

HIDDEN FLAVORS OF MEXICO

AN ICAEF
CULINARY LEARNING
JOURNEY



JANUARY 19 TO 28, 2022

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Wednesday, January 19, 2022

Day 1: Arrivals & Check-in



Today you'll fly into the Mexico City International Airport to be greeted by DMS Mexico's staff and taken to the transportation that will take you to the Hilton Mexico City Reforma hotel for check in.

At night we'll have a welcome cocktail so that our guests can greet each other and get acquainted with the staff that will be travelling with them.

Thursday, January 20, 2022

Don't forget to have some local yoghurt at breakfast today, it'll give you the local intestinal flora that will help you digest everything you are going to eat... and eat you will.

Today we'll start at the Chapultepec area where we'll work up an appetite walking through the Museum of Anthropology, home to the famous Aztec Calendar, which is actually neither Aztec nor a calendar; intrigued?

After lunch, which is explained in the next slide, we continue to the only true castle in the entire American continent, now turned into the National History Museum for some of the most amazing views in the city.

Day 2: Chapultepec



Day 2: Cooking demo



Working for food has never been so much fun. We'll venture into one of the most prestigious culinary schools in the country to join in a hands-on cooking demo of one of Mexico's finest recipes.

After preparing the meal, we'll go up to the marvelous terrace to have lunch overlooking a beautiful park in the famous Condesa subdivision.

Day 2: A surprise for dinner



We go back to the hotel for a little rest before leaving for a hidden treasure. On the outside, it's merely office space, but knock on the door and a members only club opens up to delight your senses.

In it, Alberto Navarro, who actually wrote the book on Tequila (his "Larousse del Tequila" won a Gourmand award in Paris in 2017), will guide us through an exclusive tasting of his brand of premium Loco Tequila, of which he is the Maestro Tequilero. (bottles and books can be added for signing)

Dinner will be prepared in the open kitchen by a well renowned chef.

Friday, January 21, 2022



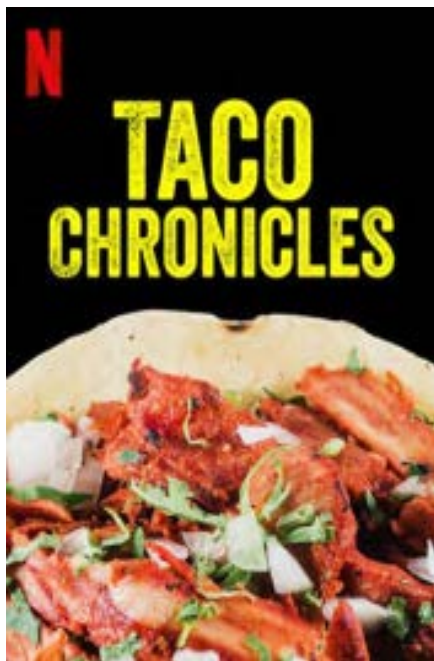
Day 3: Mercado de San Juan

Meet Mexico City through the “eyes” of your palate. This will not be your traditional City Tour as we’ll get to know the history of the most iconic sites in the historic downtown, but we’ll also visit some of the spots that make this, one of the best cities in the world for dining.

We start where all great meals start, at buying ingredients. The Mercado de San Juan is not your typical market as we’ll find all the fixin’s of a Mexican gourmet meal, including of course, wines and cheeses, but also local delicacies like grasshopper, scorpion, ants and many other sources of protein. Will you be brave enough to try?



Day 3: Cantina and Taco Tour



As seen at the hit Netflix series “The Taco Chronicles” we’ll go taco-hopping as we try the different “taquerías” to sample as many types of taco as we can literally stomach.

But to help the tacos go down, we will need to intersperse a few of our most traditional “cantinas” to have a beverage or two to take us into the night and perhaps a bit further.

Saturday, January 22, 2022



Day 4: Xochimilco

Perhaps today we'll need to take it slow, so after breakfast we'll venture to the south of the city and the World Heritage Site of Xochimilco, where we will board a traditional "trajinera" gondola that will glide over the channels to a small island called "chinampa" where we'll have a demonstration of traditional harvesting of diverse foods, which we'll be able to sample in a unique pre-Hispanic menu prepared exclusively for our group.



Day 4: Coyoacán and Casa Azul



In colonial times, Coyoacán was completely detached from Mexico City and it's where Spaniards held their weekend homes, so the flavor of this subdivision is quite unique. Perhaps a traditional ice-cream cone in the Hidalgo garden will hit the spot in the middle of the afternoon.

In this area, the world-famous Mexican artist, Frida Kahlo had her home which is now turned into one of the most sought after museums in the city: The Blue House (Casa Azul)

Day 4: Fine dining at Polanco



Polanco is home to some of the best restaurants in the world, 2 of which have made it into the San Pellegrino best 50. As we say farewell to Mexico City, we'll taste the best the country has to offer in fine dining as we have an unforgettable dinner at an unforgettable restaurant (as reservations at some restaurants are very difficult to get, actual restaurant subject to availability upon confirmation of the date)

Sunday, January 23, 2022

Day 5: Puebla

We'll check out of our hotel after breakfast as we board the motor coach that will take us to another of Mexico's World Heritage Sites – Puebla (2 hours to the East of Mexico City)

On route, we stop at Santa María Tonantzintla, one of the finest examples of Tektiki baroque architecture, where local indigenous Mexicans hid pre-Hispanic iconography amidst Catholic symbols.



