“This stuff deserves to sit on the best tables of the world.”

- GORDON RAMSAY, CHEF, STUDENT AND EXPLORER
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WHERE IN THE WORLD
is Gordon Ramsay cooking tonight?

LAOS
(L to R) Yuta, Gordon and Mr. Ten take a spin on Mr. Ten’s souped-up ride.

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UNCHARTED TRAVEL BITES
We’ve collected travel stories and recipes inspired by Gordon’s culinary journey so that you can embark on your own. Bon appetit!

TRAVEL
Discover 10 Secrets of Machu Picchu
10 Reasons to Visit New Zealand
Go Inside the Labyrinthine Medina of Fez
Road Trip: Maui
See the Rich Spiritual and Cultural Traditions of Laos
Discover the Best of Anchorage

GORDON RAMSAY: UNCHARTED
In his new series, Gordon Ramsay travels to six global destinations to learn from the locals. In New Zealand, Peru, Morocco, Laos, Hawaii and Alaska, he explores the culture, traditions and cuisine the way only he can — with some heart-pumping adventure on the side.

ALASKA
Glacial ice harvester Michelle Costello mixes a Manhattan with Gordon using ice they’ve just harvested from Tracy Arm Fjord in Alaska.

PHOTOS LEFT TO RIGHT: ERNESTO BENAVIDES, JON KROLL, MARK JOHNSON, MARK EDWARD HARRIS
DESIGN BY: MARY DUNNINGTON

This magazine was produced by National Geographic channel in promotion of the series.

GORDON RAMSAY: UNCHARTED
PREMIERES
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THE PATH TO UNCHARTED
A rare look at Gordon Ramsay as you’ve never seen him before.

EXPLORE

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FEATURE

SPECIAL PROMOTION
“I’m always willing to learn; I want to expand on my repertoire.”

Gordon gathers local ingredients for his Big Cook in Peru. NATIONAL GEOGRAPHIC/ERNESTO BENAVIDES

ABOVE
Gordon on the beaches of New Zealand. NATIONAL GEOGRAPHIC/CAMILLA RUTHERFORD

uncomfortable, because he can’t constantly check the food, adjusting as necessary. But he’s here to get down and dirty, and even embrace these uncomfortable moments.

“I suppose the more successful I’ve become, the more I want to strip back,” says Ramsay. “I’m always willing to learn; I want to expand on my repertoire. I still need to feel that vulnerability and touch base with that insecurity of what I don’t know.” And right now, broadening his horizons doesn’t involve a luxurious day off at the beach.

He’s here in New Zealand to highlight the influence of Maori tradition and indigenous food on a recent revolution in the country’s cuisine and on local chefs, like Monique Fiso, who are modernizing these traditional foods with fine-dining training. “This stuff deserves to sit on the best tables of the world,” says Ramsay. “I think over the next 15 to 20 years, you’ll see a new breed of chefs at the forefront like Monique, establishing the powerful tastes of one of the smallest countries in the world.”

To get to this day of digging a hangi pit, Ramsay has spent a week in New Zealand hopping between Stewart Island and the Wanaka region of the country’s South Island, in search of an education while gathering ingredients from New Zealand’s four main ecosystems: ocean, river, mountains and forest. While the average Kiwi resident might visit the local market for most of the ingredients that come from the land...
New Zealand chef Monique Fiso and Gordon prepare a meal with local ingredients in a traditional Maori hangi pit.

JON KROLL

his accelerated lessons, he puts himself to the test by cooking a feast for local experts, who determine if his education and interpretation of their food culture is sufficient.

This may be the first time the U.S. television audience has seen Ramsay outside the kitchen, but it’s hardly his first show about food and adventure. His series, “Gordon’s Great Escape,” aired on the British Channel 4 in 2010 and 2011, and took a deep dive into the culinary traditions of India, Thailand, Cambodia, Malaysia and Vietnam. His 2011 special, “Gordon Ramsay: Shark Bait,” investigated the history, culture and controversy surrounding the shark fishing industry.

It’s different than the Ramsay persona that Ramsay is going to the source, even when it requires climbing a tree for fuchsia berries, free diving for Pāua, wading in a stream to catch an eel with his bare hands, tasting grubs from a rotten tree trunk or hunting wild goats.

His new National Geographic series, Gordon Ramsay: Uncharted, draws connections between exploration, adventure and food as Ramsay travels to six destinations: New Zealand, Peru, Morocco, Laos, Hawaii and Alaska. Rising-star chefs in each location (Monique Fiso, Virgilio Martinez, Najat Kaanache, Joy Ngueamboupha, Lionel Uddipa, Sheldon Simeon) unlock secrets to the region’s cuisine and send Gordon on an adventure to learn and discover for himself. When he returns after his accelerated lessons, he puts himself to the test by cooking a feast for local experts, who determine if his education and interpretation of their food culture is sufficient.

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the television audience in the U.S. is used to seeing; far from the fiery temper and expletive-peppered commentary, Ramsay’s focus on going deeper and beyond with food casts him in the student role in the Uncharted series. “This is about putting food back on the map with National Geographic, where it deserves to be,” he says. “It’s the planet Earth of food that gives inspiration for your next trip.”

While Ramsay is the central figure the audience follows through the series to get a closer look at six different cultures around the world, his assignment comes from the local chef, who also chooses the people who will ultimately determine whether Ramsay succeeded in getting a sense of the cuisine. All of these people are from the local community and Ramsay values their judgment of local food.

In Morocco, Ramsay works with chef Najat Kaanache, who’s changing the face of her country’s cuisine at her restaurant, Nur. In Hawaii, it’s chef Sheldon Simeon, who takes a modern spin on classic Hawaiian dishes at his two restaurants: Lineage and Tin Roof. Laos’ chef Joy Ngueamboupha focuses on celebrating the country’s culinary heritage at one of the top-rated restaurants in the country, Tamarind Restaurant and Cooking School.

“I want the series to reinstate the importance of keeping it local and in season, and drawing out some of the best-kept secrets that these chefs and local source experts have kept up their sleeves,” says Ramsay. “We’ve gone to six places and gotten something incredibly special from each and every one of them. It makes the experience a little deeper than checklist travel.”
The production team traveled more than 83,000 miles to scout and shoot the first season of GORDON RAMSAY: UNCHARTED.

PERU
- Urubamba
- Patachanta
- Lake Huaypo
- Tastayoc
- Maranura

NEW ZEALAND
- Stewart Island
- Wanaka
- Matukituki River/Valley

MOROCCO
- Fez
- Atlas Mountains
- Taza
- Doure El Aansar

HAWAII: MAUI’S HANA COAST
- Hana
- Haiku
- Kaupo

LAOS: 4,000 ISLANDS REGION
- Khone Falls
- Lephy Falls
- Hataykhoun Village
- Nakasong
- Soon Na Vieng Village

ALASKA: SOUTHEASTERN PANHANDLE
- Hoonah
- Tracy Arm Fjord
- Juneau

GORDON PREPARES TO GO SPEARFISHING WITH WORLD-CLASS FREE DIVER KIMI WERNER.

GORDON RAPPELS TO MEET MUSHROOM HUNTERS IN MOROCCO DURING HIS QUEST TO FIND HIDDEN CULINARY SECRETS.

GORDON AND CHEF JOY NGEUAMBOUPHA WALK ALONG THE BANKS OF KHONE FALLS AFTER CAST NET FISHING.

GORDON USES A LOW-COST, LIGHTWEIGHT BOAT MADE OF INNER TUBES AND BOTTLES TO FISH FOR PERUVIAN SILVERSIDE ON LAKE HUAYPO.

GORDON AND EEL FISHERMAN JEROMY PROUDLY HOLD THEIR LATEST CATCH.
A former footballer, Ramsay is also no stranger to marathons, triathlons and even greater adventures around the world. For him, the adventure is part of what’s necessary to get close to the source and understand the culture — even when he’s kayaking through rapids in Laos to get to a remote village, rappelling alongside a waterfall in Morocco to meet up with some secretive local mushroom hunters, dangling on the edge of a cliff in Peru to harvest a plant for insect larvae, spearfishing in Maui or climbing a 60-foot Alaskan rock pillar to make tea from old man’s beard.

“For me, this journey is all about food and discovering what really lies behind a destination,” Ramsay says. “It’s about the search into getting deeper and uncharted, and becoming adventurous with your attitude about what’s happening locally. It makes you understand the destination so much more.”

Not all adventures are easy, and even with the desire to go after some of the ingredients covered in the series, some of Ramsay’s attempts were a little on the edge of his comfort level. “Climbing Chimney Rock in Alaska was so awkward and hard to do,” he says. “When I got incredibly tired and my arms were absolutely killing me, I thought, ‘I’m taking on too much here.’ I dug into the rock and grabbed onto a branch, and within seconds, the whole thing just crumbled and I fell backward.” Luckily for him, he was able to regroup and eventually climb the rock to gather the lichen he needed to make tea.

With his respect for local cultures and cuisines, in Uncharted, Ramsay had to put himself in the back seat and let the experts of each destination drive. It’s one thing to visit restaurants serving the cuisine of the region, but to get the greater understanding of the ingredients and the people who rely on them, it’s essential to be part of the gathering process. In Alaska’s Tlingit community, the fleeting summer season is when most foraging is done, and the resulting treasure is what’s used throughout the winter. “If people could only spend time among the food here, both foraged and hunted, they’d realize that there is no choice — that it’s about survival,” he says. “It’s a crucial life lesson more than social media and a glamorous lifestyle can teach.”

