

# FOOD & WINE

THE  
TRAVEL  
ISSUE

# GLOBAL TASTEMAKERS

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# OBSESSIONS

AT HOME

## The Way of Tenugui

One of the most versatile gifts in the world is a Japanese hand towel.

By Yukari Sakamoto

*In Japan, colorful cotton cloths called tenugui make the ultimate souvenir—you can even use them to wrap wine bottles, ceramics, or other gifts purchased on the road.*

**I**N JAPAN, colorful, hand-dyed cloths called tenugui enrich our daily lives. The word comes from *te*, which means “hand” in Japanese, and *nugui*, which means “to wipe,” but since their creation, they have become much more than just towels.

Tenugui first appeared more than 1,000 years ago; they were originally made of silk or hemp and considered a luxury item. Once fabric manufacturing modernized, tenugui became more affordable and accessible, and by the late 19th century, they had become go-to, all-purpose cloths, used as light towels for public bathhouses, cloths for cleaning and drying dishes, and even as aprons. These days, most tenugui are made of cotton and are about 1 foot wide by 3 feet long. The short edge is unhemmed, allowing the cloth to dry quickly—the *wabi-sabi* imperfection is part of its charm. Over time, the cotton cloth becomes softer, similar to a well-worn T-shirt.

When I travel throughout Japan, I like to purchase tenugui as a souvenir, especially when I find ones with a pattern that represents the place I’m traveling to, like heirloom vegetables in Kanazawa or coffee beans in Nagoya. Some shops offer tenugui that are sold only in a certain city, so I always check those out first.

The cloths make a versatile gift: At mealtime, tenugui can transport bento boxes and can be used as a napkin while eating. They can make fashionable scarves or headbands and are a sustainable way to wrap gifts. The cloth can be used to cover a tissue box, to line a fruit basket, or as a table runner. They can also add a splash of color to your kitchen, where the quick-drying material operates as a hand towel.

Their eye-catching designs can be anything under the sun. There are seasonally inspired prints, like vibrant fireworks in the summer or red maple leaves in the fall, or regional specialties such as blue-and-white patterns that you’ll also find on local porcelain. Some of the designs, like ocean waves and hemp leaves, have been around for centuries and are just as timeless as the tenugui itself.

## WHERE TO BUY TENUGUI

### TOIRO

The tenugui at this Los Angeles–based donabe store are from Echigo Kamekonya, a 270-year-old artisan dyer, and are printed with playful motifs like sake bottles and soba noodles. (\$17, [toirokitchen.com](http://toirokitchen.com))

### KAMAWANU

This Japanese tenugui retailer has sold a colorful selection since 1987, including seasonal designs like watermelon and corn in the summer. (From \$20, [kamawanu.com](http://kamawanu.com))

### SOU SOU

With locations in Kyoto and San Francisco, Sou Sou offers vibrant, original patterns, often with Japanese-inspired ingredients like persimmons, radishes, and traditional wagashi confectionery. (\$15, [sousous.com](http://sousous.com))

### TENDING TO YOUR TENUGUI

Be sure to hand-wash the tenugui three to five times before machine-washing, as it may release dye. Pull off any stray threads—the fraying will eventually stop. Dry indoors out of direct sunlight.





## THE OBSESSIVE

## The Sandwiches of the Caribbean

A taste of the islands between slices of bread

By Sarah Greaves-Gabbadon

**WHEN YOU THINK** of typical Caribbean cuisine, jerk chicken, conch fritters, and grilled lobster probably come to mind. But it may surprise you that hearty and humble sandwiches are also regional staples across the islands, and they have been sustaining communities for centuries while offering a portable and inexpensive way to (literally) break bread with loved ones. From the Bahamas to Trinidad, these five sandwiches are a taste of the islands worth traveling for.

### The Fish Cutter

Barbados

For Bajans, a sandwich is called a cutter, and the fish cutter is the best-loved classic. The formula is simple: Take a pan-fried marlin fillet, nestle it on a pillowy salt-bread bun, and then dress it with a thick slice of New Zealand cheddar cheese (which is wildly popular in Barbados), lettuce, and an optional mustard-based pepper sauce.

