



The Arts
THE GREAT SOUTH INDIA FOOD JOURNEY

BOOK NOW 888.747.7501

Join **Foodie Chap, Liam Mayclem & Executive Chef, Anjan Mitra** on an exclusive Food and Cultural Journey to southern India. The Kingdom of India is famous for its cuisine, culture and roots dating back thousands of years. The ancient traders would visit India to procure its most exotic spices, today, they strive to learn the secret of the multifaceted Indian cooking. Home to most of the country's exotic spices, south Indian food has a long paraphernalia of vegetarian as well as non-vegetarian cuisines, which are prepared – oh so deliciously!

Program Highlights

- 9 night / 12-day journey through Southern India
- Explore the **food and spice markets** and chat with the vendors
- Take part in several **cooking lessons**, including and afternoon with vivacious Anu Mathew and her Mother at Philipkutty Farm, to learn about the cuisines in the Kerala region
- Visit a spice plantation and learn all about the traditional, organic techniques used to prepare the spices in the kitchen

Food, Community & Culture

- **Interact with local people** as you explore the backwater village of Kumarakom by boat. You will love their laid-back lifestyle and friendly people
- Have **lunch with a local family** in Periyar
- Learn about Ayurvedic medicine at the Coconut Lagoon
- Enjoy a close interaction with the **local elephants** to not only go for a ride and take them for a bath but learn how they communicate through commands

Leader: Mr. Liam Mayclem | TV and Radio Host – The Foodie Chap

Emmy Award winning radio & TV personality Liam Mayclem is best known as the host of EYE ON THE BAY on CBS 5 and as “The Foodie Chap” celebrating Bay Area culinary stars (daily on KCBS). Known for his “English pipes” Liam endorses and is the voice of INFINITI – Bay Area, The Bay Club and JUMPSTARTmd to name just a few.

Leader: Mr. Anjan Mitra | Executive Chef & Co-Owner Dosa

Ever since he left Bombay (now Mumbai) at the age of 18 to study in the U.S., Anjan has always sought to recreate the wonderfully aromatic and complex flavors of his mother’s cooking. He spent the first 19 years of his career working in high-tech at companies, then realizing his true passion lied in hospitality and food. He pursued a new entrepreneurial path as a restaurateur with a cuisine that he believed was under- represented in the U.S.



Why Nanda Journeys?

Travel for people with purpose and passion. See for yourself what a difference travel makes.

Ready to go?

Tel: 888.747.7501

Email: info@nandajourneys.com

Website: www.nandajourneys.com

CST 2121590-40