

lonely planet
food

FOOD TRAILS

Taste the world's most exciting local cuisines – from barbeque in Texas to patisserie in Paris – in this comprehensive guide to 52 weekends of food heaven. Bite-by-bite itineraries include expert reviews of restaurants, cafes and markets, with maps and practical details of how to get there and where to stay. Discover new food and drink experiences, meet local producers and get inspired by these delicious Food Trails!

- ARGENTINA
- CHILE
- FRANCE
- INDIA
- JAMAICA
- MOROCCO
- PORTUGAL
- SEYCHELLES
- SOUTH KOREA
- TURKEY
- AUSTRALIA
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- GERMANY
- INDONESIA
- JAPAN
- NEW ZEALAND
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- USA
- BRAZIL
- DENMARK
- GREECE
- IRELAND
- JORDAN
- OMAN
- RUSSIA
- SLOVAKIA
- SPAIN
- USA
- CANADA
- ENGLAND
- ICELAND
- ITALY
- MALAYSIA
- PERU
- SCOTLAND
- SOUTH AFRICA
- THAILAND
- VIETNAM



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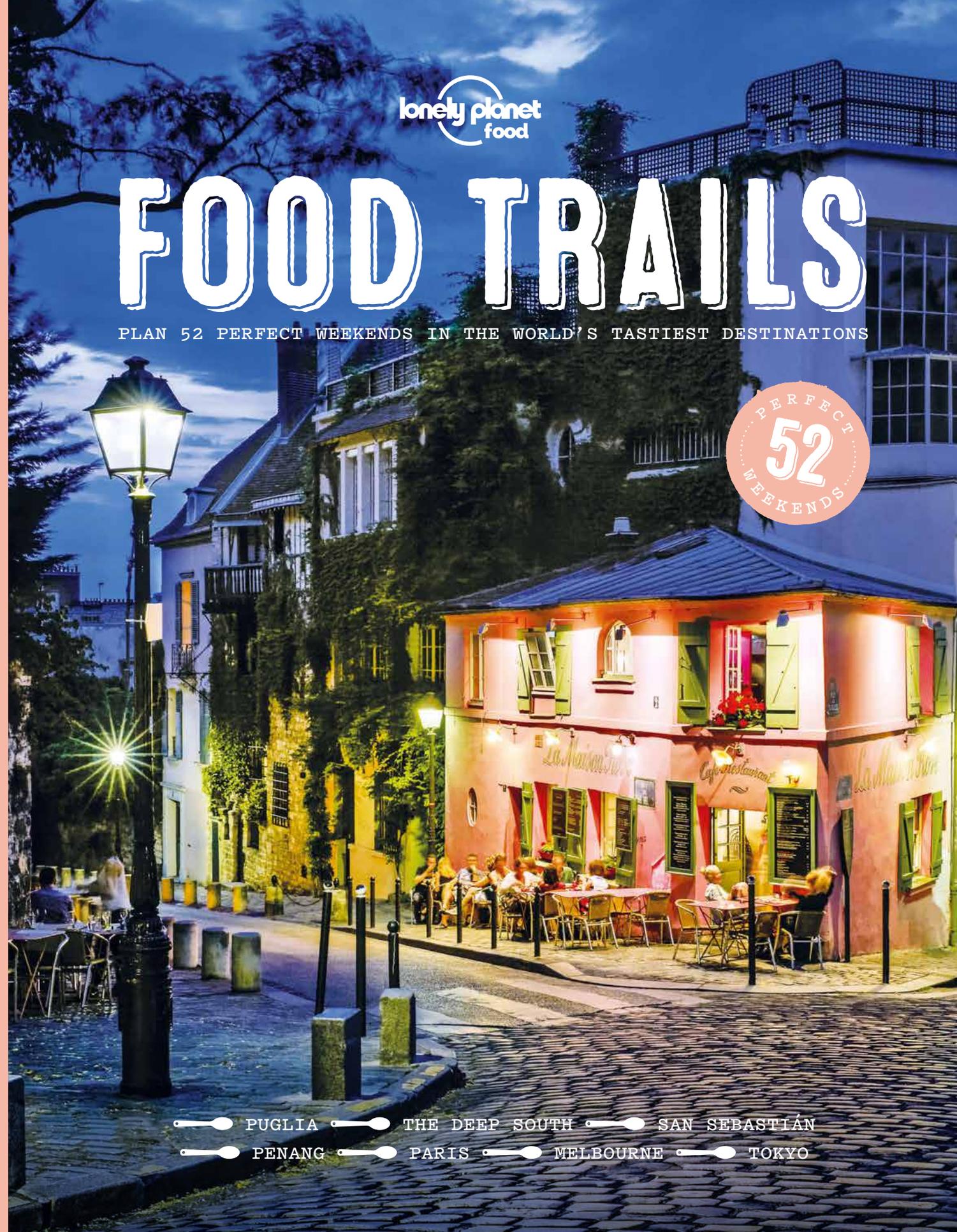
FOOD TRAILS



