

**FOOD  
WINE  
TRAVEL** **EWWT**  
*Magazine*  
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*the food,  
wine, &  
spirits  
issue*

# letter from the editor



At a recent travel conference I attended, more than one of the presenters said that food has become a motivating factor for travelers when they choose a destination. Travelers want unique food and wine experiences, so “culinary tourism” has become a big thing, and the number of companies offering foodie experiences has grown.

What, you may ask, is a foodie experience? Cooking classes, street food tours, locals-only bar and restaurant tours and crawls,

wine tasting, or one-of-a-kind restaurant experiences are just a few of the activities foodies can choose.

In this issue of *Food, Wine, Travel Magazine*, we present you with food wine, and spirit experiences. From Manhattan’s East Village and Keuka Lake Wine Country in New York to the the islands in the Venetian lagoon and Melbourne’s Wine Peninsula and places in-between, we’ll tell you about the wonderful foods and spirits you can enjoy all over the world. We hope you’ll enjoy discovering the great offerings of a small county in Indiana as well as eating “fresh as it gets” in San Mateo County in California. We’ll tell you why Hungary’s national drink has its own museum and why Baltimore is the unofficial Tater Tot capital. We’re serving up all that and more in this issue.

As a side note, I want to let you know that our writers live and work all over the world. You may notice, therefore, that some of the spellings or word uses are a little different as the writers use their authentic voices. It’s all part of the adventure, after all.

Cheers!

Christine Cutler  
Executive Editor



## On the cover:

All Blues salad mix  
featuring a blueberry-  
quince vinaigrette.  
Photo courtesy of  
Terramar Brewing

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## Magazine Layout & Design

Christine Cutler

## Contact

Editor: [chris@fwtmagazine.com](mailto:chris@fwtmagazine.com)  
IFWTWA: [admin@ifwtwa.org](mailto:admin@ifwtwa.org)  
Marketing: [marketing@fwtmagazine.com](mailto:marketing@fwtmagazine.com)

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# Fabulous

## Food on the Island of Hawai'i

*By Joann Fossland*

**O**n the island of Hawai'i, a fantastic mashup of three unique elements creates a tasty and memorable cuisine. The island's amazing diversity and rich multi-cultural history melds with the native foods of the islands to yield distinctive dishes. Paired with creative chefs working with the bounties from the island's ranches, organic farms and the sea, the food of Hawai'i is a delicious melange of tastes.

### Multi-cultural History

Hawai'i is one of the most culturally diverse places in the world. Over the last 200 years, dating back to 1778 when Captain Cook arrived, the number of native Hawaiians has decreased as immigrants from Asia, Europe, and Polynesia poured in. These days, no race has a majority. Almost 25% of Hawaiians have two or more races in their background. According to the last census, Hawai'i's population is 38.6% Asian, 24.7% White, and only 10% is Native Hawaiian or other Pacific Islanders. Hispanic, Black or African American, and American Indian and Alaska Native account for the rest. Each culture has played a part in today's diversity.

### Fresh and Local

As you would expect, since the island is surrounded by the sea, sumptuous seafood is a given. The fish you have for dinner was likely caught this morning. I love

Coconut Shrimp; Sticky Ribs at Fish and The Pig; Mahi Mahi Tacos



the Ono and Mahi Mahi is a close second. Most likely, there will be fish on the menu you have never heard of. Treat yourself to some sushi, sashimi, and Hawai'ian poke. Fish isn't the only staple. Hawai'i's has rich volcanic soil that can't be duplicated elsewhere. Local farms can grow beautiful, abundant produce year-round because of the climate.

And then there's the beef! It all began in 1788 when a British Captain, George Vancouver presented five cows to King Kamehameha I. Those cows multiplied and roamed free for years until a Massachusetts sailor, John Parker, was granted rights to shoot them and sell their hides. In 1850, he bought 640 acres of land and established the famous Parker Ranch. Today, these same ranch lands today provide grass-fed cattle to the island's restaurants.

And, that's not all! Tasty local lamb and pork have a place on the menus as well. The tender, smoked Kalua Pig is a delicacy. The word kalua, which literally means "to cook in an underground oven" and is a traditional Hawaiian cooking method that utilizes an *imu*, a type of underground oven.



