

## **Teresita's Culinary Tour, A Highly Rated Buenos Aires Attraction, Recently Announced Foodie Tasting Tours Will Be Now Held Twice Weekly**

*Attendees gain invaluable knowledge of the Argentine culture through its traditional food preparation of local dishes and regional wines guided by expert in Latin American cuisine, Teresita Bella.*

Buenos Aires, December 20, 2009 (FPRC) Teresita's Culinary Tour ([www.try2cook.com](http://www.try2cook.com)) announces foodie tours will be conducted every Thursdays and Fridays starting from January 1st, 2010. Buenos Aires attracts four million visitors each year, all drawn by the allure of the endless tango dancing, supreme buttery steak, deep Malbec wines, and in recent years a premium food and wine getaway in Latin America. Teresita's Culinary Tour offer a 100% local experience that is rapidly become one of the 'must do' while you visit Argentina.

Rated among top Buenos Aires attractions on Tripadvisor, aired on National German TV and have been mentioned in numerous publication around the world, Teresita passion for Latin cuisine is contagious, and bringing visitors closer to the Argentine culture is what her delectable culinary experience is all about.

The tour begins by being picked up at your location and be given an introduction to the outskirts of Buenos Aires while driving 45 minutes to an hour away from the sometimes busy and loud downtown Buenos Aires area.

Arrive to a traditional Argentine town. The town of Adrogue is a dream come true for food lovers, with over 60 independent restaurants and 2 farmers markets neatly tucked along the main street, there is no shortage of foodie experiences in this truly Argentine town unobstructed by massive tourism. This small town is the perfect destination for learning the secrets of true Argentine cuisine.

Embark on a Culinary Getaway with Teresita. Guests arrive to her country-like bed and breakfast tucked among a tropical garden - the home was designed by her Pediatrician husband Raul and it is located only a short walk from all the shops and markets you will soon visit. First in this edible journey agenda is a stop at the local bakery to try some of the best sandwiches de miga, learn about the variety of masitas and the famous crispy mediaslunas.

Continue walking to the butcher's shop. If you are the foodie type of traveler, you cannot come to Argentina without visiting a butcher shop, and when guided by Teresita, the experience becomes more than just looking. You get to learn about the different cuts first hand, and meet the gracious 'carniceros' (people who cut the meat).

Next is a visit to a gourmet restaurant where the chef shows artisanal and house-made meals as well as local produce used on his daily special. Enjoy a glass of Champagne or espresso.

We keep walking to the local outdoor market. This market full of character and real life, it is an integral part of Adrogue local life. As you stroll the outdoor market learning about the many colorful fruits and vegetables that farmers bring fresh that morning -- and other of interesting curiosities and

objects. Teresita, who speaks perfect English is always attending promptly your curious questions.

It is important that you understand the market vendors come from very rural parts of the surrounding area, do not expect Italian wines or French cheese, but you will be exposed to learning about the true Argentine neighborhood market in the outskirts of Buenos Aires.

'At my culinary tour in BA I introduce people to Argentina through our food customâ€™ as food reflects the tradition of a territory, its people, its history and the relations that have been established' says owner of Teresita Bed and Breakfast and Teresita's Culinary Tour (<http://www.gotraveltoargentina.com>)

Back to Teresita's home and be ready for a class demonstration of her empanadas Argentinas at the rustic home kitchen setting to combine a casual experience with a fun and informative cooking class. Voted 'empanadas to die for' Teresita will walk you through the steps to prepare the juiciest and crispiest empanadas. The group begins baking the empanadas and getting ready to enjoy the sublime menu of regionally inspired delicacies.

Regroup at the table to savor a delectable five course menu specialties complemented by an exclusive wine course sampling with each dish presented by sommelier Cecilia Spinetto -- a renowned sommelier in Argentina who has been recognized as one of the best ones in the country.

About Teresita's Culinary Tour; A Division of Teresita Bed and Breakfast Private Cottages, Teresita's Culinary Tour (<http://www.try2cook.com>) serves those interested in the food and culture of Argentina.

### **Contact Information**

For more information contact Graciela Bella of Buenos Aires Tours; Culinary Adventures With Teresita (<http://www.try2cook.com>)  
786 942 8856

### **Keywords**

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