“He came at a cool time of year,” says chef Lionel Uddipa, an Alaskan third-generation chef who’s the executive chef at SALT Restaurant in Juneau, and one of a new wave of chefs who are redefining Alaskan cuisine. “The winter shows what Alaskans are made of. You’ve got to be
Inside the episodes

**PERU’S SACRED VALLEY**

Eleven thousand feet above sea level in Peru, Gordon meets a “mad potato scientist,” cooks in a mud oven and scales a towering cliff face in search of a rare herb. He also learns about the challenges of cooking at high altitude.

**NEW ZEALAND’S RUGGED SOUTH**

In the ancient tradition of the Maori people, Gordon forages for ingredients in the New Zealand forest. With its European, Asian and Polynesian influences, contemporary New Zealand cuisine draws heavily upon Maori food.

**THE MOUNTAINS OF MOROCCO**

In Morocco, Gordon dives into the food culture of the indigenous Amazigh (Berber) people. He visits Fez, barters a foraged heart of palm for some local honey and rappels alongside a waterfall to reach the perfect mushroom.

**HAWAII’S HANA COAST**

Traditional Hawaiian food is so much more than Spam and poke bowls. In this episode, Gordon honors the role that the “canoe plants” — kava, sweet potato, coconut, banana and taro — play in the culture and cuisine of the islands.

**THE MIGHTY MEKONG OF LAOS**

In Laos, the Mekong River is the “river of life.” Gordon explores that connection and the extreme lengths Laotians go to in order to source their ingredients beyond available river fish. While sticky rice is a staple at every table, frogs, snails and “toebiters” (insects) are also part of the Laotian diet.

**ALASKA’S PANHANDLE**

To get the freshest food in Alaska, you have to go where the ingredients are — even if that means diving from a 60-foot rock pillar in a snowstorm. Gordon braves the elements in the panhandle of Southeast Alaska, often considered “America’s last frontier.”

The connection with local experts in all six of the Uncharted destinations is key. “The Andean region in Peru is quite biodiverse, but the real story about sourcing ingredients here is more about respect of the traditions and connecting with the local growers or foragers to get food closer to the source,” says chef Virgilio Martinez, whose restaurant in the Sacred Valley, Mil, is part restaurant focused on ancestral cuisines and part culinary research laboratory.

“Just ducking into a restaurant may result in an incredible meal, but the immersion of it all is what makes it a rich experience.

In Peru, Ramsay visited a family and assisted them in their kitchen — cooking a meal on a small, but powerful, stove fueled by cow manure and with a metal tube for blowing oxygen to turn scene in the Mekong, to the naked eye it doesn’t look very fast. I’m a powerful swimmer and have completed the Kona Ironman. But to go in that current and try to maintain a position without falling backwards for 30 seconds, I was gassed.”

But for every challenge, there are greater moments of achievement, even when the pursuit hasn’t been easy. After initially having difficulty harvesting New Zealand paua among thick kelp, by keeping in control in a strong sea surge, watching out for sharks and holding his breath underwater, Ramsay came away from the dive with a number of paua, as well as sea urchins.

“It brings back memories of being a 22-year-old in Paris, and my first job before 9 a.m. was to open three boxes of sea urchins,” Ramsay says. “They were tiny, and the ones here are the size of a rugby ball. Zane just cracked one open, cleaning it in the sea, and it’s creamy, salty, delicious — a delicacy beyond belief.”

“Not getting the ingredients is not failing, it’s nature.”
right
A local farming family teaches Gordon how to crush ingredients using stone in Peru’s Sacred Valley.
HUMBLE PIE RIGHTS LTD/JUSTIN RANDEL

the heat up, all while cuy (guinea pigs) were running around his feet. “That experience, plus using the grinding stone, was as far as it gets from our modern cooking items you can get from a Williams Sonoma catalog, and yet there are moments for me that I’ll never ever forget,” he says.

At the end of each Uncharted episode is the Big Cook, where Ramsay measures his week of immersive education in the region’s cuisine. The guests at each Big Cook judge whether Ramsay learned well enough, because they’re experts in the cuisine of their culture. And Ramsay pushes himself not only to understand traditions and new ingredients, but also to present those ingredients in a different way, and maybe impress the experts, too.

“We compete with ourselves in wanting to do well with the ingredients we have,” says Martinez. “Competition is good sometimes. I wanted him to learn, but also enjoy and have fun with food.”

And while each Big Cook has the chefs working quickly to assemble a menu packed with meaning, it’s still an opportunity for fun, where colleagues can help each other, make jokes and engage in a little friendly competition. “I think my favorite moment was the filming of the Big Cook,” says chef Monique Fiso, who has had a leading role in elevating Maori cuisine in New Zealand through her restaurant, Hiakai. “I was expecting this segment to be stressful and, to be honest, not that much fun to film due to the large amount of shots we needed to get through in a day, but it turned out to be the complete opposite — plus Gordon was a lot of fun to work with.”

It’s always a good feeling when someone tells you that you got it right, but education is also valid when you get it wrong. “One thing the farmers in Peru didn’t like was the alpaca heart,” says Ramsay. “They wanted it more cooked. How cool is that: farmers coming out of the mountains and telling me that the heart is so raw that they can still feel it beating in their mouths? There are several more of those moments in Uncharted. It’s nice to get up to speed, but you can’t always get it right. That wasn’t about me showing a young chef how good I am; it’s me learning through the eyes of a young chef locally. I’m back on the floor and back on the line.”

Like the farmers in Peru, guests at each Big Cook weren’t shy about telling Ramsay their thoughts about the dishes, and in some cases, they were surprised they liked some of his additions that were influenced by a very different culture, yet with the elements obtained nearby. In Maui, shocked that they enjoyed something as different as a shepherd’s pie-style dish made with local venison, guests discovered how positive a nontraditional use of their ingredients could be.

While Uncharted illustrates food cultures from around the world, Ramsay has deeper goals for the show. “I’d like people to get a sense of adventure on their doorstep,” he says. “It takes me back to the beginning of my journey. I was insecure when I started cooking because it was a canvas of magnitude on which I never thought I could perform. My first pair of chef whites and my knife were bought by a charity to get me to college. That forced me to strive to learn quicker, to feel better and more confident. It’s very rare that I get to go back to reconnect with that experience — the depth and the soul-searching vulnerability.”

There’s no doubt that throwing himself into the Mekong River to catch snails in Laos, harvest taro from a field in Maui or trade heart of palm for honey with a grandmother in Morocco has made Ramsay wide open to experiencing the essence of each culture. For him, that’s all part of his long-term view on life and his career.

“I want to expand on my repertoire,” says Ramsay. “It’s never a one-pot wonder where I won’t change it again. For me, it’s like a culinary jigsaw puzzle and there are 2,500 pieces. When you get to those last 10 pieces and you complete that beautiful picture, you scrap it and start piecing it back together again.”
So just what goes into an “uncharted” culinary adventure? For some, eating a mouth-burning Peruvian chili pepper might be adventure enough. While for others, only dangling from the edge of a cliff in Peru will do. Whatever your level of exploration, learn more about the unique flavors and local colors of each of the six destinations Gordon visits, through their food and their culture, plus some way-off-the-beaten-path secrets for planning your own journey.

**Free Range Chicken Rfissa**
Fragrant and flavorful, this traditional Moroccan dish is regarded by many as comfort food.

**Road Trip: Maui**
Venison Shepherd’s Pie With Breadfruit Mash
Breadfruit was one of the Hawaiian “canoe plants” brought to the islands by Polynesian voyagers.

**Grilled Venison Strip Loin**
A charred pineapple and Hawaiian chili glaze brings sweetness and spice to this savory dish.

**See the Rich Spiritual and Cultural Traditions Of Laos**
Sweet & Sour Catfish Soup (Tom Jeow Pa)
While Laotian food can be spicy, it’s important to balance the flavors: not too sweet, not too sour and spiced just right. This soup does exactly that.

**Crispy Whole Red Snapper**
Served on a banana leaf, with tempura squash blossoms, sticky rice and a chili dipping sauce, this dish is great for a special occasion … or a Tuesday.

**Discover the Best of Anchorage**
Grilled King Salmon
A salmon roe beurre blanc with Meyer lemon zest and gin take this dish to a whole other level.

**Hot Smoked King Salmon Belly**
Soaked in brine for at least eight to 10 hours, smoked and served with a zesty horseradish creme fraiche, this dish is worth the wait.

**Gordon enlists 9-year-old Fatima to help prepare the Berber New Year celebration in Morocco.**

**Local chef Monique Fiso and Gordon prepare a meal with local ingredients and traditional cooking techniques for Maori elders in New Zealand.**

**Chef Joy Ngeumboobpha shows Gordon how to wrap fish in a banana leaf, a traditional cooking method in Laos.**

**In Hawaii, Gordon and chef Sheldon Simeon prepare a feast over an open fire.**

**Photos Left to Right: National Geographic/Ernesto Benavides, Humble Pie Rights Limited/Justin Mandle, National Geographic/Mark Johnson, Humble Pie Rights Limited/Justin Mandle, National Geographic/Jock Montgomery, Humble Pie Rights Limited/Justin Mandle.**
DISCOVER 10 SECRETS OF MACHU PICCHU

BY MARK ADAMS

A woman wearing a straw hat and poncho stands near the Incan ruins of Machu Picchu in Peru.
ESTLED HIGH IN THE SLOPES OF THE ANDES, the ruins of Machu Picchu continue to reveal the mysteries of the Inca Empire. While the archaeological site draws scores of visitors to Peru annually, here are 10 lesser known secrets hidden beneath its layers of history.

