her to slow down, she didn't. Her assistant was better.

They started us off with an amuse bouche of fennel flavored salami and an eggplant tapenade. Susan then got *Escarole* ("Sautéed Escarole with Kalamata Olives and Anchovies")

and a half order of the *Gnocchi Bolognese* (“Potato Dumplings with Meat Sauce”) for her main course. John started with the *Insalata Caesar* (“The Classic Il Mulino Caesar Salad”) and *Tortellini Alla Panna* (“Meat Tortellini and Peas in a Cream Sauce”) for his main course. Lisa and I also started with the Caesar salad. I got the Sea Bass special for my main, which was OK. I believe I was the only one that had any wine with the meal, but I didn’t note what it was.

For her main course Lisa chose a half order of the *Spaghetti Carbonara* (“Spaghetti with Pancetta, Cheese and Egg”). The spaghetti was over cooked and the carbonara sauce was watery thin. She asked to speak to the manager and told him the dish (and our server) were totally unacceptable. (For the remainder of the meal we were served by the assistant.) Of course they offered to bring her another entrée. She just got a couple of side dishes instead: *Spinaci Aglio E Olio* (“Spinach in Garlic and Olive Oil”) and *Piselli Alla Romana* (“Romana Style Peas with Pancetta and Onions”) which were alright. We didn’t have dessert.

Based on this experience it will be at least a year, maybe longer before we go back to Il Mulino here. I later suggested to Lisa and she passed it on to Susan and John that next time we will go with places they like such as the Blue Zoo or the Brown Derby at Disney Hollywood Studios. They concurred.

John and Susan kindly dropped us back at Kidani on their way home. We watched the rerun of “House” that featured Jennifer Grey (of “Dirty Dancing” renowned) who was the leading contestant on this season’s Dancing with the Stars (and she eventually won).

Day 6 – Saturday, November 13th

We got up at the usual times with Lisa first. We had our usual lazy morning in the room with cereal, coffee and the newspaper. I went down to the Kidani shop to pick up some purchases we’d made in the park the day before. I took them down to the car and put them in the trunk.

Epcot – Argentina Wine School

We took the bus to Epcot for our day’s Food and Wine activity: Wine School, an extended tasting (1:00PM to 3:00PM) featuring wines from a particular country or region. It is held upstairs in the Festival Center. It also includes information about the different domains in that country. In this case it was Argentina. Evan Goldstein, Master Sommelier, from Full Circle Wine Solutions was our presenter.

We learned that Argentina is the 5th largest producer of wine in the world (1st France, 2nd Italy, 3rd Spain and 4th USA). It exports only 17% of its production; consuming the rest domestically making it the 6th largest consumer of wine (total amount consumed) or 8th largest per capita.

We were told a lot of details about each of the eight wines we tasted. Here are some of the notes Lisa and I took about each one:

Michael Torino Don David Torrontes, 2009, El Esteco Winery, Cafayate in the Salta Province. Torrontes is the type of grape. This is a sweetish white wine with ripe tropical fruit characteristics. It would go well with tropical fruits. No oak used, don’t keep for more than a year or two, about \$12/bottle. This winery is at high altitude (5500-6600 feet).

Crios de Susana Balbo Torrontes, 2009, Dominio Del Plata Winery (this is Susana Balbo's winery), Cafayate in the Salta Province. This white is drier than the Michael Torino; more fruit forward, floral, about \$12/bottle. It lacks the acidic bite needed to go with food. Evan called it a gateway wine.

Now the reds:

Pinot Noir Reserva, 2009, Fin del Mundo, Neuquén, Patagonia. Dry, light tannins, not much fruit, some oak, more of an old world style, about \$25/bottle. Can age for 5-8 years in the bottle.

Bonarda, 2007, Bodega Nieto Senetiner, Lujan de Cuyo, central Mendoza. Bonarda is type of wine grape called Charbono in California. This had a nice old world bouquet with green pepper, red and black fruit overtones, about \$20/bottle. Would go well with pizza, pasta or pâté.

Classic Malbec, 2008, Alta Vista (part of the French owned Edonia Group). Typical malbec with medium tannins and no back of mouth feel, \$15-18/bottle.

Malbec, 2008, Mendel Wines, Mendoza. Lighter than the Alta Vista, less complex, Lisa got a goaty flavor that turned her off to it, mid \$30s/bottle.

