

SPECIAL BAKING & TRAVEL ISSUE

ROSEANN TULLY'S
Intermezzo

Fine Interludes in Food, Wine, Home & Travel

Food Adventures:
SARDINIA, NEVIS
& CARTAGENA

TAPAS by the Sea,
with José Andrés

Tea Party in
PALM BEACH

Best POTATOES Ever!

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INCLUDING OVER 55 GREAT RECIPES

Our Guide to CANNING
RICOTTA Gnocchi & Cheesecake

PLUS: Baking with VEGGIES:
Mango Carrot Cake, Zucchini Lemon Cake



weekend: CARTAGENA, COLOMBIA

Hot and Cool Cartagena

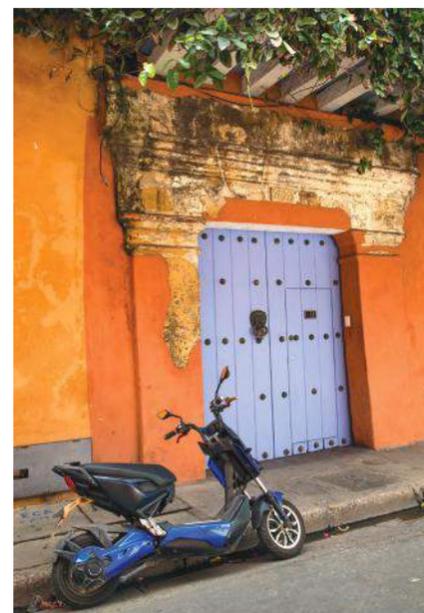
When you wander through this port city on Colombia's Caribbean coast, it's evident that this place is hot. And not just the temperature. Cartagena is under the tourist destination radar just enough to retain an authentic charm. Now's the time to get there to enjoy the exploding restaurant, bar, and shopping scene. This city is so hot, it's very, *very* cool.

BY MARYLOU CROWLEY





The wow factor of Cartagena's beautiful colors is everywhere — from restored Colonial buildings painted in a variety of beautiful pastels to vivid primary colors on the murals that decorate the Gethsemane neighborhood. All seem to glow brighter than normal. The vivid pink and purple bougainvillea hanging on vines draped up and over doorways are stunning. A soft chorus of “*buenas*,” the greeting that is the equivalent of “have a good day” is exchanged all day among friends and strangers alike, and adds to the warm and friendly vibe here.



SO MUCH TO DO

Stop for one of Colombia's famous coffees at **Café San Alberto** serving up small estate grown, perfectly brewed cups of coffee perfection on Calle Santos de Piedra. At night, sit outside in any one of the historic plazas and enjoy a drink and some fantastic people-watching. Visit a nightclub with people who have been dancing salsa since they could walk. If (like me) you can't be in a city without visiting a local food market, grab a taxi and a guide for a quick ride to **Mercado Bazurto** and soak up some local sights, smells and tastes.

Intermezzo

SEAFOOD IS SUPREME

Seafood is celebrated in Cartagena. There are dozens of *cevicherias* in the city. Make it your mission to try as many as possible, just to experience the variations. Don't miss out on Cartagena seafood soup, with seafood as fresh as it gets and rich fish stocks that are slightly spiced and laced with coconut milk.

BEAUTY ALL AROUND

A great place to try both is **Casa San Agustín**. This cool oasis is an intimate boutique hotel in the Centro district of the old walled city, designated a UNESCO World Heritage site.

The property, fashioned from three whitewashed buildings from the 17th century, is a beautifully restored estate. The courtyard pool winds around the ground floor and features a wall from a 300-year-old aqueduct. It makes a great location to land for a few days to be within easy walking distance to everything you'll want to explore. You'll find it an elegant retreat from the heat for a midday siesta and be very happy to call it home at day's end.

Before you get to dinner, head up to the rooftop bar for some bubbly and a view of rooftops and the **University of Cartagena's** tower. Then go

downstairs to **Bar Alma** for a “Don Sancho,” a cocktail that features the juice of the local *corozo* berries that hang from palm trees. Mixed with roasted pineapple, orange juice, and a favorite Colombian liquor, *aguardiente*, you’re in for a treat. Head to dinner to taste Chef Heberto Eljach’s unique take on ceviche, a mix of traditional ceviche and cooked fish topped with a spicy, creamy sauce made from the local version of *suero costeño*. It’s a testament to what a talented chef can do with a traditional dish to make it even more exciting. Follow it with the seafood soup, and finish with the truly outstanding lime coconut gelato.

