

# BOOK RELEASE: AUTHENTIC FOOD QUEST ARGENTINA A Guide to Eat Your Way Authentically Through Argentina

*This guide highlights authentic dishes and food experiences for foodie travelers across Argentina. Create your most memorable and delicious trip ever!*

OAK PARK, IL, UNITED STATES, November 14, 2016 /EINPresswire.com/ -- Oak Park, IL: Authentic Food Quest has released their unique guide that takes readers on a food and culinary adventure through Argentina. [Authentic Food Quest Argentina](#): A Guide to Eat Your Way Authentically Through Argentina, presents the local and authentic dishes not to miss, the markets and restaurants to find them, food festivals, cooking classes and food tours, empowering readers to launch their own food adventures.

According to the 2013 American Culinary Traveler Report, by Mandala Research, the percentage of U.S. leisure travelers

who travel to learn about and enjoy unique dining experiences grew from 40% to 51% between 2006 and 2013.

The report estimates that 39 million U.S. leisure travelers choose a destination based on the availability of culinary activities, while another 35 million seek out culinary activities after a destination is decided upon. To empower this new breed of culinary travelers, this guide is a trustworthy companion for foodie travelers to Argentina.

Authentic Food Quest Argentina guides readers to the best local and authentic specialties in four main regions of Argentina: Buenos Aires, Mendoza and the Wine Regions, the Andean Northwest and Patagonia and the Lake region.

This guide helps travelers discover how to go beyond beef and Malbec wines with:

Over 50 iconic dishes of Argentina

Where to find authentic restaurants and avoid the tourists traps

How to order and eat 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's guide to eating locally in Argentina is full of knowledge and inspiring stories. It is a great guide for travelers interested in experiencing the local culture and cuisine.

*Clare Hancock, Editor in Chief, Immersion Travel Magazine*

Now available on [Amazon](#) and [Barnes & Noble](#): Authentic Food Quest Argentina: A Guide to Eat Your Way Authentically Through Argentina

About Authentic Food Quest: Rosemary Kimani and Claire Rouger started Authentic Food Quest in mid-2015 to inspire people to travel through authentic food. They believe that through food, people can have more meaningful experiences on their travels. After South America, they are currently eating their way through Southeast Asia. For more information, please visit: [www.authenticfoodquest.com](http://www.authenticfoodquest.com)

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