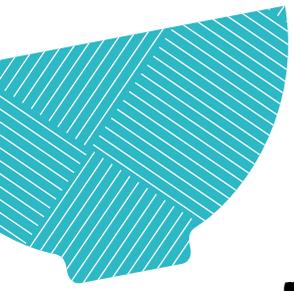
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FOOD TRAILS

PLAN 52 PERFECT WEEKENDS IN THE WORLD'S TASTIEST DESTINATIONS



- PUGLIA
- THE DEEP SOUTH
- SAN SEBASTIÁN
- PENANG
- PARIS
- MELBOURNE
- TOKYO



INTRODUCTION

Whether we realise it or not, food is one of the key ways in which we experience a place when travelling. That secret locals' tapas bar you stumbled across down a backstreet; that briny-fresh seafood you saw hauled straight from the sea and onto the barbecue; that heartwarming family recipe you were privy to one time. Ingredients evoke landscapes, recipes recall history and certain dishes can unlock the very essence of a place and its people.

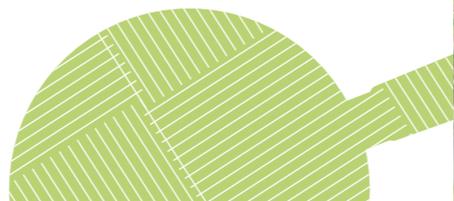
This book is a gastronomic tour of the world in 52 short breaks. We've scoured the globe for the greatest food experiences worth planning your travels around – not just fine dining, but also the best regional specialities, the most atmospheric street food spots, and the most memorable cooking courses.