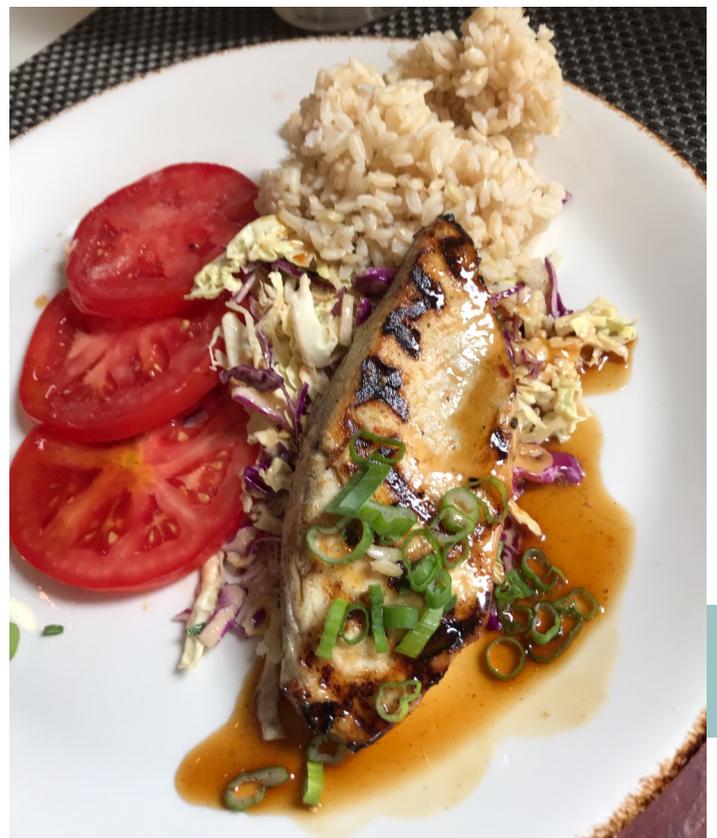
### The Chefs of the Island of Hawai'i

In 1991, twelve Hawai'ian chefs, led by Peter Merriman, collaborated to create Hawai'i Regional Cuisine with a commitment to support local farmers, ranchers and the local economy while offering fresh, authentic cuisine at its peak flavor. It's been a huge success and is still evolving today.

### Enjoy the Best of Hawai'i Restaurants

From fancy to food trucks, you can pick your level of formality and cost and enjoy fabulous food. Hawai'i is relaxed and even elegant dining only requires resort wear.

If I've made you hungry, here are some of my favorites on the Big Island.



Annie's Bacon Burger; Lamb Ribs at Merriman's in Waimea; Hawaii Big Island Aloha Mix (food truck); Merriman's Fresh Island Fish

## Fancy Favorites

[Merriman's](#) Fine dining for lunch and dinner. Hawaii Regional Cuisine. Be adventurous and expect to be delighted.  
65-1227 Opelo Road, Kamuela

[Manta Restaurant at Mauna Kea Beach Resort](#) Fine dining for dinner with an ocean view, Manta offers a blend of contemporary and traditional Pacific Rim.  
62-100 Mauna Kea Beach Drive, Kohala Coast

[Hilo Bay Cafe](#) Dine all day on creative Pacific Rim Cuisine made with fresh island ingredients. The cafe overlooks Hilo Bay, and the tables on the deck are especially nice.  
123 Lihikai Street, Hilo

## Yummy Casual Eating

[Fish and The Hog](#) Enjoy fish, BBQ, Burgers and more in a relaxed setting. The sticky ribs are fall-off-the-bone tender and tangy.  
64-957 Mamalahoa Highway, Waimea

[The Village Burger](#) While the ground brisket and chuck Big Island Burger, described as beefy, robust and arrogant, is one of the best burgers I've ever had, there's more. How about a Lamb Burger with braised onions and kalamata olive tapenade? Or, maybe try a veal or fish burger.  
Parker Ranch Shopping Center, Waimea

[Annie's Fresh Island Burgers](#) Relax on the open air lanai and savor the fresh food. Burgers are the draw with grass-fed island-raised beef. Alternatively,

salads with lots of local organic produce or wild-caught Hawaiian fish delight. Try the Goat Cheese Poppers.  
79-7460 Mamalahoa Highway #105, Kealahou (south of Kona)

[Aloha Mix Food Truck](#) Healthy island cuisine includes Acai and Pitaya Bowls. My favorite, though, is the shrimp and steak plate. Outdoor picnic tables.  
95-5649 C, Mamalahoa Highway, Naalehu

## To Complement the Food

That iconic drink, the Mai Tai, was invented here. No trip is complete without one. All of my picks above, except The Village Burger and the Aloha Mix Food Truck, serve cocktails, wine and beer.

Hawai'i rum is a natural with the rich history of sugarcane. [Kuleana Farms](#) grows 40 varieties of sugar cane on 44 acres. The Big Island's first distillery produces super-premium rum that's available at their Rum Shack in Waikoloa or in [California and Hawai'i locations](#).

To pair with the great foods, you'll also find a great selection of Hawai'ian Wines. [The Big Island Volcano Winery](#) is open very day for tastings.

So, if you thought Hawai'ian food was all about pineapples and papayas, you are in for something different and delightful.

Aloha rules! ❄️



Perfect Mai Tai;  
Shrimp and Crab at Manta, Mauna Kea

