

A FEAST OF FINE FOOD IN ENTICING DESTINATIONS AROUND THE WORLD

# GOURMET TRAVEL

2014

SPICED UP

**THE CULINARY MELTING  
POT OF MAURITIUS**

BUSH TUCKER

**TASMANIA'S  
GASTRONOMIC  
AMBITIONS**



Bearing fruit

FROM THE  
**HOUSE  
& GARDEN**  
BESPOKE

**THE USA'S PACIFIC NORTHWEST REVEALS  
ITS OUTSTANDING NATURAL BOUNTY**

# 12 GREAT FOODIE ADVENTURES IN LATIN AMERICA

A dozen chefs, travel writers and experts recommend their most mouth-watering moments from across Latin America

## 1 AMAZON JUNGLE CUISINE

*Recommended by Pedro Miguel Schiaffino, executive chef of Aqua Expeditions, Peru*  
The Amazon Basin is a huge pantry of food, with flavours, aromas and textures most of which are unknown to the rest of Latin America. All seven countries that share the Amazon Basin - Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru, and Venezuela - have an Amazonian cuisine connected by ancient cultures and traditions and added to by their own regional ingredients. Alongside fish and fruit, ingredients include turmeric, annatto seeds, wild coriander, wild oregano and chillies, but the key is wild yuca (cassava) and its many starches and flours.



## 2 THE 'NEW NOMA' IN BOLIVIA

*Recommended by Ed Stocker, journalist specialising in South America*  
Bolivia isn't renowned for its high-end food culture but, in early 2013, chef Claus Meyer, one of the founders of Noma in Copenhagen, launched a venture in La Paz called Gustu. It has a modernist design aesthetic and the food is fascinating, with all sorts of weird and wonderful herbs and spices on offer, such as the wakataya herb flower. Dishes - including alpaca charque (Bolivia's jerky equivalent), trout from Lake Titicaca and papalisa (a pink and yellow spud-like root vegetable) served with beetroot (below) - showcase the huge, untapped culinary diversity of the country.



## 3 THE MARKETS OF OAXACA

*Recommended by chef Thomasina Miers*  
Mexico is one of the most biodiverse countries in the world. You really get a sense of this at the food markets, where you might see 15 varieties of tomatoes, squashes and courgettes, vanilla beans, corn, cacao and chillies. My favourite is Central de Abastos market in Oaxaca. Indigenous people from all over the state bring their produce, and the sheer array is incredible. Look out for the famous sopa de guía, which is made from the flowers, fruit, leaves, stems and shoots of the courgette plant. It's a soup of such clarity and purity and is utterly unique to Oaxaca.