**Where to Eat It:** The most famous cutter comes from Cuz's Fish Shack ([cuzfishshack.com](https://www.cuzfishshack.com)) on Bridgetown's Pebbles Beach. For a contemporary riff, try Speightstown newcomer Caboose ([instagram.com/caboosebarbados](https://www.instagram.com/caboosebarbados)), where it's loaded with the catch of the day, a fried egg, lettuce, tomato, and cheese.

### The Fish Sandwich

Bermuda

This doorstop of a sandwich is perfect for sharing. Bermuda's fish sandwich has a delicious, sweet-and-savory combination of a lightly battered and deep-fried local catch such as wahoo, rockfish, or turbot, served between thick slabs of soft, cinnamon-spiked raisin bread. Traditional fixings are tartar sauce (yellow from the addition of mustard) and hot sauce, which both pleasantly contrast with the sweetness of the bread.

**Where to Eat It:** At Woodys ([facebook.com/tastethelovebermuda](https://www.facebook.com/tastethelovebermuda)) in Somerset, order your fish sandwich like a local, accompanied with a side of crispy fries dusted with Lawry's seasoning salt and a can of Barritt's Ginger Beer.

### The Cubano

Cuba

While competition persists over where this sandwich originated (either in Cuba or in Florida, brought by Cuban immigrants who flocked to Tampa or Miami), most people agree on the cubano's essential ingredients: pork, sweet ham, Swiss cheese, pickles, and a slick of mustard, wedged inside light-on-the-inside, crispy-on-the-outside Cuban bread. In Havana, ask for a medianoche (made with the same ingredients but with a softer, slightly sweet bread).

**Where to Eat It:** In Havana, the medianoche is a bestseller at Lo de Monik ([facebook.com/lodemonik](https://www.facebook.com/lodemonik)). If a trip to Cuba isn't in the cards, Sanguich ([sanguich.com](https://www.sanguich.com)) on Miami's Calle Ocho is the place to get a Cuban sandwich.

### The Bake and Shark

Trinidad

This Trini specialty comprises well-seasoned fried shark sandwiched between two rounds of fried dough called bakes. It's all about the condiments that are drizzled on top of the shark—garlic sauce, hot pepper sauce, tamarind sauce, and a dressing made from chadon beni, a local herb also known as culantro, but stronger.

**Where to Eat It:** Of the stalls that line Maracas Beach, Richard's Bake & Shark ([facebook.com/richardsbakeandshark](https://www.facebook.com/richardsbakeandshark)) is arguably the most popular. His claim to fame is adding a slice of fresh pineapple to give each sandwich a tangy and refreshing kick. In Trinidad's capital, Port of Spain, get your fix at any of the restaurants and stalls on Ariapita Avenue.

### The Patty and Coco Bread

Jamaica

For a sustaining snack, Jamaicans tuck their patties (filled with beef, chicken, vegetables, or seafood) into coco bread, a fluffy bun made with coconut milk that is folded into a half-moon shape and glazed with butter. Its slightly sweet flavor and soft texture make it the perfect counterpoint to the spicy, flaky patty.

**Where to Eat It:** There's a fierce rivalry among fans of local restaurant chains Tastee ([tasteejamaica.com](https://www.tasteejamaica.com)), Juici Patties ([juicipatties.com](https://www.juicipatties.com)), and Mother's ([mothersjm.com](https://www.mothersjm.com)). "What separates each patty maker are the crust and the amount of filling," says Jamaican-born chef Andre Fowles, culinary director of Miss Lily's in New York City. "Jamaicans will debate until the end of time which is the best."

## THE ODE

## Let It Be Limone

A fizzy lemon drink from the streets of Catania is the ultimate refresher.

By Khushbu Shah

**SALVATION COMES IN MANY FORMS**, but on this particularly warm and balmy night in Catania, a port city on the coast of Sicily, it is in the form of the welcoming glow of light emanating from Chiosco Giammona. I'd just finished a four-hour marathon meal, and one of the only things that can solve that magnitude of fullness happens to be a specialty of theirs—seltz limone e sale, or seltzer with lemon and salt.