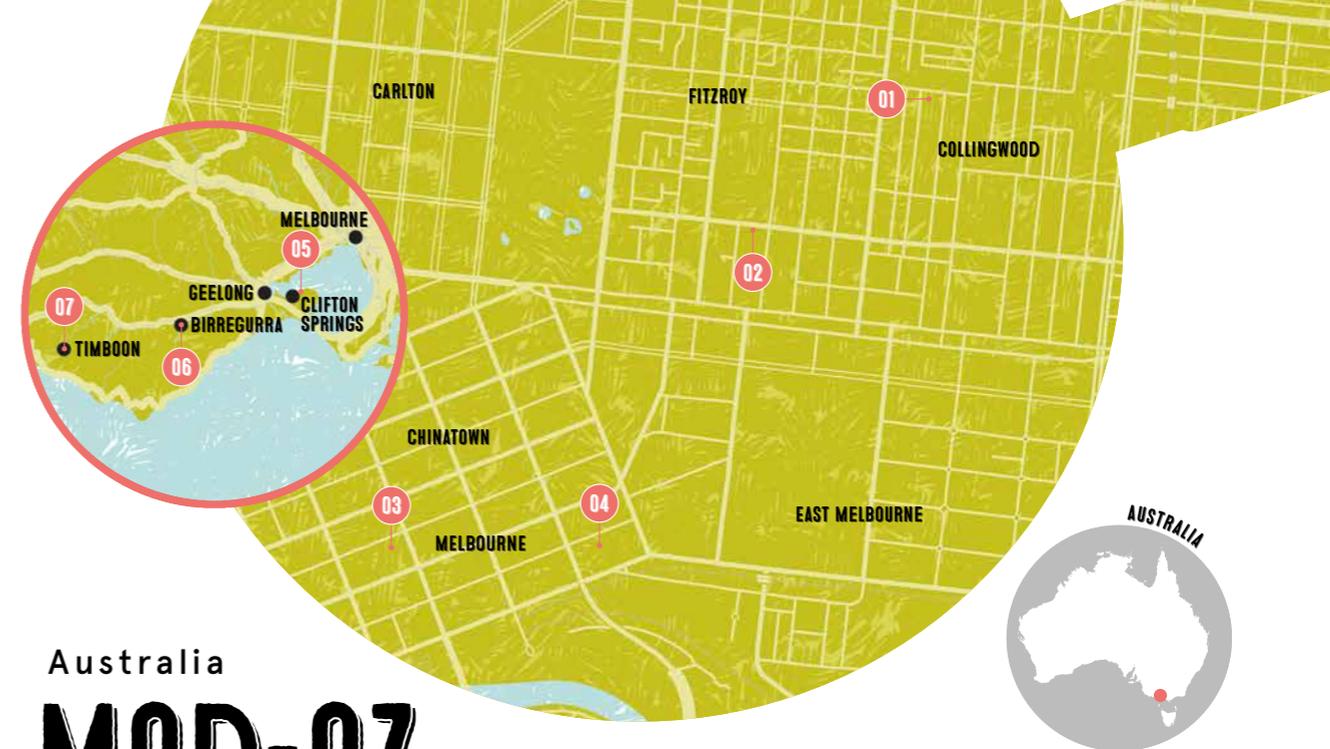
What's clear is that food tourism is booming, making it easier than ever to get under the skin of a place. In many countries you'll find communities are reconnecting with heritage dishes and reinventing traditions. Farm-to-table, nose-to-tail and locavore principles have also become popular buzzwords for exciting food destinations. Local culture is there for the tasting; so bring your plate to the table and dig in.



© Colin Page, colinpage.com.au

Chef Dan Hunter picking fruit at Brae restaurant, Australia: see page 28





Australia

MOD-0Z IN MELBOURNE

Melbourne's famed gastronomic allure has spread way beyond the big city, into country farms and coastal villages around the Great Ocean Road and Bellarine Peninsula.

Winding past spectacular beaches, dramatic ocean vistas and scenic rainforest detours, Victoria's Great Ocean Rd in southeast Australia is one of the world's most famous coastal drives. However it's also a drive that rewards folk prepared to take some less-touristy paths. Here you'll uncover true culinary highlights, with some of Australia's finest restaurants hidden away in sleepy coastal hamlets, and a string of local producers specialising in organic, gourmet foods from mussels, soft cheeses and berry farms to olive groves and Belgian chocolate. Combine this with wineries, breweries and even a single-malt distillery, and it confirms this region's credibility as a top epicurean destination.

The coastline arches from Melbourne to Geelong before jutting around the Bellarine Peninsula and stretching its way to the Great Ocean Rd: this is where Country Victoria meets the sea, and local produce thrives here.