The Marshall Malbec, 2008, Goulart, Lujan de Cuyo, Mendoza. Fruit forward, more back of the mouth feel, softer than the Alta Vista, mid \$30s/bottle. It would be good with meats.

Perdriel Single Vineyard, 2005, Norton, Perdriel Cuyo, Mendoza. 60% malbec, 28% cabernet sauvignon, 12% merlot, 14 months in French oak, nice cedar aroma, about \$65/bottle (but I found it on the Internet for less than \$50). Nice, but probably not worth the price.

After the lecture, we were served light hors d'oeuvres to accompany any of the wines we had left. We chatted with another couple from Montana until the staff kicked us out.

This was an interesting and fun experience, but couldn't measure up to our 2006 South African Wine School that went from 9:00AM to 3:00PM where we tasted 32 wines and it included lunch (see *Walt Disney World 11th Annual Food & Wine Festival*).

Since we hadn't gotten any lunch, we needed sustenance. I got a Mickey bar and then we shared a Fish & Chips from the Yorkshire County Fish Shop in the England Pavilion.



Figure 7. The Argentine red wines we tasted at the wine school. Left to right: Del Fin Del Mundo Pinot Noir, Nieto Senetiner Bonarda, Alta Vista Malbec, Mendel Malbec, Goulart The Marshall, Norton Perdriel.

Disney Hollywood Studios – Osborne Lights

We took one of the Friendship boats from the International Gateway to the Studios for the evening. We found a bench on Hollywood Boulevard and people watched until it started getting dark.



Figure 8. Some of the Osborne Lights at Disney Hollywood Studios

We then walked over to the Streets of America to check out the Osborne Lights that were already up for Christmas. We were a little early and the crowds were thick. We stayed for a couple of the shows where they choreograph the lights to Christmas songs before catching a bus back to the villa.

Day 7 – Sunday, November 14th

We were up earlier than normal today for our first Food and Wine event. I had a light breakfast before we caught the bus to Epcot at 8:45.

Sweet Sundays

We arrived at Epcot a bit early, so we got FastPasses for Soarin' (we hadn't used the ones we got on Thursday) and picked up the tickets for the afternoon wine seminar we'd previously booked. Then we checked in for the Sweet Sundays event.

We were all given table assignments, but many of the attendees lined up to rush in first anyway. Once we were seated, rows of tables in turn were sent to the full buffet breakfast set up just outside the Culinary Demonstration venue in the Festival Center. Our table was in the last row sent, but there was still plenty of food left. They had an excellent selection of items to choose from including, eggs, Mickey waffles, fruit, potatoes and a variety of rolls plus Martini Prosecco and coffee or tea (see top-right in Figure 9 below). They told us they wanted our blood sugar to be stabilized before serving us the sweets.

As we were finishing our breakfast, Danny Ha, chef at Montage Beverly Hills was introduced and the cooking demonstrations began.

First he made the batter for the Pumpkin Cake that would be the base of three of the four recipes we were given. It was quite easy to make and very forgiving. You can make the batter up a day or two in advance and keep it in the refrigerator until you are ready to bake it. You also don't need a mixer; it can all be done with a strong whisk (but he wished he'd used a mixer by the time he added the last of the flour).

A couple of notes on the pumpkin cake recipe (see Appendix 3 on page 16):

- It calls for pumpkin puree – NOT pumpkin pie filling.
- If you don't like pumpkin, you can use another puree of similar consistency such as sweet potato.
- In Step 1 he used a 9" silicon cake pan which he did NOT grease or flour. He extolled the virtues of using silicon bake ware, which he used for the cake. When it was done it came right out of the silicon pan and was a consistent brown on all sides.
- In Step 4 he sifted the dry ingredients to make sure there were no lumps.
- In Step 9 "...add the flour" is the combined dry ingredients from Step 5.

Next he made the Cream Cheese Pumpkin Muffins (bottom-left in Figure 9). He couldn't use the silicon muffin pan he had because it was too big to fit in the oven he was using. Lisa made these for our New Years Day party. She used cupcake cups instead of the non-stick spray called for in the recipe (see Appendix 3 on page 17).

He didn't make the Pumpkin Upside Down Cake but talked briefly about it (see Appendix 3 on page 18).

