

“TO TRAVEL IS TO EAT.”

-BEA TOLLMAN

In the kitchen with Uniworld



UNIWORLD

BOUTIQUE RIVER CRUISES



COCKTAIL: DUTCH OLD FASHIONED

It's easy to guess how the Old Fashioned got its name. It began as a simple mixture of spirits, bitters, water and sugar. Newer versions add cherries and oranges. Why not try it with Millstone, a modern Dutch rye whiskey?

INGREDIENTS:

- 5cl (1.69 fl oz) rye whiskey
- 1 dash of plain water
- 1 spoon of fine sugar
- 2 dashes of angostura bitters
- 1 lemon twist
- 1 cherry
- 1 orange slice

PREPARATION:

Place the water, sugar and bitters in an Old-Fashioned glass and mix. Add ice and rye. Stir well. Garnish with cherry and orange slice and lemon zest.

COCKTAIL: CALVADOS 75

You may know the French 75 as a meeting of champagne and gin. But this drink, named for a World War I artillery weapon, first got its kick from mixing Calvados, Normandy's renowned apple brandy, with the bubbly.

INGREDIENTS:

- 4cl (1.35 fl oz) Calvados
 - 1 tsp superfine sugar
- 1.5cl (0.51 fl oz) lemon juice
 - Top with sparkling wine

PREPARATION:

Shake Calvados, sugar and lemon juice in a chilled cocktail shaker. Strain over ice into a champagne glass and top off with sparkling wine.



APPETIZER: CHEESE STRAWS & SPICED NUTS

"I created the cheese straws one day in the kitchen when I was looking for a way to use up some extra cheese we had from a big banquet the night before. The nuts I first enjoyed many years ago at someone's home in Boston, and the hostess was kind enough to tell me how she made them. The cheese straws and spiced nuts are both big hits at cocktail hour." –Bea Tollman, Celebrity Chef & Founder of Red Carnation Hotels

-Serves 4-

CHEESE STRAWS:

INGREDIENTS:

- 1 sheet of store-bought frozen puff pastry
- 3/4 cup (100 g) strong cheddar cheese, finely grated
- 1/4 cup (25 g) Parmesan cheese, finely grated
- Pinch of paprika or cayenne pepper
- Pinch of salt and pepper

PREPARATION:

Lightly unroll and smooth out the puff pastry on a floured board, and then sprinkle with all of the ingredients.

Lightly roll the puff pastry up again to compress the coating, and then press and fold the roll in on itself lengthwise (like closing a book). Cut the pastry with a sharp straight-edged knife into 1/2 inch (1-cm) strips, then give each strip a twist. Place the straws on a baking sheet lined with parchment paper. Place the tray in the freezer for 20 minutes.

Bake the straws in a heated oven at 350°F (180°C) for 15 minutes to a pale golden brown. Cool on a baking rack before serving.



SPICED NUTS:

INGREDIENTS:

- 1 egg white
- 1 lb (500 g) pecans or walnuts
- 1/2 cup (100 g) granulated sugar
- 1 tsp (5 g) salt
- 2 tsp (10 g) ground cinnamon
- 3/4 tsp (4 g) ground ginger
- 1 tsp (5 g) ground coriander

PREPARATION:

Whisk the egg white with a tablespoon of water until foamy, then coat the nuts with the egg mixture. Mix the sugar and spices in a bag, add nuts and shake to coat evenly.

Bake at 250°F (125°C) for 15 minutes, then reduce the temperature to 200°F (100°C) and bake until crunchy.

DINNER: LINGUINE WITH CLAMS AND ZUCCHINI

“This Italian dish is part of a traditional Neapolitan cuisine. It is very popular throughout the Campania region and is also popular in Rome, and is certain to be popular with you.”—Manuel Marquez, Senior Executive Chef

INGREDIENTS:

- 2 large garlic cloves, peeled
- 1/4 cup (60 ml) extra-virgin olive oil
- 1/4 cup (60 ml) pure olive oil
- 4 medium zucchini (about 1 1/2 lbs/680 g), sliced into 1/4-inch thick (3-mm-thick) rounds
- 1/2 tsp (3 g) fine sea salt
- 32 littleneck clams (about 3 1/2 lbs/1 2/3 kg), washed
- 1/4 tsp (1 g) hot red pepper (chili) flakes, plus extra for serving
- 2 Tbsp (30 g) chopped Italian parsley
- 12 oz (340 g) linguine
- 1 Tbsp (14 g) unsalted butter

PREPARATION:

