



1



2

FACT FILE

Our South America specialists will be delighted to recommend their favourite restaurants and culinary highlights, and incorporate a visit to a vineyard if your travels take you to Chile. For further details please call them on 01869 276 210.



GUINEA PIG TO GO

Latin Americans love their food, although *food* is possibly not a term we would use for some of the culinary curiosities on offer. Have you ever wondered what a guinea pig tastes like? Or lamented the lack of cows' thyroid glands and intestinal tracts on your summer barbecue? No, I guessed not.

But don't let that put you off. For all the weird and potentially toxic food and drink that the intrepid traveller can find, South America also boasts the freshest fruits, tenderest steaks, finest wines and most indulgent puddings. No matter which country you visit in this vast and varied continent, you're guaranteed to eat and drink well.

70 million guinea pigs are eaten each year in Peru

And nowhere is this more true than in Argentina. The impressions of my first arrival in Buenos Aires are branded in my memory. Looking into the windows of city centre restaurants from my bus I saw cows' carcasses crucified over glowing

coals. Later that evening I saw beautiful, well-heeled porteñas tucking into steaks the size of which would make an Englishman quake. And although beef is big business in Argentina, travel south from Buenos Aires, until you reach Patagonia, and lamb becomes the staple diet.

A return trip north along the Andes, where Argentina meets Chile, will bring you through the wine region of Mendoza, where countless days can be happily lost learning to distinguish your Merlots from your Malbecs in the local bodegas. Also worth mentioning is the mountainous Lake District town of Bariloche and its chocolate industry. As you approach the border with Bolivia, the landscape becomes more arid, and the legacy of the Inca and other indigenous peoples is more apparent. These cultures make an interesting parallel to that of the European immigrants, and a typical dinner might be a llama steak followed by an avocado creme caramel.

Of course, if you like fresh seafood, you'll be well-fed from Venezuela to Tierra del Fuego. Particular favourites include shellfish on the Pacific island of Chiloe, and moqueca, a stew from Salvador, on



- 1 Argentinian barbecue, gaucho-style.
- 2 Pisco distillery, Chile.
- 3 Bariloche, chocolate box scenery.



3

South America may not be known for its cuisine, but that's not to say that a trip there is without food

the north east coast of Brazil. This spicy fish chowder combines coconut milk, coriander, peppers and tomatoes. Eaten with manioc flour and a hot pepper sauce, it's a meal you won't find anywhere else.

These are just a few of the highlights. Each of the specialists in the Latin America team have their own culinary stories to tell, so wherever you are thinking about travelling to on the continent, if food is your thing, make sure you get the latest restaurant recommendations from us, and enjoy the best of the continent's varied cuisine.

Malachy O'Neill
Argentina Specialist

Chilean Wines

Nestling beneath the snow-capped Andes on some of the most fertile land in Chile, are acres of emerald green vineyards grown largely from cuttings brought over from France in the middle of the nineteenth century. Chileans are immensely proud of their wine heritage and today, after major modernization of their wine making process, Chile produces some of the finest and most exiting wines in the New World.

From the connoisseur to the simply curious, tours of Chile's wineries have something for everyone. Just outside Santiago are the vast vineyards of the famous Concha y Toro, Chile's largest wine producer. A little further south following the course of the Tinguiririca River is the Colchagua valley. Dotted with small boutique style wineries, the valley's frost free nights, sun-drenched days and fertile soils create optimum grape growing conditions. A visit to Chilean winery will broaden your knowledge of the whole winemaking process as well as giving you the opportunity to sample some very good wine.