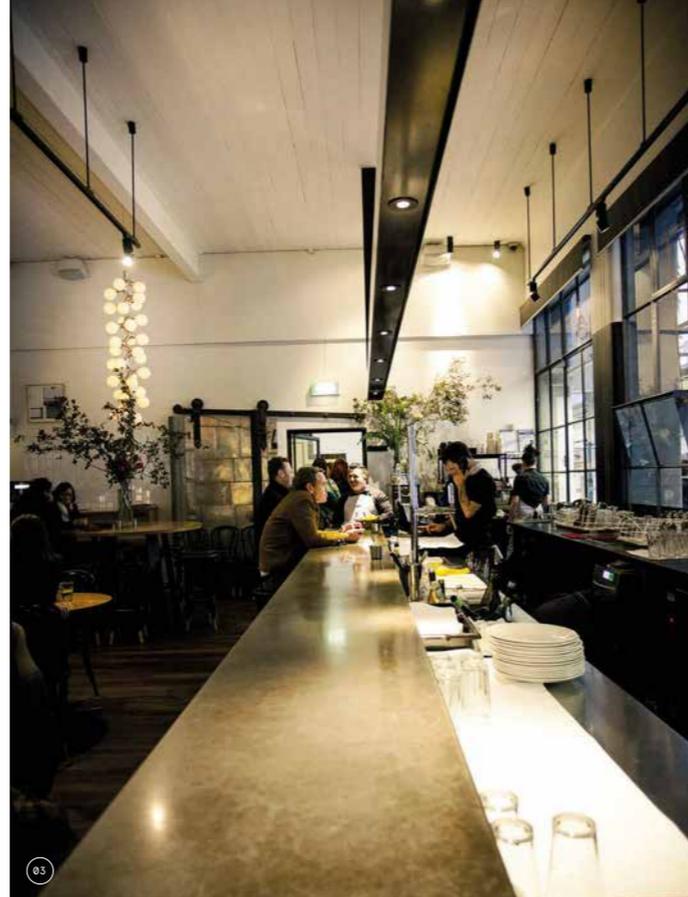
A number of food-themed itineraries have been launched to showcase the region's specialities, all easily combined into a weekend of indulgence. No food itinerary of Victoria would be complete, however, without first visiting the state's capital city, Melbourne. Home to a world-renowned gastronomic scene, where top chefs are household names, Melbourne has its finger on the pulse for the latest food trends. It can pull off anything, whether it be cutting-edge or homegrown specialities, as well as an impressive array of multicultural cuisine. Indigenous ingredients are increasingly common elements on menus, which has long been overdue. Melbourne has also earned a reputation among coffee aficionados as one of the world's best cities for speciality beans. Grab a coffee to go and stroll

Melbourne's art-filled laneways, 19th-century European-inspired arcades and grand Gold Rush-era architecture.

NEED TO KNOW

The Great Ocean Road is classic road-tripping territory: count on 2-3 hours behind the wheel each day.

01 Joon Wei Ooi © 500px



01 An atmospheric Melbourne laneway
02 Street art in hip Collingwood
03 The smart interior of Cumulus Inc
04 Melbourne at night

01 PROUD MARY

While Australia's claim to coffee fame may be the flat white, these days it's all about single origin. One of the best of Melbourne's many specialist roasters who've set up shop over the past few years is Proud Mary. In the industrial backstreets of Collingwood – one of inner-Melbourne's hippest suburbs – Proud Mary is passionate about its coffee. Directly sourcing its own green beans from farmers in Africa, Asia and the Americas, it has played a big role in Melbourne's third-wave coffee revolution, redefining how coffee is sourced, prepared and appreciated.

Knowledgeable baristas are briefed to inform, and are experts in pour-overs, siphons, aeropress, slow-drips and espresso. One interesting point of difference here is Proud Mary's nitrogen-charged cold brew on tap, produced by a beer

brewer in 20L kegs. As well as coffee, it's popular for breakfasts and light meals, such as ricotta on sourdough or pork belly sandwiches.

For coffee tasting/appreciation head to its cellar door, Aunty Peg's, which hosts a variety of brewing classes, cupping and roasting sessions. www.proudmariycoffee.com.au; tel +61 3 9417 1333; 172 Oxford St, Collingwood; 7am-4pm Mon-Fri, from 8am Sat & Sun

02 CHARCOAL LANE

Spend mid-morning wandering hip Smith St and Fitzroy's Brunswick St before lunch on Gertrude St, a once rough-and-tumble strip, now gentrified and lined with boutiques. When people attempt to define Australian cuisine, most will inevitably focus on post-colonial British-influenced dishes. Charcoal Lane is on

a mission to change this perception, with its menu dedicated to flavours from native Australian flora and fauna, the basis of what's been eaten by indigenous people for millennia.

The food here is a must for anyone interested in uniquely Australian flavours, with head chef Greg Hampton's background in botany invaluable in sourcing such ingredients as lemon myrtle, wattleseed, pepper leaf, sea parsley, strawberry gum, saltbush and coastal succulents.

