

THE BOCA RATON observer



THE ESSENTIAL LIFESTYLE MAGAZINE

THE LAST SUPPERS

FAMOUS CHEFS REVEAL THEIR FINAL MEALS

WE WINED, WE DINED

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NO GUTS, NO GLORY

FOOD NETWORK STAR
GEOFFREY ZAKARIAN HAS GOT
MAD KITCHEN SKILLS, BUT
INSTINCT MAKES HIM
A CULINARY MASTER

OCTOBER 2012



*BASED ON MAILED QUANTITY US \$3.95

WILL WALK FOR FOOD

SOUTH FLORIDA'S GASTRONOMIC TOURS ARE EXERCISES IN GOOD TASTE

BY LINDA HAASE

SOUTH FLORIDA'S CULINARY OFFERINGS RANGE FROM AWARD-WINNING FIVE-STAR GOURMET HAVENS TO HOLE-IN-THE-WALL GEMS—AND WHO WOULDN'T WANT TO TRY A FEW NIBBLES HERE AND A BITE THERE? GUESS WHAT? YOU CAN. SOUTH FLORIDA FOOD TOURS DISH OUT SAMPLES OF LOCAL FLAVOR, SERVED WITH SIDES OF CULTURE, HISTORY AND ARCHITECTURE. THESE TOURS, WHICH CATER TO EVERYONE FROM ADVANCED FOODIES TO CULINARY NOVICES, DISPLAY THE DIVERSITY AND INGENUITY OF LOCAL EATERIES WHILE SHARING FASCINATING STORIES BEHIND THE CUISINE, PLUS A CHANCE TO MEET THE PEOPLE BEHIND THE CREATIONS. INDEED, LOCAL TOUR GUIDES IMMERSE THEMSELVES IN SOUTH BEACH, LITTLE HAVANA, BOYNTON BEACH, DELRAY BEACH, LAKE WORTH AND LANTANA IN ORDER TO UNEARTH MAMEY ICE CREAM, BRAZILIAN CHICKEN CROQUETTES, CASHEW JUICE AND MUCH MORE. LACE UP YOUR SNEAKERS—THE TOURS ARE ABOUT TO BEGIN.

BACK IN THYME

The four-hour **Taste History Culinary Tour of Historic Delray Beach & Boynton Beach** melds culture and cuisine into one palate-pleasing afternoon. Learn about the origins and ingredients behind delectable dishes and then meet the chefs who created them. The tour focuses on locally operated family businesses (from green markets to award-winning restaurants) and their histories, showcasing more than two dozen types of cuisine including Brazilian, Sicilian, American, Bahamian and Jamaican. This narrated excursion combines a bus ride and four to six blocks of walking (stops vary by tour), and winds through historic neighborhoods and districts.



Chicken Dumplings



WHAT AND WHERE YOU'LL EAT: Delicacies from at least three to four restaurants. Tours have included Sundry House, where participants sampled farm-to-table cuisine infused with spices, fruits and vegetables grown in the restaurant's garden; Hurricane Alley Raw Bar & Restaurant in Boynton Beach, where the chef whipped up made-from-scratch dishes including seafood bisque; and The Little House in Boynton Beach, specializing in American gourmet comfort food with a twist.

MOST UNUSUAL THING YOU'LL SAMPLE: "Soupe," which was originally known as a "poor man's soup" and created on slave planta-



Pasticcotti at Poverino's Bakery in Boynton Beach

EPICUREAN ELEGANCE

Taste History Culinary Tour of Historic Lake Worth & Lantana's four-hour gastronomic trek through historic areas and buildings showcases Turkish, French, Australian, Mexican, Hungarian, organic, vegan and other fare, along with informative tidbits about their origins. The trip winds its way through charming neighborhoods where you'll learn fascinating facts about colorful pioneers. This narrated excursion combines a bus ride and four to six blocks of walking.

WHAT YOU'LL SEE: Stops vary by tour, but chances are you'll visit the elegant Mango Inn Bed and Breakfast (built in 1915) or the romantic Sabal Palm House Bed & Breakfast Inn (constructed in 1936), one or two art galleries, the former Gulf Stream Hotel (built in 1925 and now "on sale" for \$17 million), eclectic neighborhoods and other historic spots.



Sheng family from China at George's Meat Market during Taste History Culinary Tour

Lake Worth Art League Gallery in the LULA Arts District

tions, and has evolved into an expensive delicacy made with various spices and meats.

WHAT YOU'LL SEE: Stops include the historic Boynton Woman's Club, designed by renowned architect Addison Mizner and the colorful Avenue of Arts District in downtown Boynton Beach.

WHEN: The third and fourth Saturdays of every month, year-round, rain or shine. Tour is limited to 25 participants who meet outside of Macy's at the Boynton Beach Mall. Note: some eating experiences require that you stand.

COST: Tours are conducted by the Museum of Lifestyle & Fashion History and cost \$35 for adults; free for kids under 18 (maximum five children per family). Private tours (\$50 per person) are available. Prepaid tickets required. For information and tickets, call 561-243-2662 or visit tastehistoryculinarytours.blogspot.com.

WHAT AND WHERE YOU'LL EAT: You'll be treated to hearty portions of food from four to five venues. Possible stops include The Cottage Bistro (they make delicious penne ala vodka with chicken); George's Meat Market (beef stroganoff is the signature fare here) and The Tortilleria Gallo De Oro, the only commercial tortilla factory in Palm Beach.

INSIDER TIP: Bring your wallet: There are chances to buy unique items, from private-label sauces and seasonings to fresh-from-the-oven corn tortillas.

WHEN: The second Saturday of each month, year-round. Tours are conducted by Museum of Lifestyle & Fashion History founder Lori Durante and are limited to 25 participants who meet outside Macy's at the Boynton Beach Mall. Note: some eating experiences require you to stand.

COST: \$35 for adults; free for kids under 18 (maximum five children per family). Private tours (\$50 per person) available. Prepaid tickets required. For more information and tickets, call 561-243-2662 or visit tastehistoryculinarytours.blogspot.com.