You’ll also find easy day trips to tiny Caribbean island beaches just offshore. Hot and cool. A great combination for a getaway.

hotelcasasanagustin.com



Tastes of Cartagena

CARTAGENA-STYLE SEAFOOD CHOWDER

From Casa San Agustín

SERVES 4

Annatto seeds can be purchased in Latin grocery stores, or online.

For velouté

- 4 tablespoons unsalted butter
- 3 tablespoons flour
- 2½ cups lobster stock
- Salt
- Freshly ground pepper

For achiote oil

- ½ cup corn oil
- 1 tablespoon annatto seeds

For soup

- 4 tablespoons achiote oil
- 3 tablespoons minced garlic

- ½ cup finely diced red onion
- 5 tablespoons finely minced red pepper
- 5 tablespoons finely minced green pepper
- 1 sprig fresh thyme
- 1 bay leaf
- ½ teaspoon sea salt
- ½ cup dry white wine
- 1¼ cups calamari, chopped into ½-inch dice
- 1 cup uncooked lobster tail meat, chopped into ½-inch dice
- 1½ cups large shrimp, peeled and deveined, chopped into ½-inch dice
- 1 cup cooked octopus, chopped into ½-inch dice
- 2½ cups lobster velouté
- ¼ cup coconut milk
- 20 mussels, cleaned and debearded
- Freshly ground black pepper
- Salt
- 2 tablespoons finely chopped parsley,

- for garnish
- 2 limes, cut in quarters

1. Make lobster velouté. In a large saucepan, melt butter; mix in flour to make a roux. Slowly add ½ cup hot lobster stock, whisking well. Add another ½ cup hot lobster stock and whisk again. Add remaining stock and whisk well. Season with salt and pepper. Set aside; keep warm.
2. Make achiote oil. Heat corn oil and annatto seeds in a small skillet over medium heat. Cook until seeds start to sizzle. Immediately remove pan from heat; strain oil into glass container. Set aside.
3. Make soup. In a large, heavy bottomed pan or Dutch oven, add oil and heat over medium heat. Sauté garlic until pale golden color. Add onion; sauté until translucent, approximately 2 minutes. Add red and green peppers; sauté 3 minutes. Add thyme, bay leaf and salt. Stir well.





4. Deglaze pan with wine. Simmer for 3 minutes, to allow alcohol to evaporate.
5. Add calamari; sauté for 2 minutes. Add lobster and shrimp; sauté for 3 minutes. Add octopus and heat through.
6. Add lobster velouté and coconut milk; bring to a boil. Reduce heat to simmer.
7. Remove bay leaf and sprig of thyme.
8. Add mussels and cook until opened.
9. Season with salt and pepper to taste. Garnish with parsley. Serve with lime quarters.

CEVICHE ELJACH

SERVES 4

The preparation of the fish should be done at least 8 hours or one day in advance. Arepas are delicious traditional Colombian fried cornmeal cakes which can be purchased in Latin grocery stores.

For the ceviche

- 2 pounds uncooked octopus
- 1 pound firm white fish, such as sea bass or red snapper
- 1/2 cup fresh lemon juice
- 1 teaspoon sea salt
- 6 ounces large shrimp

For the sauce

- 1 cup sour cream or crème fraîche
- 2 tablespoons Sriracha sauce, or more to taste
- 2 tablespoons sugar
- 1/4 teaspoon hot pepper sauce (such as Rocoto), or more to taste
- 1/2 cup finely chopped red onion
- 2 tablespoons minced cilantro
- 2 tablespoons tomato paste
- 1 1/4 teaspoons fresh lemon juice
- Salt
- Freshly ground black pepper
- 16 2-inch arepas, grilled and kept warm
- 4 slices bacon, fried and chopped into small pieces, for garnish
- 4 teaspoons finely chopped parsley, for garnish

1. Make ceviche. Place octopus in pot of boiling water and bring to a simmer for 2 hours, or until tender. Reserve half a cup of meat for ceviche; save remainder for another use.
2. Prepare fish. Cut into 1/4-inch cubes; place in shallow dish with lemon juice and salt. Cover tightly with plastic wrap; marinate for 8 hours or overnight.
3. Prepare shrimp. Place in boiling water and simmer until pink. Remove immediately from water and place shrimp in ice bath. Dry, shell and cut into 1/2-inch pieces.
4. Make sauce. Gently combine sour cream, sriracha, sugar, hot pepper sauce, onion, cilantro, tomato, lemon juice, salt and black pepper.
5. Mix seafood with sauce. Garnish each dish with chopped bacon, parsley and 4 grilled arepas.

