



TOP DESTINATIONS FOR FOODIES IN JAPAN, INDIA, AND SRI LANKA

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Japan, India, and Sri Lanka have some of the most incredible offerings for food lovers that complement or even anchor the extraordinary experiences that can be had on a bespoke luxury trip to Asia with Epic Road. For some people, sightseeing and adventurous excursions are even just a way to fill the time in between meals, and even if you don't consider yourself a true "foodie" a fantastic meal may end up being one of your favorite trip memories. Maybe it has something to do with sensory overload - the texture of the freshest sushi, the exotic aroma of the spiciest curries, that sleepy satisfaction following the finest meal that's heightened by tropical surroundings.

TOKYO, Japan

Serious foodies know that Japan's capital city has some of the best restaurants in the country, which as a whole is known for its incredible cuisine, and boasts some of the best food on Earth. In fact, Tokyo is the city with the highest number of Michelin-starred restaurants in the world. Fresh and innovative sushi is an obvious choice, and a visit to the world-famous Tsukiji Market is a must. Tokyo has excellent food offerings of all kinds that prioritize high-quality seasonal ingredients. Specifically, Yakitori - skewers of meat roasted over hot coals - is a good option for carnivores, as is Kobe beef and Wagyu, a delectable marbled beef that comes from a breed of Japanese cattle. For the Japanese comfort food comes in the form of noodles; in a place known as Ramen Street eight of the best shops cluster together. A visit to a brewery to taste the best sake in the world comes at a price but is worth the indulgence. Excellent dining options are found everywhere from street stalls to back alleys to exclusive eateries, including an Epic Road signature experience involving a private dinner with a geisha and musicians.

RAJASTHAN, India

India's Rajasthan region has some of the best food in this colorful nation, and the city of Jaipur sits at the top of the list of foodie hot spots with a cuisine that is influenced by a rich culture of exotic spices, busy bazaars, and diverse religious influences, as well as by its environment. Rajasthan is arid, but despite the dearth of vegetables that grow here the food is primarily vegetarian, with recipes including an abundance of lentils, beans, red chilies, buttermilk, flatbread, rice, garlic, and different types of curries mixing together various spices like fennel, turmeric, and cumin. Perhaps the most famous Rajasthani dish is called dal baati churma, a combination of three distinct flavors and textures: balls of dough (baati) that are usually dipped into a bowl of spice lentils (dal) and then churma, a mixture of wheat, ghee and sugar. Dal baati churma is emblematic of the Rajasthani way of combining sweet and savory in one meal, with no demarcation between entree and dessert. To sweeten the overall experience in Rajasthan, Epic Road can arrange a private full moon excursion to the magnificent Taj Mahal at sunset or a stay at the

sophisticated Jawai Leopard Camp in the Aravalli Hills where meals include organic produce from their own garden.

SRI LANKA

In Sri Lanka, the island's colonial history means that the culture and gastronomy both have Portugese, Dutch and English influences. The food also takes a cue from nearby India with a strong focus on rice and curries, albeit without the bite - Sri Lankan food tends to incorporate milder spices like cardamom and cinnamon. Expect to see a huge variety of flavors in menu offerings, with unusual options like pumpkin curry with mustard seeds, jackfruit curry, and side dishes like mixed leafy greens with coconut, flatbreads and homemade chutneys. As a relatively small country, it's possible to sample and savor it all in one trip: a visit to the tea plantations in the southern hill country, the high end restaurants and street food stalls in cosmopolitan Colombo, and fresh seafood restaurants in northern Jaffna. For a really special experience, Epic Road can set up private cooking lessons for a chance to learn - and taste! - more about this underappreciated cuisine.

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