



LADATCO TOURS

South & Central America, Falkland Islands & Antarctica



Gastronomic Experiences at the Equator Scents and Flavors of Ecuador

Ecuador's varied geography has produced an equally varied cuisine. A dazzling range of potatoes and corn from the highlands; bananas and tropical fruits in the coastal areas, together with the bounty of the waters of the Pacific, particularly shrimp, makes dining in Ecuador a remarkable experience.

Ecuador has one of the tastiest cuisines in South America, with a great variety of fruits and vegetables, where the country's biodiversity is reflected. Apart of the traditional recipes, creative chefs offer a new proposal of contemporary Ecuadorian cuisine: healthy, light and delicious, where traditional recipes are enriched with a wide variety of ingredients which add new concepts of modern cuisine.

Three different hands-on experiences with Ecuadorian gastronomy have been developed to provide our guests with unique and memorable experiences to discover the scents and flavors of Ecuador's diversity.

A TRADITIONAL ECUADORIAN MEAL FROM START TO FINISH

(one day, Monday to Thursday and Saturday, from Quito. Max 9 participants)

More than a simple cooking class, the "A Traditional Meal: Start to Finish" program is a "hands-on" culinary experience. Participants visit colorful markets where the people of Quito buy their fresh produce before heading to prepare and enjoy a delicious, traditional lunch under the watchful eye of an experienced master chef.

The Ecuadorian culinary experience starts in the morning, with a visit to one of Quito's main local food markets, a colorful, bustling maze of people, sounds and aromas. Ecuadorian food is wonderful: fresh, crisp and tasteful. This is your introduction to Ecuador's varied fruit and vegetables, some you have never seen before, which your guide will explain. You'll shop alongside the locals and learn how to pick out the best produce and how to negotiate a fair price.

Once you've picked out your ingredients, you'll head to a well-appointed kitchen, where the chef will be waiting to walk you through the preparation of a tasty, traditional Ecuadorian meal. Preparation time usually takes about 1-2 hours, depending on the number of participants and the dishes involved. Everyone knows that food tastes best when you've worked hard to prepare it yourself, and once your Ecuadorian lunch is ready, you'll get to enjoy it in a fine dining setting, accompanied, of course, by a glass of wine.

Dress in layers (T-shirt, blouse, sweater. Take a sweater even if the day is warm and sunny. Comfortable shoes.

Altitude: 2800 meters (9200 feet)

Average Temperature: High 70° F Low 50° F



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ECUADORIAN GOURMET CUISINE

(one day, daily, except Sunday, from Quito.)

A combination of Quito city tour with visits to some of the city's finest restaurants, the "Ecuadorian Gourmet Cuisine" is perfect for those who want to sample the best in local food while still getting to see the sights. The morning is dedicated to a Quito tour, followed by lunch at Hotel Plaza Grande, the city's most exclusive hotel and restaurant. Time to relax after lunch, and then pick-up for dinner, a great gastronomic experience with a tasting menu in one of Quito's top-notch restaurants.

The Ecuadorian Gourmet Cuisine tour begins with an introduction to the city of Quito with the very best sites the city has to offer: the Jesuit gold church, St. Francisco Monastery, the San Juan overlook, Benalcázar Square and the Mena Caamaño Museum. Once you've worked up an appetite, your guide will accompany you to the Hotel Plaza Grande, Quito's newest and most exclusive hotel and restaurant, for lunch.

After lunch, back to your hotel to rest before pick up to go to one of Quito's spectacular restaurants to enjoy a great gastronomic experience with a tasting menu, prepared by Ecuador's finest chefs and featuring fresh local ingredients. Metropolitan Touring works with the following restaurants for this tour:

Rumiloma: A converted ranch on the slopes of Pichincha Mountain, Rumiloma features delicious food in a unique, rustic setting with a breathtaking view of the city.

Zazu: Hip and modern, Zazu is known for the creativity of Peruvian chefs Alexander Lau Moscoso and Hugo Tsuda Miyagawa. Zazu was granted the "Five Star Diamond Award" by the American Institute of Hospitality Sciences of New York.

Alkimia:

A sophisticated yet casual Restaurant in the "in" zone of Uptown Quito, Alkimia presents a very Latin and spectacular Mediterranean menu, with creations of its chef Julio Avendaño.

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AN ECUADORIAN WINE TOUR

(one day, daily from Quito)

The one-day Ecuadorian Wine Tour takes guests to the Chaupi Estancia for a full tour and tasting. Guests are then taken to the highly regarded countryside Restaurant La Marmite, to enjoy a traditional meal especially prepared with the finest local ingredients. Following lunch, guests will visit the Pakakuna Gardens, home to a dazzling variety of plants--including orchids--and hummingbirds.

The adventure begins with a drive to the small, traditional town of Yaruqui, about a half-hour outside of Quito and Chaupi Estancia ("Chaupi Ranch"), one of Ecuador's most famous wineries, whose wines have won awards at prestigious international competitions. You'll be treated to full tour of the winery, including the vineyards, cask rooms and showroom. A wine tasting is included.

Then, proceed to nearby La Marmite Restaurant, well-known to locals for quality international cuisine. There you'll be treated to a traditional meal made of only the finest fresh local ingredients. You'll get the chance to walk off your lunch at the unforgettable Pakakuna Gardens, home to more than 500 species of plants, including several varieties of orchids. As you wander the trails, passing ponds and waterfalls, you'll likely see one of several species of hummingbird native to the region. Following the visit to the Gardens, drive back to your hotel.

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Altitude: 2800 meters (9200 feet)

Average Temperature High 70° F Low 50° F