Chiosco culture is a staple of life in Catania; the small roofed stalls dot the landscape of the city. They serve as informal hangout spots and remain busy day and night. Most chioscos serve a selection of affordable drinks, but the seltz limone e sale remains the star beverage.

Chiosco Giammona, a hexagonal stand on Via Umberto I, is currently staffed and run by three brothers of the Giammona family, which has run the kiosk since the 1940s. One of the siblings lines up several thin plastic cups and fills them halfway with water that is carbonated to order. He then grabs his specialized handheld citrus press; it is incredibly heavy, made of brass, and completely flat on one side. (And no, they will not sell you one, no matter how enthusiastically you beg.) With a few swift motions, he starts crushing the juice of two to three lemon halves into each cup, draining

each citrus carcass of any droplets of juice it may have at warp speed. He then stirs in a bit of salt and tops off each cup with more seltzer before handing each customer their cup.

The water is so crisp and the bubbles are so energetic that you can hear them fizz if you bring your ear near the rim of the cup. The lemon is intense, yet gently puckery, and the salt rounds out the flavor. There's just enough in the cup to satisfy any thirst and settle your stomach.

One of the brothers tells me that the drink used to be made with baking soda, which helped create even more dramatic carbonation. Legend has it that some local soccer players suggested swapping that out for salt, which ended up tasting better. The salt also adds electrolytes to the drink, making it a great way to rehydrate after a day in the blazing Sicilian sun.

There is something about the drink that is almost as medicinal as it is refreshing. Perhaps it's the icy cold temperature, or the plethora of bubbles, or the hint of salt, or how fresh the lemons are. But a few sips in, and the painful fullness from dinner all but dissipates into a comfortable lull—something even a glass of the bitterest amaro isn't always able to accomplish.

### Seltz Limone e Sale (Seltzer with Lemon and Sea Salt)

TOTAL 5 MIN; SERVES 1

*A popular drink at many chioscos in Sicily, this simple Italian spritz is used to hydrate on hot days. In it, crisp and effervescent water is mixed with lemon juice and Sicilian sea salt. Harvested from the Mediterranean sea, this mineral-rich salt brings a clean, oceanlike flavor to the refreshing drink. If you can't find Sicilian sea salt, regular fine sea salt or kosher salt may also be used.*

- 2 Tbsp. fresh lemon juice**
- ½ tsp. Sicilian sea salt (such as Spicewalla) (see Note)**
- 1 cup chilled seltzer water**

**Stir** together lemon juice and salt in an ice-filled highball glass until salt dissolves, about 15 seconds. Top with seltzer water; stir. Serve immediately. —LUCY SIMON

**NOTE** Sicilian sea salt is available at most specialty stores or online at [spicewallabrand.com](http://spicewallabrand.com).

EDITORS' PICKS

## Drinking Games from Around the World

The fun, the silly, and the outright discombobulating: These five drinking games are the life of the party.

By Amelia Schwartz



### BING BANG WA

Hong Kong

"This was the drinking game of my youth," says writer Kiki Aranita, who grew up in Hong Kong. Have at least three people sit or stand in a circle. One player points at another player and exclaims, "Bing!" That player can then point to someone in the circle and say either "Bing!" (repeating the first move) or "Bang!"—in this case, the person who gets pointed at would raise their hands and whoever is to the right and left of them must shout, "Wa!" The person who raised their hands (and did not say "Wa!") is the next to point and can say "Bing!" or "Bang!" The game continues until someone makes a mistake and must take a drink.

**BEWARE:** Once a group gets the hang of the rules, this game moves very quickly.



### FLUNKYBALL

Germany

Gather two teams of two or more people, each person holding a bottle of beer. The teams should be facing each other and standing approximately 40 feet apart, with a half-full, sealed water bottle directly in the middle of them. The teams take turns throwing a ball at the water bottle, one person at a time, in an effort to knock the bottle over. If a team is successful, they will start drinking their beer while the other team runs to grab the ball and return the bottle to its upright position; once the entire team returns to their starting line, they'll yell, "Stop!" meaning anyone drinking must put their beer down. Whoever finishes their beer during that time can no longer throw or run. The game repeats and continues until every player from one team has finished their beer—that team is the winner.