The chef's tasting platter is highly recommended, allowing you to sample oysters speckled with caviar-like native finger lime or wattleseed-infused hummus. Delicious seasonal mains can include emu fillet with beetroot and lemon-myrtle risotto, Parma-ham wrapped wallaby or paperbark smoked veggies.

Charcoal Lane is a non-profit

organisation run by Mission Australia, employing indigenous staff and cooks, and assisting local Aboriginal communities in Victoria.

www.charcoallane.com.au; tel +613 9418 3400; 36 Gertrude St, Fitzroy; noon-10.30pm Tue-Sat

03 BAR AMERICANO

From Fitzroy, walk off lunch with a brisk half-hour stroll, or a short jaunt by tram, into the city's Central Business District (CBD) to hit Melbourne's laneways. Once grimy, seedy and rubbish-strewn no-go zones, these narrow alleys are now tourist attractions, decorated in street art and home to restaurants and bars.

Hidden down a nook off a laneway, finding the divey hole-in-the-wall Bar Americano is a challenge even for locals. An old-school dark-wood polished cocktail bar, it specialises in

recipes lifted from vintage cocktail books dating from the early- to mid-20th century. This is an intimate affair, with only 10 people allowed in at any given time, giving it an air of exclusivity minus the pomp. Its low-key Italian theme is matched by the bar's signature Negroni, the perfect tittle for a pre-dinner aperitif.

www.baramericano.com; tel +61 3 9939 1997; 20 Presgrave Pl, Melbourne CBD; 5pm-1am Mon-Sat

04 CUMULUS INC

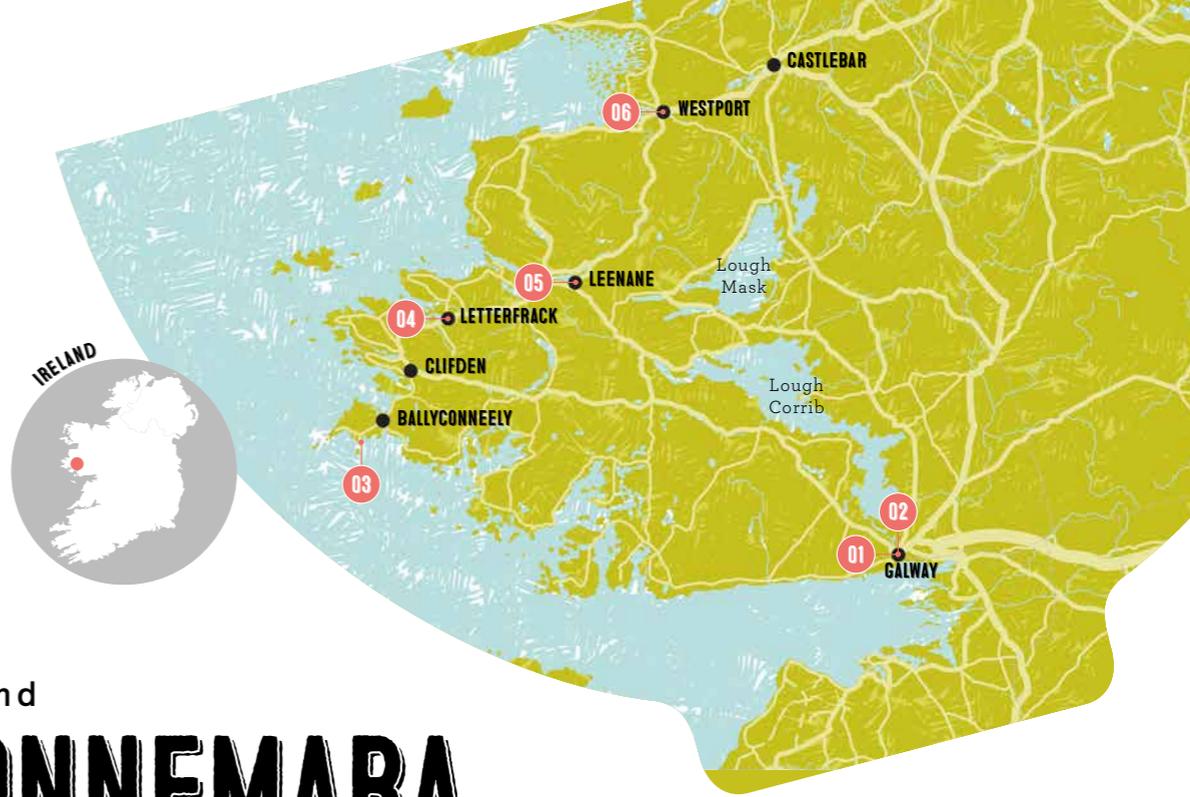
Wandering the laneways, you'll soon hit Flinders Lane, Melbourne's most fashionable street – home to the city's hottest restaurants. When you see the queues you'll know you've arrived at Cumulus Inc.

