

Expedia unveils Top 5 Emerging Food Destinations for the Indian traveller

Expedia.co.inTM, which is operated by Expedia Inc., the world's leading online travel company, has revealed the Top 5 Emerging Food Destinations for Indian travellers seeking not only a new and fascinating travel experience but also an exotic culinary sensation.

New Delhi, Delhi, March 10, 2009 /[India PRwire](#)/ -- Destinations such as France, Italy or Spain have always been regarded as the ultimate food havens and the world's 'culinary capitals'. While their cuisines continue to attract tens of millions of travellers each year, Expedia.co.inTM, which is operated by Expedia Inc., the world's leading online travel company, has revealed the Top 5 Emerging Food Destinations for travellers seeking not only a new and fascinating travel experience but also an exotic culinary sensation.

Though Indian travellers have long been seen as tourists who never experimented with food, this has definitely been changing in recent times. With the outbound travel market growing phenomenally, more Indians are travelling abroad and with much more receptiveness to local cuisines around the world.

"This creates the perfect motivation to seek out new and interesting travel destinations that offer exotic taste sensations through their local cuisines," said Arthur Hoffman, Managing Director Expedia Asia Pacific.

"Trying a country's local produce and traditional dishes reveals fascinating aspects of that country's culture and way of life, not to mention the excitement of seeking out authentic restaurants in hidden side streets, strolling through a produce market touching, smelling or tasting exotic fruit and vegetables or simply stopping for a snack at a food stall on the side of a busy street," he said.

The Expedia.co.in Top 5 Emerging Food Destinations:

1) Morocco

The enchanting country of Morocco surrounded by four separate mountain ranges, the Mediterranean beaches and, the wide expanse of the desert provides the traveller with myriad experiences. This seems to have affected the Moroccan cuisine in a huge way, where travellers who have tasted Moroccan cuisine would vouch for. Perhaps one of the close similarities between Indian and Moroccan food is the extensive use of spices in dishes, which would appeal greatly to the Indian palate. While most Indians would be familiar with the food varieties e.g.; kebabs, halwa etc., the preparation is what makes the difference. If you are visiting Morocco, sample the variety of dishes available there. Don't let the Indian-ness seep in to determine what you favour, in fact allow the locals to direct you.

Dish not to miss: Bisteeya. A savoury filo pastry delight, layered with chicken, eggs and a lemon and onion sauce, topped with crushed almonds, cinnamon and sugar. Also, try the green tea with mint which is a very popular brew there, like our very own chai.

2) Jamaica

An island nation, Jamaica is the perfect country to visit if one loves the sun, the sand and the sea. And Jamaican food with its explosive flavours and key ingredients indigenous to the country is something which all travellers should try. Unprocessed foods, smaller portions of meats and an abundance of seafood make Jamaican food a wholesome and succulent cuisine to enjoy. The variety of sweet, hot and savoury dishes is abundant and with some of the most regularly used herbal medicines such as garlic, ginger, all spice and hot peppers forming the basis of Jamaica's flavoursome dishes, travellers are sure to feel cleansed and rejuvenated after their stay

Dish not to miss: Jamaican Jerk. The main ingredient – pork, chicken or fish – is marinated with a fiery mixture of spices, including Scotch bonnet, a pepper that makes a jalapeño taste like a marshmallow, pimento or allspice, nutmeg and thyme. It's all served up with even more hot sauce, rice and peas, and the wonderful festival bread. Jerk is one of the ultimate Jamaican dishes, dating back to the island's earliest days.

3) Poland

The rich culture and incredible natural features of Poland – including some of the most remarkable forests in

Europe – make it a breathtaking place to visit for people of all interests. ‘Substantial’ is probably one of the best ways to describe traditional Polish food. Travellers who want to taste and sample Polish food should stop counting calories as meat forms the main base of most dishes. However, with considerable Jewish influence the most typical ingredients used in Polish cuisine are sauerkraut, beetroot, cucumbers (gherkins), sour cream, kohlrabi, mushrooms, sausages and smoked sausage.

Dish not to miss: Kurczak de volaille (Chicken de volaille). Chicken steaks spread with butter, filled with mushrooms and bread crumbed, originally French. Vegetarians can try Pierogi. Traditional small white dumplings, larger than ravioli, filled with sauerkraut with mushrooms, cheese and potatoes or with fruit. They can be also be served with meat (z miÄ™sem).

4) Croatia

With the country comprising of many small islands Croatia has one of the most beautiful coastlines which has hundreds of idyllic coves, islands and channels, making this a perfect place for a lazy holiday for swimming and sun-bathing. Like the Croatian coastlines, Croatian food is also divided according to coastal flavours and interior flavours. History has peppered Croatian cuisine with many flavours right from the Greeks to the Hungarians. The delicious desserts made from local and exotic fruits are a great way to finish a meal

Dish not to miss: Blitva. Swiss chard boiled and served with olive oil, potatoes and garlic is a simple and delicious side dish that's served throughout Croatia. Also try kulen (spicy sausage) or fis paprikas (spicy freshwater fish stew)

5) Philippines

Made up of more than 7,000 islands, the country offers tourists one of the best marine life and coral reefs to explore. Like the country itself, Filipino food has a unique blend of western and eastern cultures representing the diversity of the country. With nearly 400 years of external influences, the Filipino cuisine is an exciting mix of Spanish, Malay and Chinese cultures. Unlike most Asian countries, Filipinos do not use chillies liberally in their food, which may come as somewhat of a disappointment to the Indians. However, this should not stop Indian tourists from sampling some of their dishes which provide wonderful variety.

Dish not to miss: Lumpia. The Lumpia, or better known as spring roll in English, is filled with vegetables and meat. This dish tastes great when served with soy sauce, vinegar or a slightly sweet sauce. Sinigang. The lightly boiled, slightly sour soup known as sinigang makes a delightful dish when served with rice. This soup is cooked using souring agents like unripe guavas, tamarind leaves and flowers, kamias and tomatoes. There are different varieties of sinigang such as sinigang na isda (sour vegetable soup with fish) and sinigang na baboy (sour vegetable soup with pork).

For great deals on airfares, hotels and attractions to these destinations log on to <http://www.expedia.co.in>.

Notes to Editor

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