### FRUTITAS

Costa Rica

To play this food-themed game, start with a group of five or more people sitting or standing in a circle. "Each player chooses a fruit and adds the diminutive [-ito/-ita] to the name of a fruit in Spanish," says Carlos Soto, cofounder of Nosotros Tequila. So if they select mango, they should call themselves "manguita" or "manguito." Then, one person says their fruit name followed by another player's fruit name ("manguita llama bananita," meaning "little mango calls little banana"). Then, "bananita" would follow the same formula, calling on another fruit friend.

**THE CATCH:** You are not allowed to show your teeth or laugh—if a player does either, they must take a sip of their drink. "It's very hard to keep from laughing while playing," Soto says.



### THE BOTTLE CAP FLICK GAME

South Korea

Many drinking games in South Korea center around soju, a grain-based spirit, and this one is no exception. A group of any size (two or more) sits around a table. Someone opens a bottle of soju. The metal cap will have one long end hanging off that will be twisted into a rod. One by one, the players will pass around the bottle cap to flick the rod. Whoever flicks the rod to its breaking point must take a drink from the soju bottle.



### GOON OF FORTUNE

Australia

The bag inside of a boxed wine, which Australians refer to as a "goon," plays the starring role in this game, alongside a Hills Hoist, a height-adjustable, four-pronged clothesline that can spin in a circle. The rules are simple: Attach a wine bag to one of the prongs of the clothesline. A large group of people (ideally eight to 12) stands in a circle around the Hills Hoist. Someone spins the Hills Hoist, and whoever is closest to the goon once it stops moving must take a drink directly from its spout. Depending on the house rules, there are no winners or losers. Just keep on spinning until you can't "goon" on.

**FUN FACT:** Boxed wine was originally invented by an Australian winemaker named Thomas Angove in an effort to package large quantities of wine.

FOOD STYLING: EMILY NABORS HALL; PROP STYLING: PRISSY LEE MONTIEL



CLOCKWISE FROM TOP: Vineyards outside of Avise, France; travelers participate in a tagine cooking class in Morocco; aging wheels of Comté cheese in the affinage cave at Marcel Petite in Fort Saint-Antoine

#### THE INNOVATOR

## Will Travel for Food Zingerman's goes global with international food tours.

By Katie Chang

**ALTHOUGH SANDWICHES** might be Zingerman's original claim to fame, the 42-year-old Midwestern delicatessen has also earned acclaim as an engine of innovation, launching a community of businesses that includes a creamery, a roastery, and an imprint—Zingerman's Press—that publishes books on business and leadership (to name a few). And now, under the guidance of Managing Partner Kristie Brablec, Zingerman's Food Tours is taking the Ann Arbor, Michigan-based group of businesses to another level—and across the world.

It all started in 2016, when Brablec, who was then Zingerman's service director, went to Tuscany on a trip aimed at introducing loyal Zingerman's customers to the makers behind several of their imported items, such as olive oil and Parmigiano-Reggiano. "I loved being a part of this beautiful symphony, combining logistics, personalities, and locations," she recalls. "It felt natural that this could be how I would spend the rest of my career." Thanks to Zingerman's practice of empowering employees with the entrepreneurial training and

tools to pitch new businesses (which is how 2021 *Food & Wine* Best New Chef Ji Hye Kim opened her restaurant, Miss Kim), Brablec turned the culinary journeys into something more organized, specialized, and worldly: Zingerman's Food Tours.

The Zingerman's food tour branch now leads more than a dozen excursions in countries that range from Hungary to South Korea to the Canary Islands. Continuing to leverage their longstanding retail partnerships, Zingerman's is able to offer exclusive experiences for food lovers, like a visit to Fort Saint-Antoine, France, where Marcel Petite matures wheels of Comté cheese, or a behind-the-scenes tour of D. Barbero's Cioccolateria in Piedmont.