**It’s not actually the Lost City of the Inca.**

When the explorer Hiram Bingham III encountered Machu Picchu in 1911, he was looking for a different city, known as Vilcabamba. This was a hidden capital to which the Inca had escaped after the Spanish conquistadors arrived in 1532. Over time it became famous as the legendary Lost City of the Inca. Bingham spent most of his life arguing that Machu Picchu and Vilcabamba were one and the same, a theory that wasn’t proved wrong until after his death in 1956. (The real Vilcabamba is now believed to have been built in the jungle about 50 miles west of Machu Picchu.) Recent research has cast doubt on whether Machu Picchu had ever been forgotten at all. When Bingham arrived, three families of farmers were living at the site.

**It’s no stranger to earthquakes.**

The stones in the most handsome buildings throughout the Inca Empire used no mortar. These stones were cut so precisely, and wedged so closely together, that a credit card cannot be inserted between them. Aside from the obvious aesthetic benefits of this building style, there are engineering advantages. Peru is a seismically unstable country — both Lima and Cusco have been leveled by earthquakes — and Machu Picchu itself was constructed atop two fault lines. When an earthquake occurs, the stones in an Inca building are said to “dance”; that is, they bounce through the tremors and then fall back into place. Without this building method, many of the best known buildings at Machu Picchu would have collapsed long ago.

**Much of the most impressive stuff is invisible.**

While the Inca are best remembered for their beautiful walls, their civil engineering projects were incredibly advanced as well (Especially, as is often noted, for a culture that used no draft animals, iron tools or wheels). The site we see today had to be sculpted out of a notch between two small peaks by moving stone and earth to create a relatively flat space. The engineer Kenneth Wright has estimated that 60 percent of the construction done at Machu Picchu was underground. Much of that consists of deep building foundations and crushed rock used as drainage. (As anyone who’s visited in the wet season can tell you, Machu Picchu receives a lot of rain.)
You can walk up to the ruins.

A trip to Machu Picchu is many things, but cheap is not one of them. Train tickets from Cusco can run more than $100 each, and entry fees range from $47 to $62 depending on which options you choose. In between, a round-trip bus trip up and down the 2,000-foot-high slope atop which the Inca ruins are located costs another $24. If you don’t mind a workout, however, you can walk up and down for free. The steep path roughly follows Hiram Bingham’s 1911 route and offers extraordinary views of the Machu Picchu Historical Sanctuary, which looks almost as it did in Bingham’s time. The climb is strenuous and takes about 90 minutes.

There’s a great, hidden museum that no one goes to.

For visitors conditioned to the explanatory signs at national parks, one of the strangest things about Machu Picchu is that the site provides virtually no information about the ruins. (This lack does have one advantage — the ruins remain uncluttered.) The excellent Museo de Sitio Manuel Chávez Ballón ($7 entry) fills in many of the blanks about how and why Machu Picchu was built (displays are in English and Spanish), and why the Inca chose such an extraordinary natural location for the citadel. First, you have to find the museum, though. It’s inconveniently tucked at the end of a long dirt road near the base of Machu Picchu, about a 30-minute walk from the town of Aguas Calientes.

There’s more than one peak to climb.

Long before dawn, visitors eagerly queue up outside the bus depot in Aguas Calientes, hoping to be one of the first people to enter the site. Why? Because only 400 people are permitted to climb Huayna Picchu daily (the small green, peak, shaped like a rhino horn, that appears in the background of many photos of Machu Picchu). Almost no one bothers to ascend the pinnacle that anchors the opposite end of the site, which is usually called Machu Picchu Mountain. At 1,640 feet, it is twice as tall, and the views it offers of the area surrounding the ruins — especially the white Urubamba River winding around Machu Picchu like a coiled snake — are spectacular.

There’s a secret temple.

Should you be one of the lucky early birds who snags a spot on the guest list to Huayna Picchu, don’t just climb the mountain, snap a few photos and leave. Take the time to follow the hair-raising trail to the Temple of the Moon, located on the far side of Huayna Picchu. Here, a ceremonial shrine of sorts has been built into a cave lined with exquisite stonework and niches that were once probably used to hold mummies.

There are still things to be found.

Should you wander away from the central ruins at Machu Picchu, you’ll notice that occasionally side paths branch off into the thick foliage. Where do they go? Who knows. Because the cloud forest grows over quickly in the area surrounding Machu Picchu, there may be unknown trails and ruins yet to be found nearby. Several newly refurbished sets of terraces were made available to the public for the first time in 2011.

It has a great sense of direction.

From the moment Hiram Bingham staggered up to Machu Picchu in 1911, visitors have understood that the ruins’ natural setting is as important to the site as the buildings themselves. Recent research has shown that the site’s location, and the orientation of its most important structures, was strongly influenced by the location of nearby holy mountains, or apus. An arrow-shaped stone atop the peak of Huayna Picchu appears to point due south, directly through the famous Intihuatana Stone, to Mount Salcantay, one of the most revered apus in Inca cosmology. On important days of the Inca calendar, the sun can be seen to rise or set behind other significant peaks.

It may have been the end of a pilgrimage.

A new theory proposed by the Italian archaeoastronomer Giulio Magli suggests that the journey to Machu Picchu from Cusco could have served a ceremonial purpose: echoing the celestial journey that, according to legend, the first Inca took when they departed the Island of the Sun in Lake Titicaca. Rather than simply following a more sensible path along the banks of the Urubamba River, the Inca built the impractical but visually stunning Inca Trail, which according to Magli, prepared pilgrims for entry into Machu Picchu. The final leg of the pilgrimage would have concluded with climbing the steps to the Intihuatana Stone, the highest spot in the main ruins.
ABOVE
The famous sundial at Machu Picchu.
SHUTTERSTOCK/CKCHIU

BELOW CENTER
Railway to Machu Picchu along the Urubamba River.
SHUTTERSTOCK/NIKA LERMAN

RIGHT
Temple of Moon located at the far side of Huayna Picchu.
SHUTTERSTOCK/GABOR KOVACS
PHOTOGRAPHY

BELOW LEFT
City of Aguas Calientes, Peru located near the base of Machu Picchu.
SHUTTERSTOCK/BRUCE BARON

BELOW RIGHT
Steep stairs to Huayna Picchu.
SHUTTERSTOCK/JAVIER LOPEZ-ZAN

SPECIAL PROMOTION
Gordon prepares a feast for the local farmers he met during his culinary adventures in Peru’s Sacred Valley.
Marinated Grilled Pork Loin

**PORK MARINADE**
- 1 whole pork loin
- 1 tbsp dried chamomile flowers, crushed
- 1 tsp fennel pollen
- ½ cup aji amarillo puree
- 2 tbsp flax seed oil
- 1 tbsp minced garlic
- ½ cup fresh squeezed orange juice
- 1 tsp orange zest
- salt and pepper to taste

**METHOD**
In a large mixing bowl, whisk together the aji amarillo paste, flax seed oil, garlic, orange juice and zest. Season the mixture with salt and pepper, then add the fennel pollen and dried chamomile flowers. Place the pork loin in a tray and cover in marinade. Marinate for at least 6-8 hours, preferably overnight.

**TO COOK**
Remove the pork from the marinade and preheat a grill until very hot. Grill the pork loin on all sides until nicely seared. Brush the pork loin with the mango gastrique and continue basting the pork until the pork is sticky and golden. Cook until the pork is medium in the center (150°F). Let the pork loin rest and then slice it into medallions. Garnish with finishing salt and spoon over remaining gastrique.

**MANGO GASTRIQUE**
- 1 ripe mango, peeled and diced
- 1 tsp cane sugar
- ¼ cup pisco
- 3 tbsp honey
- 1 tsp diced habanero pepper
- 2 tbsp Chinese black vinegar
- salt to taste

**METHOD**
In a small sauce pot, sauté the mango with the cane sugar until lightly caramelized. Flambe the pan by adding the pisco and cook until the flame subsides. Add the honey, habanero, black vinegar and a pinch of salt. Taste the glaze for seasoning; adjust if necessary.

**HERB INFUSED FINISHING SALT**
- 2 tbsp smoked Maldon salt
- 1 tsp dried chamomile
- ½ tsp fennel pollen

**METHOD**
Simply combine all the ingredients.

**Fat Fried Potatoes**

**DUCK FAT FRIED POTATOES**
- 25 mixed baby potatoes, scrubbed and washed
- 4 quarts water
- 2 tbsp salt
- 3 tbsp duck fat
- 1 tsp thyme leaves, picked
- 1 tbsp high-quality honey
- 1 tsp freshly ground black pepper
- 1 tsp smoked Maldon salt
- ½ cup queso fresco

**METHOD**
In a medium-sized pot, cover the potatoes with water and salt and bring potatoes to a boil. Simmer until the potatoes are tender and immediately drain them from the cooking liquid to cool. When the potatoes are cool enough to handle, carefully press on them with the palm of your hand until they are lightly smashed, making sure not to break each potato apart. Heat a large cast-iron pan and add the duck fat. Carefully place each potato in the pan in a single layer. Once the potatoes are golden on the bottom, flip them to crisp the opposite side. Season to taste with smoked salt and pepper and a tsp of thyme leaves. Remove the crispy potatoes to a platter and garnish with honey and crumbled queso fresco.

