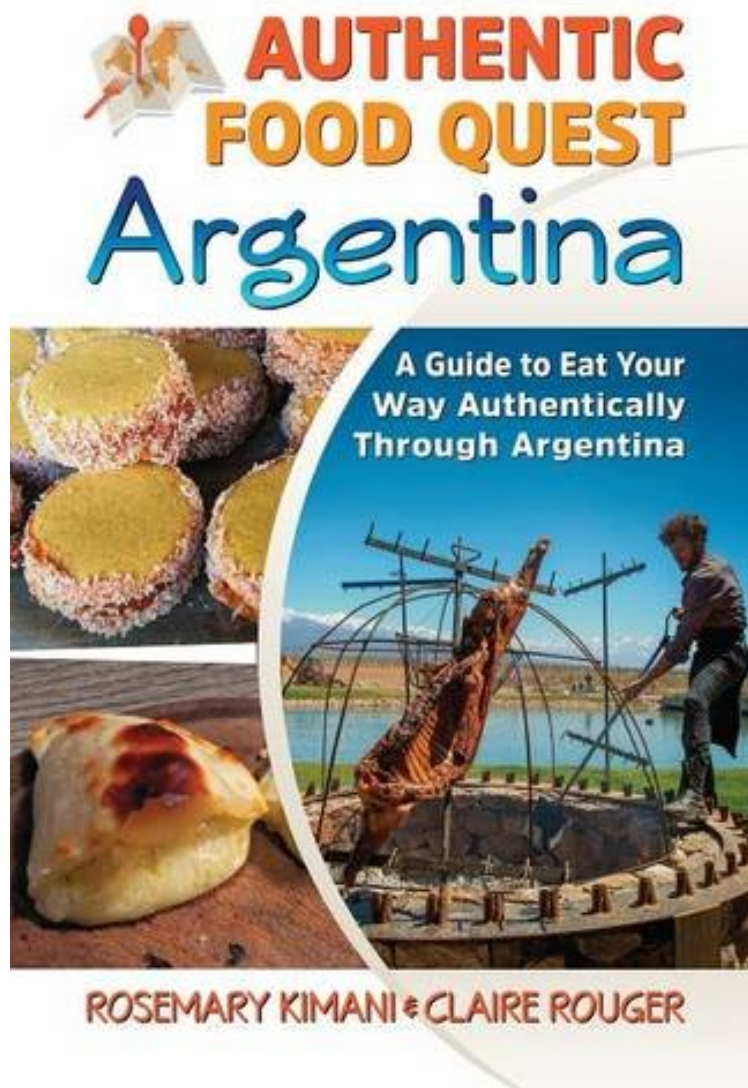


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# Authentic Food Quest Argentina: A Guide to Eat Your Way Authentically Through Argentina

*Rosemary Kimani, Claire Rouger*  
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## Authentic Food Quest Argentina: A Guide to Eat Your Way Authentically Through Argentina:

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 Argentinas 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!