Above all else, Brablec prioritizes scheduling a one-of-a-kind itinerary with small producers who are honoring history while adapting to the needs of the future. "These are the voices we want to elevate, who need to have conduits to help share the challenges of this new world we find ourselves in." (*Book a trip at zingermansfoodtours.com.*)

## 4 MORE FANTASTIC FOOD TOURS

### BOG & THUNDER

This Ireland-focused food tour company champions the country's thrilling culinary evolution and seafood culture through engaging excursions—think trips to West Cork's Woodcock Smokery to learn about wild Irish salmon and sustainability. (*bogandthunder.com*)

### MIRUKASHI SALON

Founded by Prairie Stuart-Wolff—a photographer who has lived in Kyushu, Japan, for 18 years—Mirukashi Salon offers seasonal, five-day experiences through the Japanese countryside, granting intimate access to farmers, fishermen, restaurants, and the freshest ingredients of the season. (*mirukashi.life*)

### PALATINE

Living between Paris and New York City, Maisie Wilhelm's expertise lies in spotlighting the influences of women on culinary culture in places like Paris, Emilia-Romagna, and even the Big Apple. (*palatine.co*)

### PEGGY MARKEL'S CULINARY ADVENTURES

Peggy Markel is an industry pioneer who began leading culinary tours through Italy in 1992 and has since added places like India, Morocco, and Scotland. Devotees appreciate her belief that food has no bias or boundaries, along with her lifestyle-minded approach, which includes time to write, rest, and shop. (*peggymarkel.com*)



IN SEASON

## Reveling in Ramps

Although the season is short,  
ramps deserve to be savored.

By Catherine Jessee

FOOD STYLING: MARGARET MONROE DICKEY; PROP STYLING: CHRISTINE KEELY





**I**N LATE MAY, there is a small cluster of ramps behind Peoples Place, a community center in Leivasy, West Virginia.

“You can smell them before you can see them,” says Dawna “DoDo” Griffith, leader of the nonprofit. “People call it their spring tonic: something that sticks with you, makes you sleep better, makes you feel good.”

Back inside the cafeteria kitchen, Griffith gives orders to volunteer cooks who are preparing for the highly anticipated ramp dinner, a spring tradition for many rural Appalachian communities featuring the pungent, garlicky allium.

Fresh ramps will be cooked in lard and bacon fat, then scooped onto a plate with a splash of apple cider vinegar. They’re served with all the fixings: cranberry and pinto beans, cornbread, fried eggs, and bacon. In just one day, hundreds of plates will raise enough money to cover the next year of utility bills for Peoples Place. Any ramp bulbs that remain will be cleaned and trimmed, then tossed into the tree line out back to take root again.

Once a common phenomenon across Appalachia, a region that touches 13 states and includes all of West Virginia, ramp dinners are becoming rarer as the people who once carried the tradition age and as concerns about overharvesting abound. At the same time, ramp hype continues to spread throughout the culinary world, putting increasing pressure on the ecosystem. During the short ramp season (April and May), chefs around the country source fresh ramps to inject a vivid sense of seasonality to their menus. To eat a ramp in a restaurant is to taste the truffle of the Appalachian Trail without the hike.

Like ginger and turmeric, ramps are rhizomes, which means they multiply and stem from a horizontal rootstalk. It takes about seven years for one ramp seed to produce a full plant. They thrive in rocky woodland soils and shady, wet, loamy environments. You can tell a healthy, mature patch by whether it flowers in the summer, covering

mountainsides in white blooms. Ramps love climates like Leivasy’s, where thick blankets of wet leaves and snow reliably insulate them throughout the deep winter months. Then during the spring, when it’s warm and the sun shines through the trees, ramp shoots crop up: The leaves emerge and unfurl to their full size by late May, when the overstory closes again. If the conditions are too hot or too cold, the seed may never germinate. These days, a warming climate is as much a threat to the future of ramps as overharvesting.

