

ISSUE 1 2015

WHITE SPACE
Yuval Hen and Kay Korsh show off airy, ivory-hued fashions.
138

IN LOVE WITH UBUD
Michaela McGuire reveals one woman's passion for Bali.
148

CZECH GLASS
Joann Plockova shines light on the evolution of an art form.
160

WORLD OF FOUR SEASONS
The world's top travel experiences: Add these to your list.
185

FOUR SEASONS MAGAZINE



ON THE MENU IN MEXICO CITY

Insects are going gourmet as posh restaurants around town welcome artfully prepared arthropods to the table.

By Chadner Navarro Photography by Fiamma Piacentini



GIVE IT A SHOT

Propose a toast to upscale insect ingredients at **Four Seasons Hotel México City, D.F.** Grasshoppers, generally fed corn and other grasses, are seasoned with lime, roasted and then ground with salt before garnishing the rim of a shot of mescal at the stylish **El Bar**.

TOSSED WITH chilli and lime, roasted grasshoppers are delicious. Yet for many of us, insects are indelicate creatures, not invited at mealtimes. For others, they are a fairly ordinary part of street food. But in Mexico City, they're popping up in some of the most refined eateries. Packed with nutrients, insects were kitchen stalwarts in pre-Hispanic times, and they're now experiencing a luxurious renaissance. Here's where to try them at their tastiest.

EL CARDENAL | When it comes to traditional Mexican cuisine, El Cardenal is tough to beat, especially for breakfast. Indulge in the Spanish omelette, with a spicy kick thanks to a generous portion of sharp green chilli. It's also packed with chopped cactus pads, onions and nutty **escamoles**, or **ant roe**. There are four locations, but the original restaurant is housed in a three-floor mansion near the Zócalo.

PUJOL | At one of Mexico's most popular fine-dining restaurants, Chef Enrique Olvera's oft-changed menu has one beloved staple: **Elotitos Tatemados** (above). Presented in a closed, gourd-like bowl, the dish of skewered baby corn releases a fragrant smoke when opened. It's served with coffee-and-chilli mayo dusted with **chicatanas**, **flying ants** from Oaxaca. The powdered ants and coffee lend the mayo a spicy complexity that pairs well with the lightly charred corn.

DULCE PATRIA | Chef Martha Ortiz prepares a salad that doubles as an homage to Mexico. Its ingredients represent the flag's three main colours: white cheese prepared two ways (melted and crispy), green herbal **epazote** leaves native to Latin America, green and red tomatoes, and fiery hued **chapulines**—smoky, slightly acidic roasted **grasshoppers**.



FOR MORE

Find must-visit restaurants in Mexico City at fourseasonsmagazine.com/issueone2015