While the cake and muffins were baking, he made the Pumpkin Panna Cotta (top-left). The only change he made to this recipe was to use apple cider with gelatin for the topping. You can use whatever topping you like (see Appendix 3 on page 19)

Once the cake was done he make the Pumpkin Tres Leches. Here are a couple of notes on this recipe (see Appendix 3 on page 17):

- In Step 3, rather than poking holes in the top he cut a thin slice of the domed part off.
- In Step 4, use less than a cup of the tres leches; you don't want the cake to get soggy.
- In Step 7, he used only a slow whipped whipped-cream (which makes it firmer), which he piped on in rows and topped with a dusting of nutmeg. Our serving had a side of apple-cranberry compote (bottom-right).



Figure 9. Sweet Sundays. Center is Danny Ha our chef. Clockwise from top-right are breakfast buffet, Pumpkin Tres Leches, Cream Cheese Pumpkin Muffin, and Pumpkin Panna Cotta.

It was excellent and by far the best recipe we have gotten from any Food and Wine event. Lisa has made the Pumpkin Tres Leches twice and the muffins once. They were excellent and a big hit with our holiday guests.

After the event, we used our FastPasses on **Soarin'** and walked out to the Germany Pavilion because Lisa wanted some more of the Werther's caramel corn, but the line was too long and she thought we might miss our wine seminar.

Terra Valentine Wine Seminar

Surprisingly, this was the only wine seminar we attended this year. The others on the schedule just didn't have any interest for us.

Terra Valentine is small family owned Napa Valley winery; just the type we like. All of the wines we tasted are estate wines meaning they are made from grapes grown on the winery property. And even better, they are all reds.

Spring Mountain District Cabernet Sauvignon, 2006. 95% cabernet sauvignon, the rest is merlot and petit Verdot. 5000 cases, aged 22 months in 100% French oak (35-45% new). 81% of the grapes from their Wurtele vineyard and the rest from their Yverdon vineyard. Soft with a nice light oaky aroma and black fruit. Good with pork. About \$50/bottle.

Yverdon Vineyard Cabernet Sauvignon, 2006. 100% cabernet sauvignon all from the 2000-foot high Yverdon vineyard. 800 cases, aged 22 months in 100% French oak (45% new). More fruit forward and less oaky than the Wurtele below. About \$75/bottle.

Wurtele Vineyard Cabernet Sauvignon, 2006. 100% cabernet sauvignon all from the 450-1000-foot Wurtele vineyard. 900 cases, aged 22 months in 100% French oak (45% new). More fruit forward and more oaky than Spring Mountain. Needs to age in the bottle a few years or open well in advance of serving. About \$60/bottle.

These were very nice wines but a bit pricy for the quality. We took the bus back to our room and got there by 3:00 where we got cleaned up for dinner.

Another Dinner at Jiko

Our friends from Lakeland, Pat and Marianne O'Neill, arrived around 4:00. We hung around the villa catching up until it was time to go to Jambo House for dinner at Jiko (it is our favorite Disney World restaurant).

We got Nasser as our waiter again for another great dining experience. We ordered a couple of the *Kalamata Olive* flatbreads with "Four Cheeses and Laura Chenel Soft Goat Cheese" to share. Nasser brought us an amuse bouche of Cauliflower Curry soup. He then brought a taste of Fairview Primo pinotage and Camberley pinotage. Lisa and I ordered a bottle of the Camberley 2008 Pinotage. Marianne got a glass of white wine and Pat had Tusker beer.

For the next course Pat and Marianne shared the *Jiko Salad* with "Heirloom Apple, Pistachio, Pumpkin Seed, Sheep's Milk Cheese and Pomegranate Vinaigrette." Lisa and I shared the *Braised Beet Salad* with "Smoked Bacon, Goat Cheese, Shallot Marmalade, and Beet Vinaigrette." Pat and Marianne ordered the *Grilled Shrimp Curry* with "Citrus-Coconut Basmati, Fall Vegetables and Durban Curry Sauce" (Marianne had hers with chicken instead of shrimp). Lisa got the *Crispy Beef "Bobotie" Roll* appetizer as her entrée with "Cucumber Raita, Green Mango Atjar, and Honey Roasted Groundnuts." I had the *Braised Beef Short Rib* with "Truffled Potato Puree, Pearl Onions, Baby Carrots, [and] Cabernet-Tamarind Sauce."

