

The Good Life

OUR WEEKLY GUIDE TO THE BEST IN TRAVEL, FASHION, FOOD, DESIGN, TECHNOLOGY AND MORE



TRAVEL

A Taste Of Lima

BY JOSEPH CONTRERAS

DURING MY years of traipsing around Latin America, I have always regarded Lima as one of the underrated gastronomic capitals of the hemisphere. There's nothing like unwinding at a seaside eatery in one of the Peruvian capital's outlying suburbs with a frothy pisco sour cocktail and a plate of seiche marinated in

Local flavor: Food tourists can try marinated pork with annatto

HANS STOLL, FROM "THE BEST OF PERUVIAN COOKING"

4 HOURS IN...



lime juice and aji peppers.

Thanks to the efforts of a couple of enterprising Peruvian businesswomen, visitors can now sample the city's diverse fare. Culinary Tour Peru offers a one-day crash course in local cuisine. The brainchild of long-time travel-industry entrepreneur Patricia La Rosa, the six-hour "golden" tour includes a buffet lunch and visits to a typical sevichería and a 19th-century Lima tavern, where tourists learn how to prepare the tangy seafood appetizer and test their bartending skills with the pisco grape liquor (\$55 to \$90 per person, minimum two

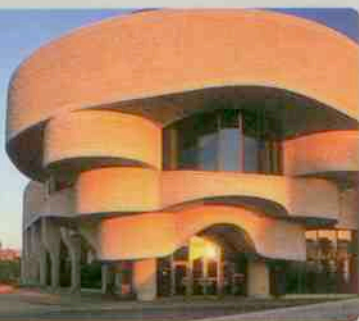
clients; www.culinarytour.com.pe).

For serious foodies, Wendy Alperstein launched her Taste of Peru tours four years ago to promote the indigenous, Spanish and Asian culinary influences. An eight-day, seven-night package features multi-course fusion dinners at the top-drawer Lima restaurants Astrid y Gastón and Malabar, and a class led by chefs who demonstrate *pachamanca*, a native cooking technique that uses a pit covered with hot stones and firewood to bake meats wrapped in banana

Cooking school: New York chefs learn from the Peruvian masters

leaves. The itinerary includes an excursion to an open-air food market and side trips to Machu Picchu and Cuzco, where guests are treated to coca-leaf tea and a dinner of indigenous dishes like *capchi de setas*, a casserole made with oyster mushrooms and sieva beans (about \$2,700 per person; magicalcuzcotours.com). "There is so much to taste, and we want you to taste it all," says Alperstein. Your palate will never be the same.

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OTTAWA

The Canadian capital may feel like a small town, but it has the cultural attractions and striking architecture of a much bigger city.

VISIT

the myriad exhibits of the Museum of Civilization. The Canada Hall documents 1,000 years of history from coast to coast (www.civilization.ca).

SHOP

the historic streets of the ByWard Market, where an array of farmers markets, cafés, boutiques and restaurants sit within four compact blocks (bywardmarket.com).

EAT

a beaver tail at one of the many stalls dotted around the center of town. Thankfully not the real thing, this local classic is warm, doughy pastry dusted with sugar and cinnamon. Delicious.

WANDER

the paths along the Rideau Canal, which snakes through the city and freezes over in winter to become the world's largest outdoor skating rink (ottawaturism.ca). —REBECCA HALL

The Maximalist With 804 diamonds and a choice of rubies, sapphires or emeralds, the Limited Edition Mystery Masterpiece, a joint venture of Montblanc and Van Cleef & Arpels, is like a piece of crown jewelry that also happens to write. Only nine instruments will be crafted, and each will take more than a year and a half to complete. Not coincidentally, Montblanc is also launching a much more affordable diamond jewelry line. **\$730,000**

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