1. Put a pot of water with salt on to boil.
2. Lightly crush the garlic cloves and heat with both oils in a large, nonreactive sauté pan over medium heat until they start to sizzle. Adjust the heat so garlic continues to cook evenly in the oil, releasing its own oils, and softens but does not brown (about 2 minutes). Add the zucchini and carefully blend with oil. Season with salt.
3. Continue cooking slowly, stirring from time to time, until zucchini is completely softened and starts to break apart but does not brown (about 20 minutes). Remove from heat and let rest in the oil for 2 hours. Pour into a fine-mesh strainer, reserving the zucchini and oil separately. Keep the same pan, without cleaning, for cooking the clams.
4. Heat the zucchini oil in the pan over medium heat until it starts to sizzle. Add clams, cover the pan and turn the heat to medium-high. Cook the clams and gently shake the pan from time to time until they start to open (about 5 to 6 minutes). The cooking time will vary, depending on size of the clams and thickness of the shells. Add the reserved zucchini, hot pepper flakes and parsley. Gently stir with the clams. Set aside.
5. Cook the pasta al dente. Reheat the clams and the zucchini mixture, add the pasta and toss for a further minute to let the juices from the clams be absorbed into the pasta. Add butter at last moment to sauce for a rich flavor and “shine” (in french monter au beurre the sauce). Serve right away.

Serves 4 using deep pasta plates





COCKTAIL: VODKA BELLINI

Venice's signature drink—the Bellini—brings together local white peaches and sparkling Prosecco wine with a name that reflects the pink hues often found in the paintings of the Renaissance artist of the same name. Making it with vodka gives it a little something extra.

INGREDIENTS:

- 2cl (0.68 fl oz) vodka
- 2cl (0.68 fl oz) peach puree
- Top off with Prosecco

PREPARATION:

Add vodka and peach puree into a champagne glass. Slowly stir while topping off glass with Prosecco.

COCKTAIL: THE SASSY BORDEAUX

This update of the Bordeaux Cocktail evokes the region with Lillet Blanc, its signature aperitif, and fresh, local tarragon. Gin—in place of vodka—as the spirit base rounds out the herbal mix.

INGREDIENTS:

- 6cl (2.03 fl oz) gin
- 3cl (1.01 fl oz) Lillet Blanc
- 5 tarragon leaves

PREPARATION:

Place gin and lillet over ice in a cocktail pitcher. Add a few tarragon leaves, muddle gently, stir. Double Strain into a cocktail glass. Float a tarragon leaf on top as a garnish.



SIDE DISH: BROCCOLI COLESLAW

INGREDIENTS:

- 1 small head broccoli
- 1 medium bulb fennel
- 1 small onion
- 1 tablespoon sugar
- 2 tablespoons apple cider vinegar
- 250ml mayonnaise

PREPARATION:

1. Coarsely grate the broccoli and fennel.
2. Grate the onion and squeeze out all the juice, then mix with the broccoli and fennel.
3. Mix together the mayonnaise, vinegar and sugar. Add this to the coleslaw and season with salt and pepper.
4. Refrigerate for 30 minutes prior to serving.

Serves 4 as a side dish



DINNER: LEMON CHICKEN

INGREDIENTS:

- 3 poussins, split in half and backbone removed

Lemon Sauce:

- 500ml fresh lemon juice
- 250ml olive oil
- 1 tablespoon red wine vinegar
- 1 1/2 teaspoons minced garlic
- 1/2 teaspoon dried oregano

PREPARATION:

Pre-heat the oven grill for 15 minutes before using. Season the chicken with salt and pepper, then grill, turning once, for 20-30 minutes or until the skin is golden brown and the juices run clear when the bird is pierced with a fork. Remove from the grill and, using a very sharp knife, cut each half into 4 pieces.

Make the sauce by whisking together the lemon juice, oil, vinegar, garlic, oregano and seasoning with salt and pepper. Pour over the chicken and leave to marinate for 1 hour.

Place the chicken on a grill pan and return to the grill for 5 minutes or until very brown. Turn each piece, basting with the liquid, and grill for a further minute. You may need to add a little more oil and lemon to taste. Remove from the grill and place chicken onto a warm serving dish.

This is also delicious served cold at room temperature!

Serves 4





COCKTAIL: PAPRIKA MARY

Paprika wasn't born in Hungary, but it quickly became the national spice because it seems to grow much sweeter there. The red pepper adds an exciting piquancy to the classic Bloody Mary with the local Kalinka vodka.

INGREDIENTS:

- 1 tsp minced onion
- 1/8 tsp paprika
- 1.5cl (0.51 fl oz) lemon juice
- 1 tsp pickle juice
- 1 tsp horseradish
- 2 dash of tabasco
- 1 pinch of salt
- 4cl (1.35 fl oz) of vodka
- 15cl (5.07 fl oz) tomato juice
- A dash of Worcestershire sauce
- Celery stalk

PREPARATION:

Build over rocks in a cocktail shaker. Shake and strain over ice in tumbler glass. Garnish with Celery stalk.

COCKTAIL: ELDER BOURBON

From food to folk medicine, the elderberry tree has many uses. In Austria, they also utilize its flowers to make syrups for soft drinks. For something a little harder, we matched it with sweet Bourbon and tart lemon juice.