**THE REAL STORY ABOUT SOURCING INGREDIENTS HERE IS MORE ABOUT RESPECT OF THE TRADITIONS AND CONNECTING WITH THE LOCAL GROWERS OR FORAGERS.**
—Chef Virgilio Martinez

“AJI AMARILLO”

“Aji amarillo marinated grilled pork loin with pisco and mango gastrique and smoked chamomile salt.”
—Lisa Corson

“THE REAL STORY ABOUT SOURCING INGREDIENTS HERE IS MORE ABOUT RESPECT OF THE TRADITIONS AND CONNECTING WITH THE LOCAL GROWERS OR FORAGERS.”
—Chef Virgilio Martinez
10 REASONS TO VISIT NEW ZEALAND

BY JUSTINE TYERMAN

Sunset at Lion Rock, Piha Beach.
iSTOCK/STOLK
While many of the millions who visit New Zealand each year spend their time in the Auckland, Christchurch and Wellington areas, the country has plenty more to offer. Here are 10 off-the-beaten-path reasons to visit New Zealand.

**Hike Mou Waho Island**

Though only a 30-minute boat ride from the town of Wanaka, Mou Waho — tucked out of sight behind a mountain range — feels seriously remote. Managed by the Department of Conservation, the island is a predator-free haven for endangered species like the feisty, flightless buff weka; the Southern Alps gecko; and the mountain stone weta, a cricket-like insect.

**THESE LESSER-KNOWN ACTIVITIES MAKE FOR AN UNFORGETTABLE TRIP TO AOTEAROA, THE LAND OF THE LONG WHITE CLOUD.**
The 1,551-foot (473-meter) climb to the island’s rocky summit takes about 40 minutes and offers stunning views of colorful Arethusa Pool, a little lake on Mou Waho with its own islet. A campsite (toilet included) near the landing zone means visitors can pitch a tent for the night; for those without boat access, Eco-Wanaka runs guided tours.

**See a sunset at Okarito Beach.**

There’s no better place to witness a dazzling west coast sunset than below the Southern Alps’ snowy peaks and glaciers on deserted, storm-blasted Okarito Beach.

Sit on a driftwood log and toast the blood-red sun as it sinks into the ocean. Then use the modest beachside camping ground as a base while exploring the beautiful Okarito Lagoon area, a refuge for thousands of native birds, including the only New Zealand breeding ground of the rare, sacred kotuku (white heron). The critically endangered rowi (Okarito brown kiwi) also lives in a nearby protected area.

**Ski Soho Basin**

In the winter, powerful snowcats plow their way up Soho Basin’s steep slopes, loaded with up to 24 skiers and snowboarders ready to spread out across the vast, pristine terrain.

Lifts and base facilities are a few years out: Soho Basin is formally joining the adjacent Cardrona field to create New Zealand’s largest alpine resort.

Until then, visitors relish the solitude of this unique backcountry — plus the added luxury of a gourmet lunch and Amisfield wines at a tiny day lodge tucked into the valley.

**Roam Macetown’s Ghost Town.**

The 9-mile (15-kilometer) track up the steep-sided Arrow River Gorge is spectacular any time of the year, but especially in autumn, when the golden poplars set the hills ablaze. Stop to pick wild gooseberries and raspberries, and smell the pastel lupins that flower in the summer, then explore the restored huts and general store at the Chinese village in nearby Arrowtown. Finish off with a tour of the excellent local museum to learn more about the region’s colorful history.

**Ride the TranzAlpine train.**

There are few countries you can traverse in half a day without taking to the air. New Zealand is tall but slim: A stylish, leisurely train trip from the golden sands of the Pacific Ocean to the black sands of the Tasman Sea — or vice-versa — takes just five hours. The breathtaking TranzAlpine, justifiably known as one of the world’s great train journeys, takes passengers across the lush, green Canterbury Plains over vertiginous viaducts spanning the turquoise Waimakariri River and through the snowy Southern Alps by way of Arthur’s Pass, where many disembark to explore local hiking and climbing trails.
After descending the five-mile (8.5-kilometer) Otira Tunnel, the train emerges on the west coast at Greymouth.

**Encounter history at Poverty Bay.**

It was in Gisborne-Tairawhiti that, in 1769, British explorer Captain James Cook stepped ashore for the first time on Aotearoa (New Zealand). Though Cook named it Poverty Bay, the area — famous for its exceptional wines, fruits and vegetables — is more aptly known by its Maori name, Tairawhiti, “the coast upon which the sun shines across the water.”

Kaiti Hill-Titirangi Reserve is an ideal geographic and historic vantage point above the bay: The white cliffs of Te Kuri a Paoa are clearly visible from the summit an obelisk at the hill’s foot marks Cook’s first step on land and the first meeting between Maori and Europeans took place at a rock that once stood in nearby Turanganui River.

Visit the Tairawhiti Museum to learn more about the region’s history.

**Experience Tairawhiti’s Maori culture.**

There’s no better place than Tairawhiti — where the population is 50 percent Maori — to immerse yourself in Maoritanga, or the culture, traditions, language, history, music, dance and legends of the tangata whenua — the people of the land.

Two hours north of Gisborne lies Hikurangi, the sacred maunga, or mountain, of the Ngati Porou tribe. It’s also the first peak in the world to be touched by the rays of the rising sun, and the resting place of Maui-Tikitiki-a-Taranga, the famous Maori and Polynesian demigod.

In 2000, a series of nine huge whakairo, or carved artworks, were erected to celebrate the dawning of the new millennium. Visitors can arrange guided hikes plus overnight experiences to the mountain and the carvings, remembering to be sensitive at this sacred site.

**Eat, drink, and be merry in Gisborne.**

A much-loved event in Gisborne celebrates 21 years this October, as the small, beachside city shakes off winter at an annual spring Wine and Food Weekend.

The three-day celebration shines at an event where participants tour three vineyards to sip fine wines, savor gourmet cuisine and enjoy live entertainment among the lush grape vines. Other highlights include a long lunch rosé garden party, a street fiesta, madcap races, a wine and comedy gala, newly released wine tastings and an evening after-party.

**Relax at Anaura Bay.**

Anaura Bay campers are secretive about their favorite holiday spot, an idyllic, white-sand bay perfect for swimming, surfing, hiking and socializing. They’re even more tight-lipped about the best spot to fish (somewhere near Motuoroi Island), but they’ll readily share their catch with strangers.

An excellent hiking trail nearby offers wonderful views of the bay where local Maori chiefs gave a warm welcome to Cook’s HMS Endeavour at his second landing on Aotearoa.

En route to Anaura, walk to the end of the historic Tolaga Bay wharf, New Zealand’s longest, where it stretches into the blue-green sea against a backdrop of sheer white cliffs.

**Explore Piha.**

Piha Beach is known for its dramatic land- and seascaes: black-sand beaches shining like pewter under ferocious waves; wispy waterfalls hurtling over sheer cliffs; cool nikau palm forests spreading beneath the dark, misty Waitakere Ranges.

From a safe vantage point at Puaotetai Bay, watch the spectacular battle of the tides at The Gap, a narrow, low point between island and cliffs. Opposing waves collide with massive force in a wall of white foam; their overflow creates the Blue Pool, a sandy swimming hole. A dramatic Maori legend adds to the area’s attraction.
TASTE OF NEW ZEALAND
BRAISED

Goat Leg & Shoulder

**GOAT**
- 1 bone-in goat leg
- 1 bone-in goat shoulder
- 1/4 cup rosemary leaves, chopped fine
- 2 tbsp thyme leaves, chopped
- 1/4 cup olive oil
- 2 tbsp flaxseed oil
- 2 tbsp minced garlic
- 1 tbsp smoked paprika
- 1 tbsp ground coriander seed
- 1 tsp lemon zest
- 1 1/2 tsp salt
- 15-20 grape leaves (can substitute banana leaves if grape leaves are unavailable)
- kitchen twine
- 2 quarts chicken stock

**METHOD**
Place the goat leg and shoulder on a large tray.

Rub marinade all over the goat leg and shoulder and let marinate for at least 6 hours but preferably overnight.

Preheat a grill until it is very hot.

Grill the goat leg and shoulder until the meat is charred and golden all over and remove from the grill.

Arrange the grape leaves on a cutting board so that each leaf is overlapping. Place the goat leg and shoulder in the center of the leaves and wrap them tightly using the kitchen twine to tie them up.

Place into a large roasting pan, add enough chicken stock to cover halfway up the leaves and tightly cover the pan with aluminum foil.

Place the roasting pan in a 285 F oven and braise slowly until the goat is fork tender. Check after approximately 3 hours.

Once the goat meat is falling off the bone, remove the goat from the pan and carefully shred the meat.

**FUCHSIA BERRY CHUTNEY**
- 2 cups fuchsia berries (can substitute sweet red currants)
- 1 tbsp butter
- 1 shallot, diced finely
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tbsp brown sugar
- 1/4 cup orange juice
- 2 tbsp red wine vinegar
- 1 tbsp olive oil
- salt and pepper to taste

**METHOD**
In a large saute pan, melt the butter and sweat the shallots, garlic and ginger until translucent. Season with a pinch of salt and pepper.