Long regarded as one of the city's best, Cumulus is run by Andrew McConnell, one of Melbourne's

most respected chefs; everything he touches turns to gold and he has a number of critically acclaimed restaurants around town.

Grab a stool at the marble bar overlooking the open kitchen within this smart NYC-style industrial space. Start off with freshly shucked oysters and cured meats from its charcuterie. Seasonal mains are shared dishes, such as slow roasted lamb shoulder or a heaped bowl of charred yabbies (small freshwater crayfish) drizzled with aioli. It's also a very popular breakfast spot, known for its full English breakfast with slab bacon, blood sausage, smoked tomatoes and eggs. There's also a loft wine bar upstairs, Cumulus Up, that offers tasting plates.

www.cumulusinc.com.au; tel +61 3 9650 1445; 45 Flinders Ln; 7am-11pm Mon-Fri, 8am-11pm Sat & Sun



Ireland

CONNEMARA SEAFOOD TRAIL

Ireland's windswept west coast has a special relationship with the sea, enshrined in Celtic mythology. Here you'll find smokehouses, mussel farms and overflowing seafood menus.

You can feel the Atlantic's raw energy all along Ireland's west coast but in Connemara it combines with stark, moody mountains, desolate, sweeping bogs and stunning beaches in a 'savage beauty' much admired by Oscar Wilde. Although this sparsely populated corner of Ireland offers poor farmland for many types of agriculture, its generous seas have provided seaweed to enrich the soil, and fish and seafood to sustain large families for thousands of years. Life here is still intimately entwined with the sea, and local people have a real affinity with the ocean and the land they farm. Today, traditional culture and local expertise combine with modern technology to make the region's mussel farms, smokehouses and restaurants justly famous for their seafood.

Salmon, mackerel, mussels, lobsters and oysters are staples on every menu and you'll quickly discover that the fish and seafood here

are among the best in the world. Along with a host of fine restaurants and artisan food producers, there's a variety of food festivals, and a hearty seafood chowder awaits in nearly every village pub.

Bookended by two of Ireland's most vibrant towns renowned for their traditional music, this route from bohemian Galway to Georgian Westport runs along the stunning Connemara coast. As you drive past the patchwork of white sand beaches and sheltered coves, trees are bent double by the wind and a new view is revealed at every turn.

Inland, wild valleys and black lakes shelter between quartzite peaks, labyrinthine stone walls creeping up their slopes. This raw landscape makes Connemara an ideal escape for hiking, sea kayaking, kite-surfing, diving and deep-sea fishing, with plenty of colourful little villages and cosy pubs to provide shelter along the way.

NEED TO KNOW

Ireland West Airport Knock is 90km from Galway; hire a car at the airport for this 2-3 day trail.



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'Salmon mark the passing of the seasons and in Celtic mythology embody a mystical knowledge of the world'

- 01 Kylemore Abbey & Victorian Walled Garden
- 02 Dessert at Delphi Lodge
- 03 An Port Mór restaurant in Westport
- 04 Derryclare Lough with Connemara National Park in the distance
- 05 Mussel farming on Killary Fjord

01 MC DONAGH'S

Set on Galway's colourful Quay St with its tiny houses, numerous shops and a swathe of pubs and restaurants, Mc Donagh's is a local institution, part fish shop, part takeaway, part restaurant, run by the same family for four generations.