INGREDIENTS:

- 2cl (0.68 fl oz) Lemon Juice
- 2cl (0.68 fl oz) Elderflower Syrup
 - 1 tsp of Honey
- Dash of Orange Juice
- 5cl (1.69 fl oz) Bourbon

PREPARATION:

Build over rocks in a cocktail shaker. Shake and strain on the rocks in an Old Fashioned glass.



DINNER: SESAME FRIED CHICKEN

“This yummy recipe is more delicate than it sounds, and keeping the crispy coating intact can be tricky. Paired with thick slices of tomatoes drizzled with olive oil and white wine vinegar or a light, fresh coleslaw, this is a fantastic summer meal.” –Bea Tollman, Celebrity Chef & Founder of Red Carnation Hotels

INGREDIENTS:

1 egg
7 oz (200 g) evaporated milk
3 1/4 lbs (1.5 kg) whole chicken, cut into 8 portions, plus the legs & wings
1 cup (750 ml) oil
1 cup (250 g) butter

Sesame Coating:

10 Tbsp (150 g) toasted sesame seeds
2 cups (250 g) flour
1 tsp (5 g) poultry seasoning
2 tsp (10 g) garlic powder
1 tsp (5 g) ground ginger
4 tsp (20 g) paprika
2 tsp (10 g) salt
Freshly ground pepper to taste

PREPARATION:

1. Combine the coating ingredients to make a fine mixture.
2. Whisk together the whole egg with the milk.
3. Dip the chicken pieces in the liquid, then shake off excess and roll them in the sesame coating.
4. Heat the oil and butter together in a deep frying pan over medium-high heat, so that the chicken pieces sit in the pan with the oil mixture covering half the chicken. Start with the drumsticks and thighs first, as they take longer to cook. Try to turn each piece only once, as the coating is very delicate. Fry until golden brown on both sides, about 25–30 minutes total.

Serves 6



DESSERT: AUSTRIAN APPLE STRUDEL

“The history of the strudel dates back hundreds of years, when it was made as an easy yet satisfying meal by the poor. However, it was the Turkish baklava pastry, introduced into Austria in 1453, that laid the foundation for the dessert strudel we know and love today. The first dessert strudel was the Wiener apfelstrudel (Viennese apple strudel). Over time, other strudels with different fillings were created.” –Delio Garavito Vargas
Uniworld Corporate Pastry Chef

INGREDIENTS:

Strudel Dough:

- 4 cups (600 g) flour
- 1 1/4 cups (300 g) water
- 4 Tbsp (60 ml) oil
- 1 or 2 eggs (80 g) eggs
- Pinch of salt

Filling:

- 5 to 6 apples
- 1 cup white breadcrumbs, roasted in butter
- 1 cup chopped nuts (walnuts, pecans or your choice)
- 3/4 cup sugar
- 1/4 tsp cinnamon
- 2 tsp lemon juice
- 1/2 cup raisins
- 4 tsp rum or more, to taste

PREPARATION:

Strudel Dough: Work all ingredients into a pastry together, until it is not sticky any more. Let the pastry rest for 1 hour.

Filling: Heat the oven to 425°F (220°C). Chop apples. Mix with all the remaining filling ingredients. Roll the pastry very thin, then top it with the filling and roll it into a log. Brush the top with melted butter. Transfer to a baking sheet lined with parchment paper. Bake the strudel for approximately 45 minutes. Remove the strudel, dust it with powdered sugar and serve it warm with vanilla sauce.

Serves 4. Serve right away.



DESSERT: HONEYCOMB ICE CREAM

My children say that this is my signature dessert, and it is now a Red Carnation institution." –Bea Tollman, Celebrity Chef & Founder of Red Carnation Hotels

INGREDIENTS:

- 1 cup (250 ml) corn syrup or glucose syrup
- 1 cup (250 g) granulated sugar
- 1 Tbsp (15 ml) white vinegar
- 1 Tbsp (15 ml) baking soda, sifted
- 1 quart (1 L) vanilla ice cream

PREPARATION:

1. Dissolve the syrup, sugar and vinegar in a saucepan over medium heat. Turn the heat up high and boil until the syrup turns to a light caramel color.
2. Take the pan off the heat and quickly stir in the baking soda. Pour the mixture into a high-sided baking sheet that has been lined with parchment paper and greased with butter. Leave to cool and harden; do not refrigerate. Once hardened, this brittle, crunchy slab becomes your honeycomb base.
3. Slightly soften the vanilla ice cream in a chilled ceramic bowl. Carefully break the honeycomb slab into various sizes, none more than 3/4 inch (2-cm) squares, and quickly fold half into the ice cream. Pour the ice cream into a desired ice cream mold or back into the original ice cream container and freeze again. Keep the remaining honeycomb in an airtight container to use as a topping when serving.

Serves 8