Add the berries and brown sugar and cook down until the berries start to burst and release their liquid.

Add the orange juice and red wine vinegar and continue to cook over low heat until the chutney has thickened slightly.

Finish with olive oil and taste for seasoning.

Remove the potatoes from heat and immediately peel them.

Quickly mash the sweet potatoes until they are smooth.

Add 1 tbsp of chopped cilantro and enough all-purpose flour to make a malleable dough.

Season dough lightly with salt and pepper.

On a floured surface, carefully knead the dough just until it comes together, being careful not to overwork it. Separate the dough into 4 balls and roll them out with a rolling pin into circles about ¼ inch thick.

Grill the flatbreads until lightly charred, brushing with the garlic butter throughout.

Finish each flatbread with Maldon salt and a sprinkle of fresh cilantro. Serve alongside the braised goat and fuchsia berry chutney.

PREVIOUS

Gordon and New Zealand chef Monique Fiso (background) prepare a meal with local ingredients and traditional cooking techniques for Maori elders.

BELOW

Gordon and New Zealand chef Monique Fiso build a fire to heat rocks, which are used to cook meat in a pit.

TOP RIGHT

Chef Monique Fiso shows Gordon how to prepare Mamaku Frond, a traditional ingredient.

RIGHT

Braised goat leg and shoulder with sweet potato flatbread and fuchsia berry chutney.
GO INSIDE THE LABYRINTHINE MEDINA OF FEZ

BY AMAR GROVER

The ancient medina of Fez.
© NATIONAL GEOGRAPHIC

44 GORDON RAMSAY: UNCHARTED

SPECIAL PROMOTION 45
Set in the lowlands between the Rif and Middle Atlas mountain ranges in northern Morocco, the city of Fez has long been regarded as the country’s cultural, spiritual and intellectual heartland.

From the ninth century, successive ruling dynasties began and expanded their imperial capital, transforming an undistinguished riverside village into a great seat of power and influence. Fez’s star wavered with dynastic ebbs and flows, but from the 13th century under the Marinids, the city flourished as never before and enjoyed its golden age for almost 300 years.

As subsequent sultans came and went, Fez’s fortunes waxed and waned. When France established the Moroccan Protectorate in 1912, its colonial administrators virtually ignored the original city. It was far easier to build a new and modern one — the Ville Nouvelle — next door.

Today’s Fez would still be easily recognizable, if not navigable, by its medieval residents. The two original ancient quarters — ninth-century Fez el Bali (or Old Fez) and the adjoining 13th-century Fez el Djedid (or New Fez) — retain their distinct feel and atmosphere. Collectively they form the medina of Fez, which, by virtue of its outstanding architectural, archaeological and urban heritage, was designated a World Heritage site in 1981.

Fez el Djedid’s gardens, squares and imposing palace (which are still privately used by Morocco’s royal family and official guests) showcase Marinid aesthetics and urban planning along with a handful of 19th-century additions. This is really just a tantalizing prelude to the dense and atmospheric Fez el Bali, the medina’s heart, soul and repository of its finest monuments.

Far from resembling an aspic-preserved museum, the medina remains a living, earthy (yet car-free) town thanks to its 200,000 residents. Apart from electricity and improved plumbing, little has changed.

Venturing through its main horseshoe gateways is an immersive and almost bewildering foray into a labyrinthine knot of narrow streets, lanes and alleys lined with blank-walled houses and punctuated with dead-end squares. It exudes an almost organic complexity: Thoroughfares twist and turn, rise and fall, among warrens of homes that meld with shared walls and rooftops.

There’s a romantic, almost child-like, pleasure in getting lost in this low-rise urban tangle — and several cafes and eateries to rest awhile and fuel up. The challenge lies in seeking out its monuments:

**Below**
A woman in blue walks by intricate doors in Fez.

**Highlights**
- The two original ancient quarters — ninth-century Fez el Bali (or Old Fez) and the adjoining 13th-century Fez el Djedid (or New Fez) — retain their distinct feel and atmosphere.
- Collectively they form the medina of Fez, which, by virtue of its outstanding architectural, archaeological and urban heritage, was designated a World Heritage site in 1981.
- Fez el Djedid’s gardens, squares and imposing palace (which are still privately used by Morocco’s royal family and official guests) showcase Marinid aesthetics and urban planning along with a handful of 19th-century additions.
- Far from resembling an aspic-preserved museum, the medina remains a living, earthy (yet car-free) town thanks to its 200,000 residents.
ancient mosques and elaborate madrasas (religious colleges) with stunning decorative courtyards, or discrete old-school hammams and crumbling fondouks (caravanserais). There are souks, or markets, tomb-shrines and even the remnants of an enigmatic water clock.

Wedged almost furtively into the heart of it all stands the Kairouine Mosque. No longer Morocco’s largest, it still spearheads the country’s religious life and, historically, was among the world’s first universities.

**Getting there**

Fez has regular direct flights from several European capitals, especially London and Paris, plus internal connections with Morocco’s main cities; you can also get to Fez from the latter by train, bus and shared taxi.

**Getting around**

On foot. Consider hiring a guide; official guides are more expensive but likely to be more professional. Note that mosques and some other religious buildings prohibit or partially restrict entry to non-Muslims.
Gordon stops during his journey to find local ingredients and to sample hearts of palm sold by locals on the roadside.

NATIONAL GEOGRAPHIC / MARK JOHNSON
Mushroom Medfouna

**Mushroom Medfouna**

- 2 balls pizza dough (recipe below or ask your local pizzeria if they will sell you premade dough)
- 3 tbsp olive oil
- 20 morel mushrooms, cleaned and sliced into quarters
- 10 porcini mushrooms, cleaned and sliced in half
- 30 chanterelle mushrooms, cleaned
- 3 garlic cloves, minced
- 1 white onion, sliced thinly
- 1 tbsp ras el hanout
- 1 tsp za’atar
- 1 tsp paprika
- 1 tbsp fennel seeds
- 1 tbsp caraway seeds
- 1 tbsp za’atar spice mix
- 2 tbsp grapeseed oil
- 6 2-inch pieces of beef short ribs
- 1 tsp paprika
- 3 tbsp olive oil
- 1 tsp preserved lemon skin
- 1 cup water
- 1 cup fresh green olives, pitted and sliced in half
- 1 tsp white pepper
- 1 tbsp garlic, minced
- 1 tbsp salt
- 1 tbsp active dry yeast
- 1 tsp honey
- cold water
- 1 tsp preserved lemon

**Method**

1. Preheat the oven to 450 F.
2. Roll out both balls of pizza dough on a floured surface until they are about 12 inches around.
3. Lightly oil the cast iron and place the dough along the bottom of the pan, making sure the dough comes up the walls to the lip.
4. Carefully spread the mushroom filling evenly on top of the dough.
5. Cover the top with the second round of pizza dough, folding it over the filling and sealing it over the bottom layer of dough using your fingers to pinch it closed.
6. Bake the medfouna at 400 F until the dough at the bottom is golden and crispy.
7. Finish the medfouna under a broiler if it lacks color.
8. Drizzle the medfouna with olive oil and sprinkle with the za’atar spice mixture.
9. Cut into wedges and serve.

**Pizza Dough**

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METHOD
Preheat a large cast-iron pan until it is searing hot.
Add 2 tbsp oil and start to sauté the wild mushrooms (in batches if necessary, to prevent overcrowding) until lightly golden.
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**SPICE MIX**

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ZA’ATAR
1 tbsp za’atar
2 tbsp caraway seeds
1 tsp caraway seeds
1 tsp chili flakes
1 tsp Maldon salt

BELOW
Fennel seeds.
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**Spice Braised Beef Short Rib**

**RAS EL HANOUT**

- 6 2-inch pieces of beef short rib (about 1 lb total)
- 2 tbsp grapeseed oil
- 1 tsp white pepper
- 2 tbsp ras el hanout
- 1 tbsp paprika
- 1 tbsp ground cumin seed, toasted and crushed in a mortar and pestle
- 1 tsp coriander seed, toasted and crushed in a mortar and pestle
- 2 onions, sliced
- 1 tbsp garlic, minced
- 1 cup chickpeas (if using dried chickpeas, soak them ahead of time in cold water for at least 2 hours. Canned chickpeas work in a pinch, but make sure to add them toward the end so they don’t overcook and turn mushy.)
- 1 cup green olives, pitted and sliced in half
- 1 tsp preserved lemon skin
- Cut into a fine dice and add to the dish
- 2 cups beef stock
- 1 cup water
- % cup chopped parsley

**Method**

1. Heat a large Dutch oven over low heat until the pan is hot.
2. Add the preserved lemon and garlic, and add the beef ribs to the pan. Cover the short ribs and braise on low heat until they are fork tender and chickpeas have softened.
3. Add preserved lemons and green olives (and canned chickpeas, if you are using them) and cook for a few more minutes, until the olives have softened.
4. Finish with chopped parsley.

**To Cook**

Preheat the oven to 450 F.

Roll out both balls of pizza dough on a floured surface until they are about 12 inches around.

Lightly oil the cast iron and place the dough along the bottom of the pan, making sure the dough comes up the walls to the lip.

Carefully spread the mushroom filling evenly on top of the dough.

Cover the top with the second round of pizza dough, folding it over the filling and sealing it over the bottom layer of dough using your fingers to pinch it closed.