We passed on dessert, but Nasser brought us a plate of small cookies anyway. Pat had coffee, Marianne herbal tea, and Lisa & I had decaf.

We said our goodbyes while waiting for valet to bring Pat and Marianne's car and then we walked back to Kidani at 10:00.

Day 8 – Monday, November 15th

The original plan was to go over to Merritt Island for some bird watching, but we both were still feeling the effects of our cold and would have a long drive the next day, so we decided to have another relaxed day at Disney.

Animal Kingdom

After our usual quiet morning, we took the bus to the Animal Kingdom for a short visit. We worked on the photo projects and walked the **Pangani Forest Exploration Trail** and then returned to the villa for a nap.

Magic Kingdom

After our nap, we took the bus to the Magic Kingdom. First we had our turkey leg picnic. I got the turkey leg from Frontierland and Lisa got the salad for Cosmic Ray's. We got a table near the Indy Speedway where we ate our food and watched the kids and parents in the cars.

After eating, we went on **Carousel of Progress** and **Tomorrowland Transportation Authority** and then took the train from Toontown to Main Street where we browsed the shops. We left as the Electrical Parade was starting.

Back at the room we watched "Dancing with the Stars" before calling it a night. Not a very exciting day.

Day 9 – Tuesday, November 16th

We were up before 7:00, packed up the car and were on the road by 9:00. Before heading home, we drove to Lakeland to have breakfast with our friends Pat and Marianne at the Terrace Hotel.

We arrived a bit early, so we strolled around the block. When we got back to the hotel, our friends had arrived. We got a table in the nearly empty restaurant (it was near the end of the breakfast period). I had corned beef hash and wheat toast. Lisa got an egg-white frittata with a side of sausage. Pat and Marianne had the Terrace Breakfast: eggs, bacon and pancakes. We chatted mostly about ballroom dancing and the people we know in the sport.

The trip home went without incident other than a couple of brief rainstorms. And thus ends yet another Food and Wine Festival for us. Not much wine to rave about, but we got a great recipe.



Figure 10. The castle dressed for Christmas (Lisa's photo)

Appendix 1 – Kent Rathbun Recipe

See page 5 for a few notes on these recipes

Thursday, November 11, 2010

Kent Rathbun
Kent Rathbun Concepts, Dallas, TX

Bunratty Mead and Liquour Co. Ltd, Ireland
Bunratty Meade
&
Ravenswood Zinfandel

Wood Grilled Pork Tenderloin and Chipotle-Corn Mash with Texas Peach Barbecue Sauce

Chipotle- Corn Mash Ingredients:

- 1 cup onion, finely diced
- 2 tablespoons garlic cloves, minced
- 4 ounces butter, cubed
- 8 each ears corn, fresh, shucked and cleaned
- 1 ounce Chipotle pepper, pureed
- 1 tablespoon sugar
- 1 tablespoon kosher salt
- 2 tablespoons cilantro leaves, chopped
- 2 each limes, juiced

Method:

1. In a medium-sized cast iron skillet, slowly sauté onion and garlic in butter until translucent.
2. Add corn, Chipotle peppers and sugar.
3. Stir constantly while cooking on low heat until corn mash starts to thicken to the consistency of whipped potatoes.
4. Season with kosher salt, cilantro leaves and lime juice.
5. Set aside and keep warm.

Pork Tenderloin Ingredients:

- 8 pieces pork tenderloin (about 8 ounces each), trimmed of fat and silverskin
- 3 ounces olive oil
- 2 tablespoons KRE Family Barbeque Rub, <http://www.kentrathbunstore.com/>
- 2 tablespoons KRE Steak and Chop Garlic Salt, <http://www.kentrathbunstore.com/>

Method:

1. On a sheet pan, rub tenderloins with olive oil and season with KRE Family Barbeque Rub and KRE Steak and Chop Garlic Salt.
2. Grill over an open flame or on a char-broiler until desired temperature is reached. (Medium rare is best.)
3. When pork tenderloins are almost at the desired temperature, brush meat with KRE Texas Peach Barbeque Sauce and let caramelize for about one minute.
4. Slice and serve.

