

Photo of the Week: Eat!

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Food is an essential part of the travel experience. Exploring a new country or city always opens a window to new ingredients, flavors, and dishes that feed the body, the soul, and even the mind, as the cuisine of a region also contains much of its history and the traditions of its people.

The dining experience in Latin America is a feast with tropical fruits and vegetables that are always fresh and juicy and often unfamiliar to visitors. In this photo from **Pacuare Lodge** in Costa Rica, you can see a great banquet of locally sourced ingredients that are used to prepare the meals that are offered at this mountain hotel.

Another secret ingredient is the cooks themselves. Instead of using world-renowned chefs, Pacuare Lodge hires young people from nearby communities who are passionate about cooking and trains them to develop their culinary talent. The menu merges the secrets of the local cuisine with innovative recipes to delight guests with unique and very natural dishes.