



The Great Indian Food Tour

*"Indian food is like classical music raga- it takes time to build up to a crescendo."
Shobhaa Dé*

Indian food is a reflective of Indian culture, region, history and the society, in colour, taste, variety, texture and its various ingredients that comes from the different parts and direction of India. Like India, our culinary practices are also very ancient, creative and establish reasons for their cooking and consumption. Trip Alfresco has skill-fully crafted

a recipe for your great Indian food tour, catering to your choice of places, blending in exploration through various regions across India to

learn about reasons, benefits and history of different cuisines. The tour offers you a direct experience of our vibrant culinary skills, through interactions with experts, chefs and locals, along with lovely sightseeing touristic locations. Come lets experience and burp on a good finger licking meal !



The Experience

Day 1. With your choice of places in different regions of India, we start with the north. We begin our first day with an authentic north Indian breakfast and our local beverage of masala chai. We visit some of the prime touristic spots witnessing the rush and chaos of any dynamic Indian city. The lunch will be relished at a famous local restaurant with a welcome spread of *Mughalai* (of Mughals) lunch, with varieties of food. We continue sightseeing of touristic spots post lunch, and when the sun sets we enjoy spread of snacks with cocktails before a light traditional meal for dinner.

Day 2. Begin your day with yet another variety of Indian breakfast, we proceed to explore a few exquisite touristic spots. As the day grows, we venture to the markets to experience the trades from spices to utensils, which lend it's unique taste to our Indian food. The day breaks with nice cup of Indian chai and snacks back at the hotel. The day breaks with nice cup of Indian chai and snacks back at the hotel. We try to pair and savour the taste of different wines with some Indian dishes.





Day 3. Today we take a walk through the bazaars witnessing the fruits and vegetables bazaar, some regular and common to exotic and indigenous Indian vegetables. Explore the sights and smells and tastes that would make one jump with tingling joy. We continue savouring more local cuisines, drinks and restaurants from odd, innovative and inspiring.

Day 4. We board an early morning flight, heading west, to your next choice of place. Arriving to the second stop of tour, on the west of India, we head to explore a couple of local sights after checking in to the hotel. While sightseeing, we sample some local snacks, and learn about their stories and evolution over the times. If you are still feeling adventurous for food, we may enjoy a light meals before retiring for the night.

Day 5. Starting our day early to drive to nearest ancient site, to an island town that holds ornately sculpted structures and statues of Lord Shiva. on the way, we have our breakfast or post breakfast a short snack. As an harbour town, the city coalesces multiple cultures and religions and the influence can be greatly observed through the sites and food – both of which we experience with the visits to its markets. A tiring day comes to rest with a special banquet by the eminent chef of the hotel and with a good wine pairing.





Day 6. After a fulfilling breakfast, we begin our tour to see more local sites, and observe the local vegetables, fruits products and ingredients at the bazaar. Learn about their cultivation and their usage in the various Indian cuisine. We meet the local chefs and share some moments while cooking with them, back at our hotel, with sips of local and conventional alcoholic drinks.

Day 7. An early morning flight to the third destination of our tour – southern India – this region welcomes you with a whole new lifestyle, culture and traditions. The city beckons you with a gamut of culturally influenced cuisines, promoting vegetarianism, and interesting spice concoctions as this region grows the maximum number of spices and is a major exporter of spices to the world. After freshening up and a platter of hot steamy *idlies* and *vadas* served with various types of chutneys for breakfast, we head out to see some of the famous touristic

sites. Hoping with a bigger appetite, we enjoy a multi-course south Indian lunch

(vegetarian or non-vegetarian, is your choice). Post

lunch, we explore the city's cultural aspect to witness some dance or music performance, while learning about ancient Hindu scripts that are enacted and recited through these performance. The evening greets you with tasty local treats, light or heavy, the choice is for your appetite.

Day 8. Morning walks to the tunes of temple music and *Suprabhata*, fresh smell of incense sticks and flowers, through the markets gives you not only glimpse of fresh arrivals, but also a vivid photographic moments that any tourist would love to capture. Piping hot filter coffee that goes amazing with a *benne* (butter roasted) crispy Dosas is a good way to kick in to explore local sightseeing, and organic farms which provide organic fresh produce, promotes our farming methodologies and innovative techniques coupled with technology to aid the farmers directly. In routine to our tour activity, we savour more local delicacies and snacks by evening, and a lavish and healthy dinner by night.



and

Day 9. Giving a break to our regular course of filling up our tummy, we let you try some simple yoga and meditation session in the morning. That would be followed by a good Ayurvedic massage to introduce you to our ancient healing and curing technique of Ayurveda. Keeping up on the same theme, we attempt to sample spice free; oil-free, extremely healthy authentic Ayurvedic breakfast and then lunch later by the day. In between activities will involve a short sightseeing tour, interaction with a chef explaining of healthy Ayurvedic cuisine and benefits, with a light dinner.

Day 10. By dawn, we hop on to the earliest flight heading towards East, to the Bengali dominant region. Soon after the checkin, we head out for sightseeing the some of the local sites, primarily of British

era. As yet another harbour, we witness the city's rich heritage that

has the blend of multiple cultures, many of which are foreign. Besides enjoying some local seafood delicacies, we also learn about the historical aspects of this region with

some historians. Exploring the treacherous after effects of the war, we also experience the city's

sweetness by its large variety of sweets. A tiring day would come to retire with some light local meal.



Day 11. After a typical Bengali breakfast, we examine closely the city's landmarks and signatures of its famous artists, poets, writers and saints. By noon, we lead towards the Chinese inhabited region and learn about their story of migration to India, with a delicious Indo-Chinese or pure Chinese food, for a change. Post lunch, we visit some of the local markets, and observe their differences from the rest of India. We also explore the famous temples of a goddess who drives this city, and paints the town red.



Day 12. We start the day with the visit to famous bazaars, tasting the local breakfast. We walk through the by-lanes of the markets, to get a close look at the traders. Following that, we visit some temples and synagogues in the area. We lunch at a popular restaurant with several dishes creating a fest on your tongue with different tastes. With grazing pace, we tour through some of the shopping places to grab some souvenirs. With a quiet evening, we interact with a local chef learning some famous dishes, before heading to bed.



Day 13. Airborne back to the north; with a stop over, for a day, at another wonderful, but significant, place for this tour. Along with a few prominent touristic hot spots, we relish a platter of kebabs full of flavour and romantic aroma for lunch. After a bit more shopping, we sip their special tea, a few hours later, before we retire for the evening after a small portion of sweet smelling rice for dinner.

Day 14. After a nice breakfast, we take our flight back to Delhi, where we conclude our great Indian Food Tour.

Journey Inclusions

Airfare

Airport Transfers.

Sightseeing.

Accommodation is arranged for a twin sharing basis in a standard double in 4 star hotels (or similar standard) with all meals included.

Driver fees, toll , parking. Same driver will be there with you for the entire trip.



Journey Exclusions

4% service tax.

Adventure Activities/ Sightseeing Cost/Entrance fees.

Hotels

All hotels are at 4 star quality. If in case of unavailability, good 3 star hotels with excellent reviews are arranged.

