



Seared Tuna is one of the specialty dishes at Restaurant Huaca Pucllanna, next to the historic pyramid in Miraflores, Peru

ATTAINING THE STATE OF CULINARY BLISS

Popular dictionary definitions of 'bliss' include words such as happiness, joy and contentment. We know that travellers with specific interests (niches) enjoy a kind of personal bliss when they have an opportunity to engage in their passion, whether it's bird watching, shopping, climbing a mountain or lazing on a white sand beach. Culinary Bliss has its own special connotation.

'**Culinary**' refers to food and drink. The presence in our daily lives of Food TV, cooking shows, celebrity chefs and restaurant reviews has enhanced the awareness of local and international cuisine, so much so that culinary tourism is now one of the largest niche markets. People are travelling specifically for the food experience and/or the drink experience. And in this context the world is an open book for the curious traveller, who is only limited by their own sense of throwing caution to the wind, experimentation, trying something new, and acquiring food 'bragging rights' (e.g. I ate ants in Colombia). Of course the other side of this relates to the traveller who wishes to try the local food in order to acquire a better understanding of the people and the culture and the 'taste' of the destination.