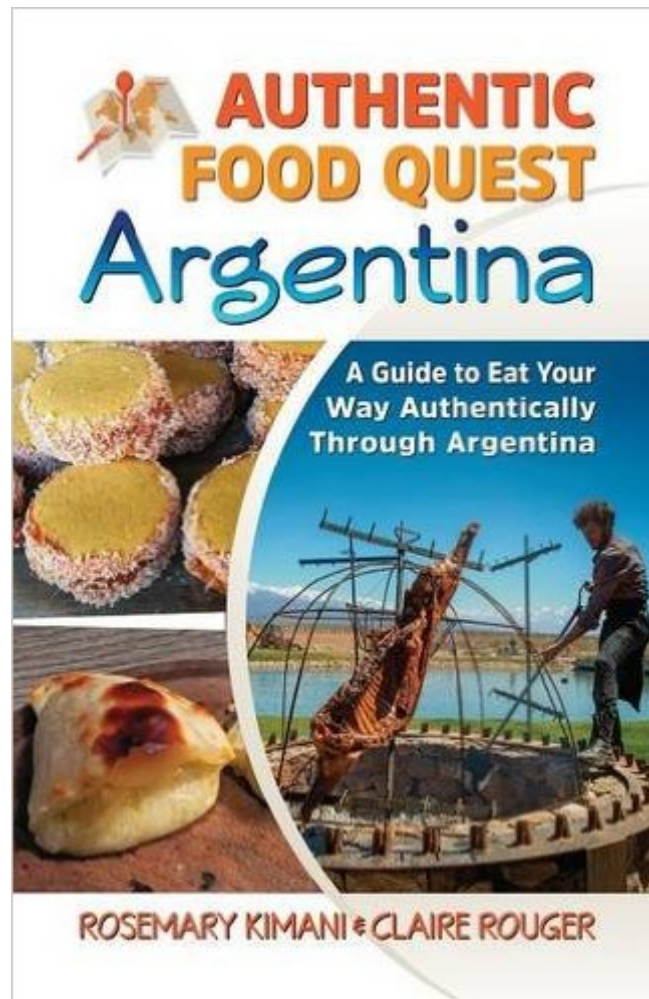


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# Authentic Food Quest Argentina: A Guide To Eat Your Way Authentically Through Argentina



## Synopsis

Create your most delicious and memorable trip to Argentina. Are you looking for a true and authentic experience of Argentina? Do you want to taste the local cuisine, heritage and culture? Do you fear missing out and struggle to find the local and authentic dishes? Are you overwhelmed by information and tired of finding yourself at the same restaurants recommended by all guidebooks? **Authentic Food Quest Argentina: A Guide To Eat Your Way Authentically Through Argentina** takes you on a journey through food in four main regions of Argentina: Buenos Aires, Mendoza & the Wine Regions, the Andean Northwest, and Patagonia & the Lake Region. What you will find In this guide you will find descriptions of the typical dishes, desserts, beverages, street food and unique produce. You will also find an overview of the farmers markets and local stores, restaurants, wineries and local producers worth visiting. Along the way, popular food festivals across the regions are noted and resources for traveling through Argentina are also provided. With more than 270 references, you have everything you need to launch your own food adventure. Throughout this guide, you will find stories and insights shared by local experts including Argentina's most renowned Chef, Francis Mallmann. You will discover: Over 50 iconic dishes and drinks and what makes them special to Argentina Where to find authentic restaurants and avoid the tourist traps Street foods to sample and eat like a local How to order and eat your beef the Argentine way The best local food, wine and beer festivals to attend Tips to stay fit and healthy on your travels to Argentina **Authentic Food Quest Argentina: A Guide To Eat Your Way Authentically Through Argentina** is a unique guidebook that inspires intrepid and armchair travelers to savor their adventures in Argentina. By combining storytelling with local information, this is the perfect guide for food travelers today. With **Authentic Food Quest Argentina**, get ready for your most delicious and memorable trip ever!