Sauce Ingredients:

- ½ cup KRE Texas Peach Barbeque Sauce, <http://www.kentrathbunstore.com/>

To Plate:

1. Serve sliced with a side of the KRE Texas Peach Barbeque Sauce.

Appendix 2 – Piero Premoli Recipe

See page 7 for a few notes on these recipes.

Friday, November 12, 2010

Piero Premoli
Buck Head Life Restaurant Group. Atlanta, GA

Vine Connections, Mendoza, Argentina
LaPosta Pizzella Malbec

Roulade of Lamb Saddle, Black Norcia Truffle Sauce,
Chanterelle and Taleggio Cheese Polenta

Servings: 4-6

Half of a saddle, loin length or, more suitable for house hold
2-3 large lamb loin (about 1 pound)
1 pound fresh chanterelle mushrooms
3 ounces chopped shallots
1 ounce fresh chopped parsley
8 ounces polenta corn meal flour
2 ounces chopped black truffle
4 ounces veal jus
3 ounces taleggio cheese
2 ounces olive oil
1 head of garlic
3 rosemary spring
2 ounces butter
salt & pepper, to taste
drops of aged sherry vinegar

Method for Lamb:

1. Preheat oven at 400 F.
2. Tie with butcher twine the lamb loin every 2 inch of length. Season with salt and pepper, to taste.
3. Heat the oil in a roasting pan and sear the loin with garlic and rosemary and the butter until golden brown.
4. Put in the oven for 10 minutes and basting every 2 minutes with the natural buttery jus.
5. Internal temperature should be 130 F to a medium.
6. Let it rest before slicing.

Method for Polenta:

1. Bring to a boil 2 quarts of salted water in a pot.
2. Add the polenta corn meal and continue whisking to avoid lumps.
3. Turn the flame down to a low heat and keep stirring with a wooden spoon for ten minutes.
4. Add the mushrooms that were previously sauté with olive oil and minced shallot
5. Finish the polenta with diced taleggio cheese and a table spoon of butter.

Method for sauce:

1. Simmer the veal jus with the chopped truffle for 20 minutes in a very low heat.
2. Add few drops of aged sherry vinegar.

Plate: Spoon the soft polenta and mushroom mix on the center of the plate, Slice roasted lamb, atop the sauce around.

**Consuming raw or undercooked *meats, poultry, seafood, shellfish, or eggs* may increase
your *risk* of foodborne illness**

Appendix 3 – Sweet Sundays Recipes

See page 11 for some notes on these recipes.

Sweet Sundays
Sunday, November 14, 2010

Danny Ha
Montage Beverly Hills, Beverly Hills, CA

Pumpkin Muffins, Pumpkin Upside Down Cake, Pumpkin Tres Leches

Pumpkin Cake to be used in all three recipes

4 eggs
1 cup canola oil
1 ½ cups pumpkin puree
2 cups sugar
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground clove
1 teaspoon ground nutmeg
1 teaspoon salt
1 teaspoon baking soda
2 teaspoon baking powder
2 cups all purpose flour

Method:

1. One 9 or 10 inch round cake pan, greased and floured. To help in the removal of the cake, I recommend a circle of parchment paper on the bottom of the pan.
2. Preheat oven to 350°F.
3. Stir all of the dry ingredients together in a bowl.
4. Make sure there are no dry lumps of any particular ingredient.
5. Set aside.
6. Place the eggs in large bowl and break them up with a whisk.
7. Add the pumpkin puree and stir to combine.
8. Add the oil and stir to combine.
9. Again, stirring with your whisk add the flour.
10. Whisk the batter until it is smooth.
11. Pour into the prepared pan and bake until a skewer comes out clean, approximately 25 minutes.
12. Remove from the oven and follow the steps for using the Tres Leches.

Sweet Sundays
Sunday, November 14, 2010

Danny Ha
Montage Beverly Hills, Beverly Hills, CA

Pumpkin Muffins, Pumpkin Upside Down Cake, Pumpkin Tres Leches

Tres Leches

1 can sweetened condensed milk
1 can evaporated milk
1 cup heavy cream

Method:

1. Heat all three milks together making sure to stir to prevent burning.
2. Just before it reaches a boil, remove from the heat.
3. Poke the cake all over with a toothpick or skewer.
4. Slowly pour the milk over the cake allowing it to soak up all of the milk.
5. Allow the cake to completely chill in the refrigerator.
6. To remove the cake from the pan, run a knife around the edge of the cake and turn over onto a serving platter.
7. Decorate with whipped cream and cranberries or walnuts.
8. It's delicious.