Foraging for ramps is difficult and dangerous, especially in the mountains of

West Virginia, where the slopes are steep and the forest canopy is thick. For the Leivasy supper, ramps are dug just a couple of miles away by the same person each year. (The exact location is kept a secret, which is a common precaution; reveal your source to too many people, and even the thickest, healthiest ramp patch thins out quickly.) But not all ramps that are sold at farmers markets come from local foragers or see a local return—it is increasingly common for purveyors to hire traveling foragers who are experienced in covering uncertain terrain and shipping the product reliably (see “How to Buy Ramps Responsibly,” at right).

According to Knox Fanelli of Larder Foods, which sources edible foraged foods for chefs across the Southeast, demand for ramps is at its highest at the beginning and the end of their season—when they’re novel, and when they’re almost gone. The fleeting ramp season serves as a reminder to balance our cravings for exceptional flavors with the realities of our vulnerable planet.

“In a perfect world, people would take what they need and treat it as something precious, because it is,” says Rachel Blankenship-Tucker, a forager from western Virginia. To love ramps is to revere them even when you cannot eat them, to let them go when they’re out of reach, and to savor them slowly when you’re lucky enough to eat them.

## HOW TO BUY RAMPS RESPONSIBLY

### ASK QUESTIONS

If the ramps were trimmed, ask if and where the bulbs were discarded. While some purveyors snip above the bulb and leave the roots in the ground, it’s not common, so it’s possible they have bulbs you can give away or replant.

### REPLANT THE BULBS

If you purchase ramps with bulbs, don’t let them go to waste. Locate an existing ramp patch or find a new area (ramps favor moist, shady, north- or east-facing slopes near rocky creeks), and bury bulbs about three inches deep. Sometimes local foragers will accept bulbs and replant them for you.

### WASTE NOT

Don’t overlook ramps that have begun to wilt. They’re still delicious, and they should be used. Fry them gently with butter or bacon fat, or blanch them to use in a quick and easy ramp butter.



## Ramps, Potatoes, and Bacon

ACTIVE 30 MIN; TOTAL 55 MIN  
SERVES 4

*Sautéed ramps are paired with golden, lightly fried potato coins and smoky bacon in this simple springtime dish. A splash of white vinegar helps to keep the potatoes crisp—the acidic solution slows the breakdown of the potatoes’ natural pectin and prevents them from becoming mushy as they boil. Fresh ramps have a short season; they’re available only from early April to May and typically require a trip to your local farmers market to source.*

- 5 small red potatoes, scrubbed and cut into ½-inch-thick slices (about 3½ cups)**
- 1 Tbsp. white vinegar**
- 1¾ tsp. kosher salt, divided, plus more to taste**

### Cold water, for boiling

- 3 thick-cut bacon slices, cut crosswise into ¾-inch pieces**
- 4 oz. fresh ramps (about 24 ramps) (see Note)**
- 1 Tbsp. vegetable oil**
- Black pepper, for garnish**

1. Place potatoes, vinegar, and 1 teaspoon salt in a medium saucepan; add cold water to cover by 1 inch. Bring to a boil over medium-high. Reduce heat to medium-low, and simmer, undisturbed, until potatoes are fork-tender, 5 to 7 minutes. Drain and set aside.
2. Cook bacon in a large cast-iron skillet over medium-low, stirring occasionally, until bacon is crisp and fat is rendered, 14 to 17 minutes. Transfer bacon to a paper towel-lined plate using a slotted spoon; reserve drippings in skillet.

3. Heat skillet with drippings over medium-high. Add ramps to skillet, and sprinkle with ½ teaspoon salt; cook, turning occasionally, until stems are slightly softened and leaves are just wilted but still bright green, 1 minute to 1 minute and 30 seconds. Transfer ramps to a plate. Do not wipe skillet clean.

4. Add oil to skillet over medium-high. Add potatoes in an even layer, and sprinkle with remaining ¼ teaspoon salt. Cook until potatoes are golden brown on both sides, about 6 minutes, flipping once after 3 minutes. Remove from heat. Season potatoes with additional salt to taste. Divide potatoes evenly among serving plates. Top with bacon and ramps; garnish with black pepper. Serve immediately. —CATHERINE JESSEE

**NOTE** Find fresh ramps at farmers markets or online at [pacificwildpick.com](http://pacificwildpick.com).