

TASTEFUL TOURS

Culinary adventures under the sun

Sampling local food and drink is an easy (and oh-so-delectable) way to delve deeper into a culture. On your next sun-destination escape, tickle your taste buds and learn from local foodies with one of these accessible offerings.



▲ A Bit of Everything

Take a walking trip through Grand Cayman's remarkable multicultural community as Marzeta Bodden (or one of her professionally trained guides) takes you to local residents' favourite haunts. Trinidadian roti, Jamaican patties, Cayman-style snapper and even Italian pasta—they're all here, accompanied by generous helpings of island history and culture and washed down with samples of Tortuga rum and Caybrew beer. Save room in your suitcase for the killer pepper jelly, the Cayman-inspired tea blends and the stellar rum cake. (caymanfoodtours.com)

For something similar: Take the Falmouth Food Tour, Jamaica. (jamaicaculinarytours.com)

▲ Epicurean Education

Let Chef Tim Tibbitts introduce you to the heady chemistry of molecular gastronomy. Or book a side-by-side taste test of Old and New World wines with sommelier Rebecca Tibbitts. Such are the offerings of the educational series at the Flying Fish restaurant on Grand Bahama Island. If there is not a scheduled event, no problem: you're welcome to ask culinary questions of the duo anytime as you indulge in the restaurant's sublime modernist cuisine, which is always available with wine pairings. (flyingfishbahamas.com)

For something similar: Try Nicole's Table, Antigua. (nicolestable.com)

▲ Hands-On Fun

Dig into the subtleties of Yucatecan cuisine with a hands-on cooking lesson from chef Josefina Gonzalez Luigi, right in her colourful Cozumel kitchen. Your Mexican cooking experience begins with a trip to the market. Then it's full-on with bean-mashing, pestle-bashing and tortilla-forming as you help make (and eat) your way through the likes of *nopal* (prickly pear cactus) salad, *cochinita pibil* (pulled pork) and *tikin'xic* snapper. All is paired with margaritas or a traditional sweet drink called *horchata*. (cozumelchef.com)

For something similar: Head to the Little Lucian Cooking School, St. Lucia. (thelittlelucian.com)
—Catherine Van Brunschot