Cream Cheese Pumpkin Muffins

8 ounces cream cheese, softened
1 tablespoon granulated sugar
1 egg yolk
1 squeeze of fresh lemon
½ teaspoon pure vanilla extract
1 grate of a lemon rind

Method:

1. Preheat the oven to 350°F.
2. Combine all of the ingredients and mix together to combine.
3. Grease the cavities of a muffin tin with non-stick spray.
4. Fill the cavities 2/3 of the way full with pumpkin cake batter.
5. With a tablespoon put an oversized dollop of cream cheese filling in the middle of each muffin.
6. Bake the muffins until the spring back when pushed down. Or, test with a toothpick. It must come out clean. But be careful not to get any cream cheese on the pick.
7. Remove from the oven and allow the muffins to cool slightly before removing.

Sweet Sundays
Sunday, November 14, 2010

Danny Ha
Montage Beverly Hills, Beverly Hills, CA

Pumpkin Muffins, Pumpkin Upside Down Cake, Pumpkin Tres Leches

Pumpkin Upside Down Cake

1 stick (4 ounces) unsalted butter
1 cup packed golden brown sugar
1 package cranberries (about 2 cups)

Method:

1. Grease a 10 inch round cake pan.
2. Set aside. Preheat the oven to 350°F.
3. In a small saucepot melt the butter.
4. When melted add the brown sugar and stir it around to begin the melting process.
5. Pour this into the cake pan and swirl it around to evenly coat the bottom.
6. It should be a thin coating.
7. Scatter the cranberries on top of the brown sugar coating. It should be one even layer. It is okay if there are gaps.
8. Make the pumpkin cake recipe and pour over the cranberries.
9. Bake in the oven until a skewer comes out clean, about 30 minutes.
10. Remove from the oven and allow the cake to cool for about 10 minutes.
11. Run a knife around the edge of the cake to loosen the sides and then invert onto a serving platter. The cake should release from the bottom of the pan. If it doesn't, return it to the oven to heat up the cranberries.
12. Re-invert.
13. If there are any berries stuck to the bottom of the pan, just pick them off and reapply to the cake.
14. Serve at room temperature with a scoop of ice cream or a dollop of crème fraîche.

Sweet Sundays
Sunday, November 14, 2010

Danny Ha
Montage Beverly Hills, Beverly Hills, CA

Pumpkin Muffins, Pumpkin Upside Down Cake and Pumpkin Tres Leches

Pumpkin Panna Cotta

3 ½ cups half and half
½ cup granulated sugar
¼ cup plus 2 tablespoons sugar in the raw (or brown sugar)
1 cup unsweetened pumpkin puree
¼ teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground cardamom
½ teaspoon pure vanilla extract
2 tablespoons pure maple syrup
2 envelopes powdered gelatin
½ cup whole milk, cold
½ cup coarsely chopped, toasted pecans, for decoration
½ cup maple syrup, for decoration

Method:

1. Lightly spray ramekins, bowl or mold with cooking spray, wipe out excess with a paper towel and set aside.
2. Combine half-and-half, sugars, pumpkin purée, cinnamon, nutmeg and cardamom in a medium saucepan and whisk to blend over medium-high heat.
3. Cook until mixture comes to the scalding point (small bubbles will appear around the perimeter of the pan).
4. Remove from heat and let stand 5 minutes at room temperature.
5. Whisk in vanilla and 2 tablespoons maple syrup.
6. Sprinkle gelatin in a small bowl and whisk in milk to blend.
7. Set aside 5 minutes to soften gelatin. Add to pumpkin mixture and whisk until dissolved.
8. Pour into a bowl or pitcher.
9. Pour into prepared molds, cover and refrigerate at least 8 hours or overnight.
10. To unmold, run a knife around sides of molds to loosen the custard.
11. Place a dessert plate over the custard, then invert to unmold. (The dessert can also be served straight from the mold.)
12. Drizzle each serving with maple syrup and sprinkle with pecans.