



CLASSIC RECIPES FROM 40 YEARS OF TRAVEL

**TRAVELLER'S COOKBOOK
SOUTH AMERICA**

BEN BOX
AUTHOR OF THE SOUTH AMERICAN HANDBOOK



The Traveller's Cookbook: South America

Classic Recipes from 40 Years of Travel

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A personal selection of recipes and anecdotes from writer and food enthusiast, Ben Box, author of the classic travel bible, the *South American Handbook*

- A lip-smacking, **full colour** collection of evocative recipes from the **world's most experienced writer on South American travel**
- A **unique title**; a fusion of iconic and lesser-known dishes with a personal anecdotes from over four decades of South American travel
- Supported by a **dedicated press and digital marketing campaign**

‘It’s one thing to sit down in a restaurant overlooking the Plaza in Cuzco or at a seafood shack beside a Brazilian beach, but quite another to learn how to prepare the food yourself and serve it to friends in your home country’ says Ben Box. **‘This book will show you how to bring back your own memories of the flavours and aromas of South America.** Recipes are interspersed with culinary history, tips and tales from the road, all designed to cast the dishes in the context of a continent overflowing with irresistible temptations, from the versatility of the corn kernel to the coolest cocktail.’

Join Ben in his tour of one of the world’s most gastronomically exciting areas as he presents his favourite recipes country by country, from Venezuela and the Guianas in the north down to Argentina. His selection includes, tried and tested practical recipes, for arepas, chimichurri, caipirinha, pepper pot and many other South American favourites. Ben says: ‘Whether you’ve been to South America or are thinking of going, or even if you’ve never contemplated it but are a confirmed foodie, you’ll love losing yourself in the medley of flavours from this mouth-watering, palate-tingling continent.’

In four decades of travel around the whole of South America researching travel guides, **Ben Box** has enjoyed the flavours of the region at roadside shacks, market *comedores*, indigenous kitchens, Welsh tea rooms and the most modern restaurants. Every experience, from receptions with government ministers to lunch in community projects for displaced children, has fostered a deep appreciation of what South America cuisines have to offer the visitor.



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