

In the month of February our ongoing "CULINARY TRIP AROUND THE WORLD" will take us to the so far least visited continent – South America.

# Argentina

Is our destination, the land of Gauchos, fast horses, endless Pampas and lots of beef.

Friday February 25<sup>th</sup> to Sunday February 27<sup>th</sup> , 2011

From 5:30 - 8:00 p.m.

The cuisine of Argentina is distinctive in South America because of its strong resemblance to Spanish, Italian, French and other European cuisines while the cuisine of the Argentine Northwest has more elements of Andean cuisine.

Another determining factor in Argentinian cuisine is that the country is one of the world's major food producers. It is a major producer of meat - especially beef, wheat, corn, milk, beans, and since the 1970s, soybeans. Given the country's vast production of beef, red meat is an especially common part of the Argentine diet.

Historically, Argentina's annual consumption of beef averaged 220 lbs per capita, approaching 396 lbs per capita during the 19th century; consumption averaged 149 lbs in 2007. Similarly, the enormous quantities of domestically-harvested wheat have made white bread the most commonly found on the table, the wheat-based Italian dishes popular, and Argentine pizza use more dough than Italian pizza.

Argentines are famous for their high protein diet, particularly beef. Grilled meat from the ASADO (barbecue) is a staple, with steak and beef ribs especially common. Chorizo (pork sausage), MORCILLA (blood sausage), CHINCHULINES (chitterlings), MOLLEJAS (sweetbread), and other parts of the animal are enjoyed.

In Patagonia, lamb and CHIVITO (goat) are eaten more than beef. Whole lambs and goats can be seen on the ASADO. CHIMICHURRI, a sauce of herbs, garlic and vinegar is often used as an accompaniment.

But before we get lost into more cultural and historical details of this rich country, I believe the most romantic and adventurous aspect of their cooking is the habit of the Gauchos roaming the endless Pampas. They roast about any part of a steer on an open campfire tied to an iron grid or even just a wooden plank, when seared sufficiently on the surface they would slice chunks or slivers of meat off with their daggers every man carries and eat. Accompaniments usually are campfire baked bread 'Pan Casero' and fresh vegetables found at the location they are in at that time.

I can't give you the campfire atmosphere here at the Franklin Club, especially with the present climate but I can treat you to some real Argentinean Asado, with the grilled meat cuts sliced at your table side and the trimmings just like back on the Pampas!

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## YOUR MENU CHOICES ARE:

### Locro de papas

A thick potato and avocado soup found throughout the Andes  
**\$7.00**

### Fabada

A hearty stew from the Cuyo Region  
Corn, beef, chorizo, onions, beans and squash  
**\$15.00**

### Arocces

Like a Paella, rice, chicken, pork and seafood  
**\$24.00**

### Asado a la Parilla

Grilled assorted meats – as much as you can eat!  
Presented and sliced at your table side  
**\$36.00**

Deserts from the showcase as usual

**For reservations please call Grace at  
(905)473-1469 ext. 303 or fax (905)473-9275  
(Prices and Items subject to Change)**