You can buy all manner of fish and seafood here, opt to eat local oysters, prawns and mussels in the restaurant with its cosy clutter of model ships, nets and buoys, or, like all the locals, plonk yourself down on one of the long benches in the takeaway where the fish and chips are some of Ireland's finest and the passage of life before you is quintessential Galway.

www.mcdonaghs.net; tel +353 91 565 001; 22 Quay St, Galway; takeaway Mon-Sat noon-11pm, Sun 2-9pm; restaurant Mon-Sat 5-10pm

02 OSCAR'S SEAFOOD BISTRO

Wander around Galway's bohemian streets, sip a pint in the half-light of one of the many pubs and work up an appetite before crossing the bridge from the Spanish Arch into what is known as Galway's cultural quarter. Here you'll find Oscar's Bistro, another much-loved Galway eatery where chef Michael O'Meara combines fish and seafood with the best local produce to create a stunner of a menu featuring flavours from around the world.

It's a fun, flamboyant sort of place and, despite its numerous awards, Oscar's remains a defiantly unpretentious restaurant where the portions are generous and the food is excellent value. Enjoy such delights as Bearna lobster or brown crab, Clare Island salmon tartare and Galway oysters, all simply cooked and served with such delicacies as dillisk butter

(also known as dulse – a dark-red edible seaweed), a bed of seaweed or local farmhouse cheeses.

www.oscarsseafoodbistro.com; tel +353 91 582 180; Dominick St Lwr, Galway; Mon-Sat dinner (book ahead)

03 CONNEMARA SMOKEHOUSE

Drive west on the scenic coastal R336 to Ballyconneely, where, perched on the battered bulk of Bunowen Pier, the Connemara Smokehouse looks out over the Atlantic rollers.

This family-run business was established in 1979 and is run by Graham Roberts and his wife Saoirse, who are mindful of the near mythical place of salmon in Irish culture. 'Salmon have long been a valuable food source', explains Graham, 'but they also mark the passing of the seasons and in Celtic mythology embody a mystical knowledge of the world.'

03 Courtesy of An Port Mór

Graham and Saoirse respect this rich heritage by hand-filleting all their fish and using traditional smoking methods handed down through the generations.

Quality is extremely important to Graham, as is this specific location. 'We're literally on the edge of the world', he explains. 'We have the purest, cleanest waters, which provide us with the finest fresh fish to work with.' Along with wild, organic and farmed salmon, tuna, mackerel and herring are smoked over slow-burning beechwood shavings for a velvety smooth colour and flavour.

Pop in to the pier-side shop for a sample and they'll explain the whole process in person or if you're visiting between June and August, there's a weekly guided tour; book in advance. www.smokehouse.ie; tel +353 95 23739; Bunowen Pier, Ballyconneely; Mon-Fri 9am-1pm & 2-5pm

04 Ray Wise © Getty Images

04 LETTERFRACK ECOLOGY CENTRE

In a beautiful setting on the edge of Connemara National Park you'll find the Letterfrack Ecology Centre from where environmentalist Marie Louise Heffernan leads visitors on seashore foraging walks that cover local history and geology as well as the culinary, agricultural and medicinal uses of local seafoods.

Walks generally start at low tide on the hunt for carrageen (a common edible red shoreline seaweed), which was traditionally used for chest complaints and also makes a good gelling agent in many foodstuffs. Heading up the shore there's fucus, which can be boiled and eaten as a vegetable, and purple laver, or nori, which is typically used in sushi.

Searching rock pools for sea urchins and crabs, Marie Louise

recommends serving channel wrack (a brown alga found on rocks) with pasta or in salads, and also points out shellfish middens, heaps of discarded shells, as evidence that this form of foraging has been a vital local food source for thousands of years.

As you walk along the shore, seals playfully pop their heads out of the water and if you're very lucky, bottlenose dolphins can be seen playing in the seas. The walk finishes with a tasting of fresh seaweed, with pepper dulse, sea grass or gutweed served with crackers and cheese.

To get to Letterfrack from Ballyconneely, head north along the R341 to Clifden and then take the N59. Foraging walks run weekly on Wednesdays or by appointment. www.theecologycentre.ie; tel +353 86 8278031; Letterfrack

05 Simon Kate Killary © Photo Shelter