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GUYANESE CUISINE

A Delicious Day in the Life

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Dear Colleague,

Historically, [Guyana](#) has not been known as a gastronomic destination. Perhaps it's time to rethink that. Not surprisingly, the tremendous cultural diversity of Guyana has found its way into Guyanese recipes and restaurants. Creole, Caribbean, Indian, Chinese, Portuguese—the array of cuisines available in Guyana is truly mouth-watering, and a visit to an indigenous community lodge can give you a taste of the traditional cuisine of the country's interior. Of course, having a bountiful locally-sourced variety of seasonal organic fruits and vegetables, spices and fresh seafood makes any meal that much more delicious.

Have you worked up an appetite yet? Great! Come visit South America's only English-speaking country to sample some of these delicious cuisine.

Meanwhile, in the last month we have had some really exciting changes at [Emerging Destinations](#). We have added not one, but two new sales reps — Jenna Farber based in Canada and Ana Kammerer, who will work with our South America portfolio and is based in Buenos Aires. We now have four full-time and four part-time people at the company. Thanks so much for your support as we make this transition. I truly believe we have one of the strongest teams in the business!

In food and community,

Jane Behrend

Lead Representative, North America



PERSON OF THE MONTH

DELVEN ADAMS

While Delven Adams was learning his trade in the kitchens of some of New York City's finer French and Italian restaurants, he dreamed of returning to his native Guyana and opening a restaurant of his own. In 2015, he realized that dream. Today, Delven is the owner and chef of [The Backyard Café](#), located, appropriately enough, in his Georgetown backyard. Delven specializes in Guyanese cuisine, and sees it as a way of honoring and preserving Guyanese culture. He strives to use only local ingredients and source them and his staff from his own neighbourhood when possible and can be seen shopping for his next feast at the meat, fish and fresh produce stands in the Bourda Market. If you happen to see him, say hi and try to secure a much-in-demand dinner reservation. You're sure to get a warm greeting in return.

FEATURED ITINERARY

Guyana Culinary Adventure

Get a true taste of Guyana with this 5-day gastronomic tour from Wilderness Explorers. From your base in Georgetown, you'll explore and experience the diversity of Guyana first-hand. From a shopping trip to the Bourda Market, to a dinner in the home of a fascinating family, you'll get the full flavor of Guyana. And, of course, you'll visit the iconic Kaieteur Falls.



[SEE FULL ITINERARY](#)

GUYANESE CUISINE— A DELICIOUS DAY IN THE LIFE



Guyana is nothing if not diverse. The Guyanese population is a colorful mélange of Indigenous Peoples, Africans, Indians, Chinese, and Portuguese and other Europeans. One of the ways travellers can experience this diversity on a daily basis is through delicious Guyanese cuisine.

Not surprisingly, seafood and freshwater fish are a major component of the country's cuisine. The same goes for root vegetables like cassava and sweet potatoes, fresh fruits, herbs, onions, peppers and garlic.

Got a question for the server or the chef? Fire away! The Guyanese people are always happy to share their culture with visitors, and since Guyana is the only English-speaking country in South America, communication is seldom an issue.

In Guyana, the day might begin with a hot cup of rich, robust coffee. Local coffee blend from the Pomeroun region of Guyana in the Essequibo - Amy's Pomeroun Coffee - is a favourite among many that travel here. Alongside western staples of scrambled eggs and sausage, you can dive into some traditional bake and saltfish. Bake is, ironically, a fried, puffy piece of bread that is fluffy and crispy on the outside, and hollow on the inside—perfect for filling with saltfish, fresh Atlantic cod that's been salted, seasoned and sautéed. A wide array of fresh fruits and juices round out the morning meal.



If you're lucky, lunch could be pepperpot—a traditional, slow-cooked, meaty stew, seasoned with peppers, cinnamon and cassareep, a by-product made with the cassava water, sugar and spices. Or perhaps, you'll dine on metemgee, a dumpling dish that features corn flour, sweet potatoes, plantains and cassava, which is cooked in fresh coconut milk. This is usually served with well-seasoned fresh fried fish. To wash everything down, might we suggest some fresh lime juice, or perhaps a locally brewed Banks Beer?

For dinner, a delicious curry, chowmein or roti could be in order; or better yet, some cook-up rice with chicken. This is a traditional dish that has rice, beans and/or peas and chicken slowly simmered in a single pot—with everything properly spiced, of course.



For a nightcap, you can't go wrong with a snifter of award-winning El Dorado Rum. Distilled in Georgetown, the 12, 15 or 21-year-old varieties all provide a smooth and rewarding end to a delicious day.

VIDEO OF THE MONTH

Visit Chef Delven Adams in his Backyard Cafe, and hear about his trips to the colorful market, and what he loves about Guyana (spoiler alert—it has a lot to do with food).



GUYANA IN THE NEWS



[Sher She Goes](#) describes [17 Guyanese Foods to Tickle Your Taste-Buds](#)

"There's no simple way to describe Guyanese food as it's a unique result of its shared South American, European, Asian, Indigenous and Caribbean heritage."



[Forbes](#) suggests a trip to Guyana [For A Culinary Adventure](#)

"For serious foodies, that means one thing: There's an abundance of internationally-inspired dishes waiting to be sampled."



[The Daily Mail \(UK\)](#) suggests you can unplug by staying at a [Remote Jungle Eco-Lodge in the Guyana rainforest](#)

"Talk about off the beaten track. If you want to stay at the Rewa Eco-Lodge in Guyana you'll need to go to considerable trouble. The only way of reaching it is to take a chartered plane from the Guyanese capital of Georgetown to Annai, two hours away, then travel by boat for a couple of hours along the Rewa River."



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