Bake the medfouna at 400 F until the dough at the bottom is golden and crispy.

Finish the medfouna under a broiler if it lacks color.

Drizzle the medfouna with olive oil and sprinkle with the za’atar spice mixture.

Cut into wedges and serve.
**Spiced Carrots**

**METHOD**
In a saucepan, add the olive oil, garlic and chilies and sauté carefully until softened but not browned.

Add the cumin and white pepper and toast until aromatic.

Add the lemon juice, preserved lemon, cilantro and harissa.

**TO SERVE**
Toss the carrots in the harissa sauce and let marinate for a few hours.

Garnish with more chopped cilantro and serve at room temperature.

**HARISSA SAUCE**

- 2 tsp harissa
- 2 tsp preserved lemon skin, finely chopped
- 6 cloves garlic, finely chopped
- 2 tsp green chili pepper, finely chopped
- 1 tsp white pepper
- 10 tsp lemon juice
- 1 tsp ground cumin
- ½ cup olive oil
- 1 cup chopped cilantro fennel fronds
- salt to taste

**HARISSA SPICED CARROTS**

8 carrots, peeled and sliced on a bias into 1-inch pieces

4 cups water
4 tsp lemon juice
1 tbsp salt
1 tsp sugar

**METHOD**

In a large pot, combine the water, lemon juice, sugar and salt and bring to a boil.

Blanch the carrots until tender and quickly shock in an ice bath to stop the cooking process.

Drain the carrots from the ice bath and dry on a paper towel.

**HARISSA**

- 3 green chiles, chopped finely
- 1 bunch cilantro, chopped finely
- zest of 2 Meyer lemons
- 1 pinch dried red chili flakes
- ½ cup olive oil
- salt to taste

**METHOD**

In a sauté pan, add the olive oil, garlic and chilies and sauté carefully until softened but not browned.

Reduce heat to a simmer and add the lentils, saffron and morels.

Cook until the lentils are tender (about 20-25 minutes) and then add the fava beans and English peas.

Add the chopped parsley and cilantro and check the seasoning.

**TO SERVE**
Shred the layered bread onto a platter.

Place the chicken thighs on top of the layered bread and garnish with morel mushrooms, lentils and fava bean broth.

**CHICKEN RFISSA**

- 8 chicken thighs
- 3 large onions, sliced thinly
- ½ cup olive oil
- 1 tbsp white pepper
- 1½ tbsp ground ginger
- 2 tbsp ras al hanout
- 1½ tsp turmeric
- 1 tbsp grapeseed oil
- 1 cup lentils (presoaked in cold water for 1 hour)
- 1½ tsp saffron threads
- 15 morel mushrooms, cleaned and split in half
- ½ cup fava beans, shucked
- 1 cup English peas, shucked and blanched
- ¼ cup chopped coriander

**METHOD**
Combine all spices except the saffron and mix well.

Season the chicken thighs with salt and toss in the spices. Let marinate for at least 4 hours.

Heat a large pot until very hot, add a tbsp of grapeseed oil and sear the chicken until lightly golden.

Add the sliced onions and any remaining spices from the chicken marinade and slowly caramelize.

Add the chopped parsley and cilantro and check the seasoning.

**TO SERVE**
Shred the layered bread onto a platter.

Place the chicken thighs on top of the layered bread and garnish with morel mushrooms, lentils and fava bean broth.

**FREE RANGE**

**Chicken Rfissa**

- ½ cup chopped parsley
- 6 cups chicken stock
- salt to taste

**METHOD**
Combine all ingredients and let stand for 30 minutes to allow the flavors to bloom.

**TO SERVE**
Place one short rib in a bowl and ladle over chickpea stew.

Garnish with a spoonful of green harissa and serve with toasted bread.
“COME, LET’S GO FOR A CAR RIDE,” invites classic Hawaiian singer John Pi’ilani Watkins in a tune with as many twists and turns as a mountain road. More than a song to sway to at a luau, his cheerful melody speaks to an island truth: On Maui, music and road trips go together like surfers and hula girls. Centuries of locals have composed love songs of thanks for the island’s natural beauty, offering up chains of lyrics as flowery as a lei of aloha, says hula master Hokulani Holt. “Hawaiians are a place-based people,” she says. “We know the land intimately.” And for a people who love to holoholo ka’a — go for a drive — few trips journey deeper into Hawaii than Maui’s famed road to Hana. With more than 600 curves in just 52 miles, Hana Highway sets the scene for drama — and car commercial fantasies. But it’s as smooth as a riff on a Hawaiian steel guitar compared with the precipitous footpath and bumpy steam barge that were once the only ways to reach rugged, remote East Maui. It took more than 16 years to complete the highway linking Hana village with the city of Kahului. Bolstered by ropes and lowered over cliff faces, crews set dynamite to blast the pathway and built more than 50 bridges across gulches and waterfalls. When the project was finally done in 1926, Hana celebrated with a two-day luau. 

WITH MORE THAN 600 CURVES IN JUST 52 MILES, THE HANA HIGHWAY SETS THE SCENE FOR DRAMA.
Hana Highway begins in Kahului, in Maui’s central valley and site of the island’s main airport, but the real journey starts several miles east in Paia. To greet the day with a swim, as many residents do, stop at H. P. Baldwin Beach Park, a 1.5-mile stretch of pristine white sand on the island’s north shore. Just up the road, hippies, surfers, artists and yogis mingle in the bohemian town, where you can perk up at Anthony’s Coffee Co. or snag an emergency bikini at local designer shops Maui Girl or Letarte.

“It’s splendid to see the surfboards surfing to the sandbar,” wrote songwriter Alice Johnson to describe Hookipa Beach Park, a few miles farther on. A cliff-top lookout above the park is an ideal perch to watch local surfers hotdog in head-high waves, while some of the world’s top professional windsurfers and kiteboarders practice jumps and flips.

The communities of Haiku and Huelo mark the outskirts of Maui’s north shore. Beyond, bamboo and ginger plants creep out of the forest toward the road, while the highway winds deep into a dripping jungle. Carved out of the rain forest, Keanae Arboretum’s trails course through wild and cultivated tropical plants, including sugarcane, banana and breadfruit — “canoe crops” brought over by early Polynesian settlers. Just past the gardens, a turnoff leads to Keanae Peninsula. “This is the land where taro grows like the days of long ago,” sings Eleanor McClelland Heavey in the lyrics of “Keanae.” Farmers in Keanae village still grow the starchy root with hand tools, tending the same flooded lo`i, or taro fields, where their ancestors waded before Western explorers arrived. Usually consumed as the paste-like poi, taro nourishes more than the body. “It’s spiritual,” says grower Tweetie Lind. “When we take care of taro, we’re in tune with the ground, the mud, the water.”

And here at the edge of Maui’s massive watershed, water saturates the air — drenching you in a sudden downpour, pooling as dew on skin, gathering high in the mountain to trickle, stream and plunge to the sea. About 3 miles past Keanae, you can dip your toes in Upper Waikani Falls, with a short, rocky trail to a pool fed by three cascades. Three miles farther, a paved walking path at Puaa Kaa State Wayside Park provides easy access to cascades and pools as well as restrooms and picnic tables.

As Hana nears, the road straightens. The ocean turns midnight blue; the beaches smolder black, gray, red and white. The jade-green mountain reaches high into the clouds. “This is paradise,” sings Watkins in “Heavenly Hana.” “Your beauty is nature’s jealousy.” Stop at Waianapanapa State Park for a black-sand beach and walking trails. If the ocean is too rough for safe swimming, follow a path to caves with underground freshwater pools. Or pick up lunch fixings at Hasegawa General Store and head to white-sand Hamoa Beach (Ernest Hemingway is said to have once proclaimed it the world’s best). About 11 miles past Hana, in the Kipahulu section of Haleakala National Park, Kipahulu Ohana gives tours of a working taro farm, including a chance to slog knee-deep through submerged lo`i to work alongside grower Lind and her husband, John. “People feel the mud between their toes,” Lind says.
Take a moment to feel the winds here, too. Local lore claims each has its own name and personality, including the “love snatcher” wind credited with retrieving a fickle wife. Nearby, a chain of falls links Oheo Gulch’s freshwater pools. Pipiwai Trail traces a stream to a 400-foot waterfall. Though the road isn’t as bad as its reputation — all but a few miles are now paved — if you choose to drive beyond Kipahulu, expect some washboard sections, and use extreme caution around blind curves and during wet conditions.

A century ago, the back side of Haleakala was a thriving community of ranches, sugar plantations and fishing hamlets. Today, only a handful of residents remain, but you can still find welcome (and refreshment) at tiny Kaupo Store. Little has changed about the tin-roofed, plank-walled general store since it was built in 1925, though now it sells Hawaiian shirts and local jewelry in addition to the “Beer-Wine-Sake” on the original sign over the door. Just down the road, whitewashed Hui Aloha Church, built in 1859, stands on a windswept outcropping of rocky shoreline with six rows of wooden pews. A salt-sprayed graveyard overlooks the sea near wind-bent ironwood trees.

It’s a long but meditative drive back to the resorts of Maui, passing through places so empty, the ruins of ancient villages are hard to spot among the scattered lava rocks. After barren Kahikinui and the hardscrabble homesteads of the south shore, signs of civilization gradually return. Cattle graze in the high, cool grasslands of Ulupalakua, where paniolo, Hawaiian cowboys, still ride the range. It’s a working ranch and closed to the public, but the Ulupalakua Ranch Store deli grills up burgers made of grass-fed island beef.