## Book Information

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## Customer Reviews

Rosemary and Claire set out to inspire people to travel through authentic food, and they've accomplished their goal with this first book in what promises to be a truly inspiring series. I've travelled a fair amount, and experiencing local foods is always high on my must-do list. But even for a seasoned traveler there's always a bit of wondering (Am I really experiencing the authentic?) and occasionally a bit of worry (Is this a little too authentic?). This book takes care of the research part of food-based travel, and their research into local chefs, markets, food destinations, food styles, and dishes, is comprehensive. It helps that the authors aren't just doing research; they're doing a lot of eating (and shopping, and talking, and picture-taking, etc.). Recounting a lot of that in the book makes this more than a handy guide to hot spots or meals—it's a model for how to really experience a place. Some of my favorite moments in the book were those prefaced by caveats like "if you are feeling adventurous" •. And the authors also periodically acknowledge the unease that foodies might have in a new place—and then they offer safe options and suggestions. As a vegetarian, I especially appreciated their insights into how to avoid meat even in meat-centric Argentina. It's thoughtful touches like these that bode well for the series in general. I'm looking forward to what they write about Southeast Asia, their next destination.

I would call this book: My Food Guide to Argentina. I have traveled all over the world, and normally rely on a guidebook like Rough Guide or Lonely Planet, which describe a few foods, and then lists restaurants by location with no real guidance on exactly how to eat or what to order. However, this book is perfect for trip planning! It describes the foods and where each can be found, down to region and shop or market type. I also like the sections 'Unique produce', 'How to eat and shop like a local', and 'Unique culinary experiences', giving insight into the local food culture. I imagine the book is also great for reminiscing on a past trip to Argentina, as some foods are described in detail. So many useful tips and good food information!

Loved the book, and now I want to go to Argentina. Usually when I travel I think more about visiting the local tourist attractions than experiencing the local food, but after reading the book I have a whole different mindset, which I think will really add to my trip. I loved learning about all the local

foods, but also about the different markets, venues and other experiences recommended by the authors. I highly recommend the book.

I can't wait to travel to Argentina to try all the delicious food featured in this book. I've traveled to many countries and experienced culinary delights around the world. Sadly, the Argentina stamp has not been added to my passport. This book highlights so many intriguing local dishes, wines, beers, markets, festivals, street food, food tours and classes I can't wait to get there. Plus there are terrific traveler tips for the region that will make the journey so much more fun and easier to plan. This is truly a wonderful foodies guide to Argentina.

Among the travel guides, this book deserves attention. The concept of travel and discovery of a country through its culinary resources is probably not new, but here the authors have invested themselves by traveling the entire country during 6 months and often mucking in. So you can be assured that anything described here has been tasted or experienced by the authors themselves. First, this is an invitation to travel but a slow travel, at human scale, that takes the time to meet the local actors, to discover its culinary culture and its way of life as for the Argentine each meal is an opportunity to meet and exchange. You will discover an in-depth *terroir* of Argentina, far away from the simplistic cliché of the Argentine steakhouse. Detailed photos, fully commented good tour addresses and many practical tips to the traveler fill the book. Interviews of local chefs come perfectly illustrate the point. The *Savor This* chapter is a real comprehensive inventory of foodstuffs and typical dishes that can be found in Argentina. Ah the famous *empanadas*! It responds to these crucial questions that arise to each foreign country visitor facing a local specialty: what are the ingredients in this? is it salty, sweet, spicy? and finally will I like it? Beyond the recipes and the composition of the products, you also find cultural information and amazing anecdotes on the different specialties. The wines, including the famous Malbec, are not forgotten. You have a very well documented section on the Argentine vineyards. Finally, it is a must to prepare for one's trip and even though you may not have plans to go to Argentina, this guide is a journey deep into the Argentine soul which illustrates this phrase from the French epicurean author Brillat-Savarin: *"Tell me what you eat, I'll tell you who you are"*.

Argentina has long been on my travel list, and I'm beginning to think about how I want to plan a trip there. I loved this book, as it gave me a great starting point as someone who loves to experience a culture through its food. While most guides are fairly general and might have one or two insider

perspectives, this book really seems to give you the inside tips of how to eat like a local. I love that Rosemary and Claire don't push the reader away from things like street food or public transport like some guides might. They have really traveled the country and spent time there, which you can tell when reading. Their love of the country and food and the journey really comes through. Experiencing culture through food is, to me, one of the best ways to really see the world and get to know a people and place. This guide is thorough and clear, and I am looking forward to using it to guide my own adventure!

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