Day 5: Cholula

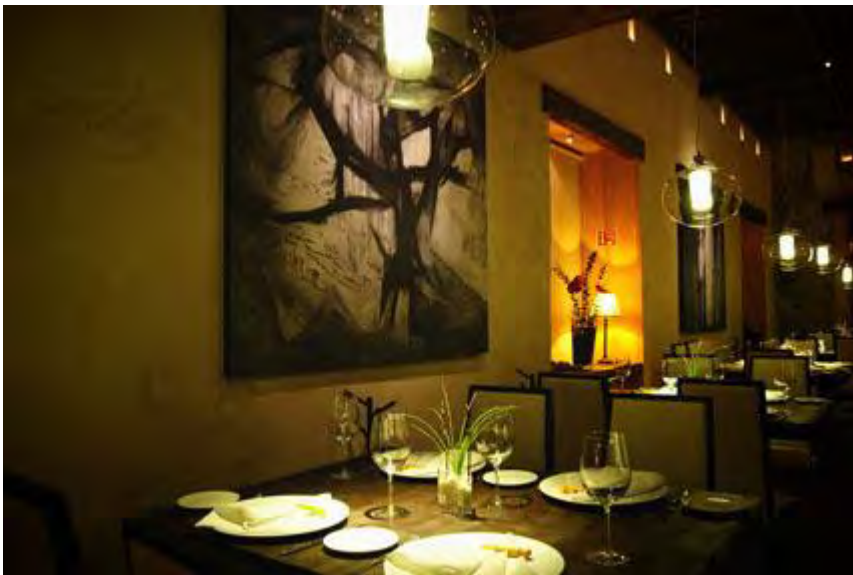


The biggest pyramid in Mexico actually looks like a mountain and it's located in the town of Cholula, where we will visit its local market and have a cooking demo of some of the most delicious “antojitos” that are endemic to this region and proper to the season when we'll be visiting.



Continue on to Puebla, where we'll check into a beautiful convent-turned-hotel in the downtown area.

Day 5: Dinner Between Lands



Dinner will be at a near by colonial house turned into an artisanal restaurants that presents a menu filled with passion for Mexican food and local providers. Every dish is made with organic ingredients from nearby producers.

This restaurant is a combination of modern and traditional ambiance, and their excellent menu shows it.

Monday, January 24, 2022



Day 6: Talavera Laced History

Have a good breakfast as today we'll spend the morning walking the historic downtown of Puebla of the Angels. We'll visit some of its most impressive sites, like that cathedral, the Parián and the unique "Rosary chapel" inside of the Santo Domingo church, where everything that shines, is gold.

Only 5 houses in Puebla are licensed to produce original Talavera pottery. We'll venture into one of these shops, where we'll see how local artisans produce the most amazing dinnerware sets and other pieces, filled with color and Mexican flavor.



Day 6: Mole!



Lunch will be a demo on one of the most traditional Mexican dishes: mole. Each cook and family has their own recipe including literally tens of ingredients including a variety of chiles, spices and even chocolate.

We'll dab into a mole demonstration right before feasting our palates in this wonderful and complex dish.

Dinner will be at leisure at the hotel or one of the traditional restaurants within walking distance.

Tuesday, January 25, 2022



Day 7: Mole de Caderas

Check-out after breakfast as we board the motor coach that will take us to yet another amazing World Heritage Site – Oaxaca.

We stop en-route in the town of Tehuacán, famous for its mineral water but also because of a very seasonal dish which tradition goes back 350 years. The mole de caderas is only prepared in this season as the goats are prepared with special diet and cares for the whole year. This is a delicacy that most Mexicans have never tried.



Day 7: Oaxaca



In the afternoon we arrive at Oaxaca and check-in to yet another convent turned into hotel in the downtown area.

After a little rest, we take a walking tour of the downtown area including its unique market, featuring many food items that we'll be eager to sample.

Chocolate is, of course, from Mexico, but Oaxaca is one of the best places to sample it. We'll get a demo of how this delicious food is prepared.

Day 7: Welcome Cocktail

Guelaguetza is a festival that happens in August where towns from the 7 cultures in the state gather for a feast of sharing their culture, dance and gastronomy.



This welcome event at Tierra del Sol Terrace or Criollo restaurant will recreate a mini-Guelaguetza for us, just as a unique Oaxacan welcome for our guests.



Wednesday, January 26, 2022



Day 8: Monte Albán and Black Clay

After breakfast we visit the most important city for the Zapotec culture. Walk among the buildings of the mystical city of Monte Albán and discover some of the secrets of the local culture.



Indigenous to this area, Black pottery at San Bartolo Coyotepec is still produced traditionally, as entire families participate in the elaboration of the most amazing pieces.



Day 8: Mezcal Palenque



A mezcal Palenque is a traditional place where Mezcal is made. It has a similar process as Tequila (Tequila is actually a kind of mezcal), but each mezcal-producing region has its own nuances. Mezcal in this region is among the best in the country.



In this experience we'll walk along the agave fields, see the beverages preparation, sample the different kinds of mezcal and have lunch based on finger-foods.

Dinner will be at leisure at the hotel or restaurants within walking distance (optional tlayudas at La Soledad)

Thursday, January 27, 2022



Day 9: Day of the dead in San Pablo Etla



Last day in Mexico will definitely be a very memorable one. Of course, Day of the Dead is in November, but that won't stop us from recreating the experience in the middle of January.

We'll see the mounting of a traditional offering, get fed by traditional cooks, get characterized as "Catrinas" and participate in a traditional "muertedada" as we party our farewells into the wee hours of the morning.

Friday, January 28, 2022

Day 10: departures



After breakfast and at the appropriate time, we'll check-out and board the transportation that will take us to the airport for timely departure.