The meadows become estates and then neighborhoods as the road weaves through pastoral Kula and suburban Pukalani. Finally, at the traffic light — the first since breakfast — turn toward Makawao, with its neatly tended yards and cowtown storefronts and crooked sidewalks. Now that modern life has reemerged, Hana’s memory fades like the echo of a song.

But whenever you long to return, hula master Holt says a simple melody can transport you there. Even if you don’t understand the Hawaiian lyrics, she says, the feeling translates — of a sudden rain, a playful breeze, the warm greeting of a new friend. “As I’m driving along, sometimes I’ve got to pull over, because I’m so moved,” Holt says. “I pull over the car so I can be in the moment of this music, this place.”

Hawaii native Ilima Loomis is a former staff writer for the Maui News.
TASTE OF HAWAII

Gordon and chef Sheldon Simeon prepare a feast.

HUMBLE PIE RIGHTS LIMITED/
JUSTIN MANDEL
BREADFRUIT MASH
4 cups breadfruit, peeled and cut into large cubes (substitute Yukon gold potatoes, parsnips or celeriac if breadfruit is not available)
2 quarts water
2 tbsp salt
1/2 cup butter, cubed and kept cold
1/4 cup milk
white pepper to taste

METHOD
Fill a pot with water, salt and breadfruit. Bring to a boil and cook until the breadfruit is tender but not falling apart.
Strain the breadfruit and pass it through a ricer or food mill.
Return the breadfruit mixture to the pot and place heat back on low.
Add the milk and stir until the liquid has dissolved and the breadfruit starts to stick to the bottom.
Season with white pepper and salt to taste.

VENISON SHEPHERD’S PIE
2 cups venison scraps, cut into small strips (We used trimmings from the legs, shoulder, ribs and loin. Shephard’s pie is a great way to use up what you have.)
2 cups venison stock (substitute beef or roasted chicken stock if venison is not available)
1 cup lager
1/4 cup Wondra flour
1 tbsp butter
1/2 cup carrots, diced
1/2 cup yellow onion, diced
1/2 cup celery, diced
1/4 cup garlic, minced
1 tbsp fresh thyme, leaves only
1 tbsp fresh parsley, chopped
salt and pepper to taste

METHOD
In a large cast-iron pan, lightly saute the onions, carrots, celery, garlic and thyme seasoning with salt and pepper. Remove the vegetables to a bowl and set aside.
Season the venison with salt and pepper and dredge with Wondra flour.
Sear quickly over high heat; adding the butter until the venison pieces are golden brown.
Deglaze the pan with beer and then add the venison stock.
Reduce heat to a simmer, add the vegetables back in and slowly cook the venison until the gravy has thickened.
Cover the pan with the breadfruit mash and bake at 375 F until the potatoes are golden. Finish under the broiler if the shepherd’s pie needs more color.
Finish with the Hawaiian salt and chopped fresh parsley.

VENISON GRILLED
66
GORDON RAMSAY: UNCHARTED

GLAZE
1 pineapple core, removed, peeled and quartered
1/2 cup soy sauce
1/2 cup rice wine vinegar
3 tbsp honey
2 small Hawaiian chili peppers, chopped finely (can substitute with a habanero)
juice and zest of 1 lime

METHOD
Preheat a grill (preferably charcoal) until it is very hot.
Grill the venison over medium-high heat until nicely seared.
Once some color has developed, begin brushing the venison with the pineapple chili glaze.
Continue rotating the venison loins while basting until the outside has caramelized and the venison center is between rare and medium rare, depending on personal preference (venison gets very gamey and tough when overcooked because it is so lean).

Remove from the grill and let the venison rest.
To serve, simply slice the venison into medallions and garnish with the pineapple chili glaze and Hawaiian volcanic salt.
SEE THE RICH SPIRITUAL AND CULTURAL TRADITIONS OF LAOS

BY ABBY SEWELL
HERE’S A REASON LAOS’ LOUANGPHRABANG (sometimes spelled Luang Prabang) has drawn a growing stream of visitors in recent years. This once-sleepy hamlet has it all: a rare combination of natural and manmade splendor with rich spiritual and cultural traditions that appeals equally to the pilgrim, the backpacker and the ecotourist.

The village’s setting on a peninsula at the confluence of the Mekong and Nam Khan rivers, encircled by verdant mountains, offers a natural beauty that is complemented by the craftsmanship of Louangphrabang’s palaces, temples and traditional houses.

Louangphrabang, designated a UNESCO World Heritage site for its unique blending of traditional Lao and European colonial influences in its architecture and culture, was the capital of the Lane Xang kingdom from the 14th to 16th centuries, as well as the center of Buddhist worship in the region.

The village takes its name from the Prabang Buddha, a solid gold statue of Buddha measuring nearly 33 inches (83 centimeters), which is now on display in the town’s Royal Palace Museum.

The area is also dotted with dozens of Buddhist temples. Wat Xieng Thong, with its steeply sloping pagoda-style roof and walls richly embellished with carvings and mosaics, is arguably the most impressive of these. Built in the 16th century, the temple was one of the only sites to be largely spared from destruction when the bandits of the Black Flag army sacked Louangphrabang in 1887 — the group’s leader in Laos had once studied as a novice at the temple and decided to make it his headquarters. The site remains one of the most striking and best-preserved examples of temple architecture in the region.

Ancient as it is, the area’s Buddhist tradition is very much alive. Visitors, along with locals, rise before dawn to watch the daily procession of monks through the streets and participate in the giving of alms, in which devotees proffer sustenance in the form of sticky rice and other goods to the monks.

Louangphrabang is also home to a vibrant culture apart from its religious traditions, from the night market, where vendors hawk handicrafts, and early-morning fruit and vegetable market to traditional dance performances, storytelling and puppet shows. The village offers a growing range of culinary options, from Lao street food to French dining.
Buddhist monks lining up for the alms giving ceremony in Louangphrabang. Every morning, the monks walk through the streets to collect alms of residents and tourists of the town.
For some, the main attraction is the nature that surrounds the village. Towering over the center of town, Mount Phousi offers a breathtaking 360-degree view of the Louangphrabang and its temples as well as the Mekong River and surrounding mountain ranges. For those interested in venturing into those more distant landscapes, the options for outdoor recreation include trekking and kayaking.

One of the most popular destinations for nature lovers, the Kuang Si Waterfall, about 28 miles south of Louangphrabang, is a majestic, triple-tiered cascade with a 164-foot drop into a series of pools that are popular as swimming holes. Just outside the entrance to the waterfall is the Kuang Si Butterfly Park, a tranquil sanctuary full of vibrant flowers and fluttering wings.

Upstream 15 miles from Louangphrabang, the Pak Ou caves represent a unique combination of the natural and the sacred. The two caverns, set into a limestone cliff at the point where the Mekong and Nam Ou rivers meet, are populated by thousands of Buddha figurines brought by pilgrims over hundreds of years.
TASTE OF LAOS

Gordon preps toe-bitten during a meal with locals in Laos.
SWEET & SOUR

Catfish Soup (Tom Jeow Pa)

**METHOD**

Add the catfish filets and boil the broth for an additional 8-10 minutes, until the broth thickens from the collagen in the catfish bones.

Add the kaffir lime leaves and continue reducing until the broth is rich and flavorful.

In a mortar and pestle, mash the charred vegetables until they are broken apart but not too much that they turn into a paste. You should have a chunky mixture of very fragrant charred aromatics.

Mix the aromatics into the broth and check for seasoning.

Ladle the soup into small bowls and garnish with lots of sliced spring onions and chopped cilantro.

Typically served with a side of vegetables and bird chilies.

TO SERVE

Add the catfish filets and chop the broth for an additional 8-10 minutes, until the broth thickens from the collagen in the catfish bones.

Add the kaffir lime leaves and continue reducing until the broth is rich and flavorful.

In a mortar and pestle, mash the charred vegetables until they are broken apart but not too much that they turn into a paste. You should have a chunky mixture of very fragrant charred aromatics.

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**“I WANT THE SERIES TO REINSTATE THE IMPORTANCE OF KEEPING IT LOCAL AND IN SEASON”**

—Gordon Ramsay

CRISPY

Whole Red Snapper

**CRISPY WHOLE RED SNAPPER**

1 large whole fish, scaled and gutted (We used a red snapper, but any fresh, meaty, whole fish will work wonderfully with this preparation.)

2-inch piece of ginger, peeled and sliced thinly

2 cloves garlic, sliced

1 stalk lemongrass, chopped

2 kaffir lime leaves

½ cup Laos basil, cut into fine julienne (can also use Thai basil)

**METHOD**

Preheat a fryer or large pot filled with oil to 325 F

Take the whole fish and make ½-inch cuts to score the skin on both sides.

Stuff the cavity with the ginger, garlic, kaffir lime, basil and lemongrass and seal with a skewer or long toothpick to close.

Season the fish all over with salt and pepper and dredge very lightly in rice flour.

Carefully lower the fish into the hot oil and fry until the skin is golden brown and crisp and the flesh is moist and cooked through.

