

# THERE'S *Definitely* SOMETHING ABOUT TRUFFLES



PHOTOS AND ARTICLE COURTESY OF NAPA TRUFFLE FESTIVAL

## BLACK TRUFFLES TAKE CENTER STAGE AT THE NINTH ANNUAL *NAPA TRUFFLE FESTIVAL* JANUARY 19-21, 2019

*Truffles, the fungi kind, have captivated the gastronomic scene since the Third Dynasty of Ur, 20th century BCE when “the first mention of truffles appeared in the inscriptions of the neo-Sumerians regarding their Amorite enemy’s eating habits...”*

**E**lusive and expensive, the distinctive flavor and aroma of truffles are coveted by chefs and swooned over by diners worldwide. And for good reason: there's absolutely nothing like real fresh truffles (avoid truffle Oils or salts - see why in Chef Ken Frank's Truffle Tips).

Taking center stage once again for the ninth annual Napa Truffle Festival weekend is the black winter Périgord truffle (aka the black diamond of the kitchen). If you're foodie with a passion for truffles, or food voyager with a curiosity about one of the most prized and delicious foods in the world, the festival has something for you with exclusive truffle dining experiences, excursions, and interactive programs that opportunities to explore learn firsthand from experts about the gastronomy, science, history, mystery and hunting of truffles. The exciting festival lineup includes a Scientific Grower Seminar and Dig Truffles? Experience, both at the Westin Verasa; an All About Truffles program at the CIA-Copia; Winery Truffle Lunches at Hall and St. Supéry Estate Vineyards; Truffle Orchard Tours/Dog Training Demos at

Robert Sinskey Vineyards Truffle Orchard; and a grand Truffles & Wine Dinner prepared by Michelin/ master chefs at La Toque restaurant.

The festival wraps up on Monday with a free Truffle Festival Marketplace at Oxbow Public Market where one and all will get a chance 10 sample black truffles à la carte prepared in every sort fabulous way— from wild mushroom goat cheese truffle enchiladas, grilled truffle oysters, truffle arancini and truffle French fries, to chocolate truffles, truffle ice cream, and cookies and cream cupcakes with little pink pigs (as in: they hunt truffles). There's also wine tastings, cooking demos, truffle dogs (petting allowed), and specialty truffle foods and products. Plus, fresh black truffles for sale and chance to win a real black diamond (truffle, that is) ! Fresh black Périgord truffles are available for purchase throughout the festival weekend. Check the website for details.

**FOR MORE INFORMATION**  
visit [napatrufflefestival.com](http://napatrufflefestival.com)



## Chef Ken Frank's Truffle Tips

- 1. Freshness: use truffles quickly.** They lose their perfume fast, so the sooner you use it, the more flavor it will have.
- 2. Store with eggs.** Eggs absorb the flavor as the truffle off gases, and the eggs are delicious simply scrambled.
- 3. Don't fall for fake truffle products.** Truffle oil and salt get their flavor from a chemical compound. It will stain your palate, tastes bad and ruins the real truffle experience.
- 4. Avoid spicy and acidic foods.** Instead, infuse fats like cheese or tuck under chicken skin. Truffles give a sweet earthy flavor to creams and custards, and proteins. like egg yolks or fatty fish (salmon is good) also absorbs the flavor well.
- 5. Go Big or Go Home!** Don't bother with a scrap or a bit of truffle. Really celebrate the season and let the truffle shine as the star of the show.

### EASY-TO-MAKE OVERINDULGENT BLACK TRUFFLE SANDWICH

**BY MICHELIN-STARRED CHEF KEN FRANK OF LA TOQUE**

This adventurous and deliciously overindulgent, toasty sandwich is to make!

**LA TOQUE'S BLACK TRUFFLE SANDWICH SERVES 1-4**

#### INGREDIENTS\*

- TWO slices pain de mie (or any good ol' white bread)
- 50 grams fresh black truffle
- Sweet butter (soft)
- Sea salt

#### PREPARATION\*

- Butter both sides of both slices of bread generously and fill the sandwich with sliced fresh truffle.
- Wrap in plastic wrap and refrigerate for 48-72 hours allowing the truffle perfume to fully permeate the sandwich.



- When ready to serve, unwrap the sandwich open it and season the truffle with a little sea salt.
- Put it back together and toast under the broiler, turning a few times until the bread is a golden brown and the truffles inside are nice and hot. Cut in quarters and share—or don't.

*Bon Appétit!*

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visit [napatrufflefestival.com](http://napatrufflefestival.com)