**DIPPING SAUCE**

2 tbsp fish sauce

1 Laos bird chili, sliced thinly (Thai chili can be substituted)

1 tbsp lemon juice

1 tsp cane sugar

6 tbsp water

1 tsp minced garlic

**METHOD**

Combine all ingredients in a mixing bowl. Adjust the seasoning for saltiness and acidity if necessary.

**TEMPURA**

Squash blossoms

12 oz ice-cold soda water

1 ½ cups rice flour, plus more for dusting blossoms

pinch of salt

**METHOD**

In a mixing bowl, combine the soda water and 1 ½ cups of flour and mix lightly with chopsticks. Batter must be made right before preparation and used immediately.

Lightly dust the blossoms with rice flour, quickly dip in tempura batter and fry at 350 F until crisp.

Immediately drain on a resting rack and season with salt.

To serve

On a large platter, lay out a banana leaf and place the fish on top.

Garnish with tempura flower blossoms, steamed sticky rice and dipping sauce.
DISCOVER THE BEST OF ANCHORAGE

BY SCOTT MCMURREN
Wildlife
You don’t have to seek out the wildlife in Anchorage. It’s all over. Giant moose stroll downtown. Black bears, bald eagles and brown bears live in the parks, especially near the streams that teem with salmon. They sell bear spray at Costco. Go for a stroll in Bicentennial Park or Kincaid Park and you may see spruce grouse, fox, lynx or willow ptarmigan (the state bird).

Natural wonder
Take a drive south of town along Turnagain Arm. This is pretty water, but it’s not that friendly. It has the second-largest tides in North America (after the Bay of Fundy in Canada). Occasionally, when the tide comes back in, it forms a 4- to 6-foot tall wave called a “bore tide.” Adventurous surfers will get in their dry suits and take their boards out to catch a 20-mile wave.

National parks
Half of the country’s national parklands are in Alaska. So the question isn’t whether to go to the national park. It’s “which one?” To the north is Denali National Park and Preserve. To the south is Kenai Fjords National Park.
Fjords National Park. Also accessible by road — but a little farther away — is the nation’s largest national park, Wrangell-St. Elias. It includes the historic Kennecott Mining District. Take a flight to see Lake Clark National Park and Katmai National Park, both located on the Alaska Peninsula on the other side of Cook Inlet from Anchorage.

Cultural site
The Alaska Native Heritage Center offers an in-depth glimpse of Alaska’s native people. There are sample home sites around a lake where visitors can see how tribes from a particular area lived: their food, their building material and their customs. Local guides share their knowledge of the particular region. The Anchorage Museum of History and Art has a special Smithsonian exhibit on the arctic — see clothing, artifacts and tools that have been carefully preserved. Multimedia displays feature interviews with elders and archival photos and video.

Best day trip
It’s a toss-up. Choose from a trip up to the slopes of Denali National Park or to see the huge glaciers of Kenai Fjords National Park. Take the Alaska Railroad from Anchorage on either of these getaways. Go north to Talkeetna, where you can fly with K2 Aviation up to the Ruth Glacier. Get out and spend some time frolicking on the glacier. The vast ice- and snow-scape will take your breath away, in the shadow of Denali. Or, take the train south to Seward and board a sightseeing cruise out to see the glaciers and the whales in Kenai Fjords National Park. If you have time, stop in to the Alaska SeaLife Center, a research facility which features huge aquariums and aviaries so you can see the salmon and the birds up close.

Off the beaten path
Take the Old Glenn Highway to Knik River Road. Drive to the very end, about 55 miles from downtown Anchorage, and you’ll find the Knik River Lodge. You will recognize it by the helicopters in the front yard, but don’t overlook the restaurant’s tasty offerings. You’re just a five-minute flight from Knik Glacier, where you can get out and hike. Or, even better, they will take you on a dog sled tour over the glacier.

Most iconic place
Alyeska Ski Resort in the community of Girdwood, 35 miles from Anchorage along the Turnagain Arm (still within the city limits) is popular with locals and visitors. In the summer they run the tram up to the mid-mountain Roundhouse. The restaurant, Seven Glaciers, is one of those “special occasions” locations — you can actually count seven glaciers, too.

Late night
Keep in mind it doesn’t get dark in the summer, so June, July and August are like one long afternoon. But around 9 p.m., the sun starts to hover above Mt. Susitna, also known as “Sleeping Lady.” As the sunset lingers for hours, the sun seems to slide down Sleeping Lady’s slopes. Locals go out to the end of the runway.
at the airport at Point Woronzof to watch the show. Often, they take the dogs down to the rocky beach and enjoy the fiery display. The bonus is that big jets take off overhead, bound for points in Europe, Asia or the “Lower 48.”

**People-watching spot**

Get a window table at SteamDot Coffee Shop inside the Williwaw complex at Sixth Avenue and F Street. The crowd that comes for coffee is interesting, but your window looks out on Town Square. There’s always an interesting collection of folks enjoying the flowers and scenery of Anchorage’s city center.

**Stay for a drink**

Artisan brewing has taken off in Anchorage. Several tasting rooms serve up their own creations, including King Street Brewing, Anchorage Brewing and Resurrection Brewing. Other full-service restaurants brew their own delicious beers, including Moose’s Tooth Pizzeria, Glacier Brewhouse and Midnight Sun Brewing. One outlier, Double Shovel Cider Company, offers a selection of tasty ciders from its tap room in an industrial park.
Gordon and chef Lionel Uddipa prepare a feast in subzero temperatures in Alaska.

HUMBLE PIE RIGHTS LIMITED/JUSTIN MANDEL
**GRILLED**

**King Salmon**

**SALMON**
- 4-6 oz skin-on portions of wild king salmon
- 1 tbsp grapeseed oil
- salt and pepper to taste
- 1 lemon, cut into wedges

**METHOD**
Heat a cast-iron grill plate or skillet over medium heat until hot but not smoking.
Score the skin of the salmon to ensure the skin stays crisp.
Season both sides of the salmon liberally with salt and pepper.
Add the grapeseed oil to the skillet and place each filet of fish skin-side down in the pan, being careful not to overcrowd them.
Sear skin-side down until the skin is golden and crispy and the flesh has started to turn opaque.
Flip the fish to the flesh side and finish cooking just for a few more seconds.

**BEURRE BLANC**
- 2 shallots, diced finely
- ¼ cup gin
- ¼ cup white wine vinegar

**METHOD**
In a pot, bring all ingredients (except for the salmon) to a boil, remove from pot and cool until the liquid is at room temperature.
Carefully dry off the salmon and then soak in the brine mixture, ensuring filets are completely submerged.
Cover with plastic wrap.
Place the brined salmon in the fridge for at least 8-10 hours.
Preheat a smoker to 170 F.
Remove the salmon from the brine, pat dry and place on smoker grates skin-side down.
Close the smoker and let the salmon smoke for about 45 minutes to 1 hour, depending on the thickness of the filets.
The salmon is ready when it easily flakes when touched, but be careful not to smoke it for too long or it will dry out.

**HORSERADISH CREME FRAICHE**
- 1 cup creme fraiche
- 2 tbsp freshly grated horseradish zest and juice of 1 Meyer lemon
- 1 tsp white pepper
- 1 tsp olive oil

**METHOD**
In a small mixing bowl, combine all ingredients and adjust for seasoning.
Make sure the creme fraiche has a nice spicy kick from the horseradish to cut through the richness of the hot smoked salmon.

**GARNISH**
- Meyer lemon zest, fresh dill fronds
- 1 blood orange segmented pumpernickel bread, cut into triangles

**TO SERVE**
Toast triangles of pumpernickel bread.
Slather each with horseradish creme fraiche.
Flake the hot smoked salmon onto the toast and garnish with fresh dill, Meyer lemon zest and blood orange segments.

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**HOT SMOKED**

**King Salmon Belly**

**SALMON BRINE**
- 4 ½ cups cold water
- ½ cups brown sugar
- ¼ cup maple syrup
- ½ cup kosher salt
- ½ tsp black pepper
- 6 juniper berries
- 2 pieces of skin-on king salmon belly, about 6 oz each

**METHOD**
In a pot, bring all ingredients (except for the salmon) to a boil, remove from pot and cool until the liquid is at room temperature.
Carefully dry off the salmon belly and then soak in the brine mixture, ensuring filets are completely submerged.
Cover with plastic wrap.
Place the brined salmon in the fridge for at least 8-10 hours.
Preheat a smoker to 170 F.
Remove the salmon from the brine, pat dry and place on smoker grates skin-side down.
Close the smoker and let the salmon smoke for about 45 minutes to 1 hour, depending on the thickness of the filets.
The salmon is ready when it easily flakes when touched, but be careful not to smoke it for too long or it will dry out.

**HORSERADISH CREME FRAICHE**
- 1 cup creme fraiche
- 2 tbsp freshly grated horseradish zest and juice of 1 Meyer lemon
- 1 tsp fresh dill, chopped finely
- 1 tbsp olive oil

**METHOD**
In a small mixing bowl, combine all ingredients and adjust for seasoning.
Make sure the creme fraiche has a nice spicy kick from the horseradish to cut through the richness of the hot smoked salmon.

**GARNISH**
- Meyer lemon zest, fresh dill fronds
- 1 blood orange segmented pumpernickel bread, cut into triangles

**TO SERVE**
Place the salmon filets skin-side up on a platter and garnish with salmon roe beurre blanc and lemon wedges.
“This is about putting food back on the map with National Geographic, where it deserves to be.”