

Travel

Edited by *Helen Coffey*

BEYOND
FRIDA KAHLO
IN MEXICO CITY

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TAKE 5 SHE-CRAB SOUPS IN CHARLESTON

82 Queen

Charleston's unofficial dish is a rich soup made with meat from female crabs, and is often topped with roe and sherry. This restaurant in a 300-year-old building serves up the most popular version of the soup in town.

● [82queen.com](#)

The Wreck of Richard & Charlene

This eatery on the site of a shipwreck after Hurricane Hugo serves she-crab soup, shrimp and oysters. Cash only.

● [wreckcr.com](#)

Poogan's Porch

Named after a dog, this Victorian home is said to be haunted. Its she-crab soup includes sherry and chive oil.

● [poogansporch.com](#)

Palmetto Café

This café in the garden of the Charleston Place Hotel is popular with business travellers. Its version uses lobster stock, cream and butter.

● [belmond.com](#)

Hominy Grill

Award-winning eatery known for its shrimp and grits. It also serves sublime she-crab soup. No reservations.

● [hominygrill.com](#)

Caroline Eubanks

Joys of the Peruvian kitchen

PERU

From ceviche to ancient Andean produce, the Latin American country's cuisine is winning all the plaudits, says *Ella Buchan*

IT'S hard to get a bad meal in Lima, the Peruvian capital — even late-night eateries serve fresh, flavourful food. At Cafe Cafe in Miraflores I order a pisco sour and trio limone, which sounds like a light (and unexciting) snack. A huge plate arrives heaped with zesty ceviche, tender strips of battered fish and crispy yucca fries. The meal costs around £5. "Food is Peru," says Ruben Diaz, who launched Best Bite Peru food tours in 2016. "It's an expression of art and culture. It's what describes who Peruvian people are."

I join his tour and cooking class, beginning at the Municipal Market of San Isidro in the leafy district of Miraflores, and the array of fruits and vegetables makes my head spin. Everything is bright, bold and huge. Husks of deep-purple corn are piled alongside pacay, giant green pods containing sweet, creamy beans. I taste



Melt in the mouth: main image, fruit tasting on Best Bite Peru's food tours. Inset, learning how to make ceviche



cucumber-like pepino melon and cherimoya, the white flesh of which tastes like fruity custard. Our cooking lesson sticks to two Peruvian classics. First we mix pisco sours, shaking the brandy with

egg white and simple syrup before adding a dash of bitters. Then it's onto ceviche, tossing cubes of sea bass with lime juice, onion and rainbow-hued chillis. It turns out pretty well — fresh and simple yet bursting with complex, perfectly balanced flavours. But I'm

under no illusions as to my kitchen skills. All the credit belongs to Peru's incredible ingredients and centuries of culinary knowledge — both of which, along with a new generation of chefs,

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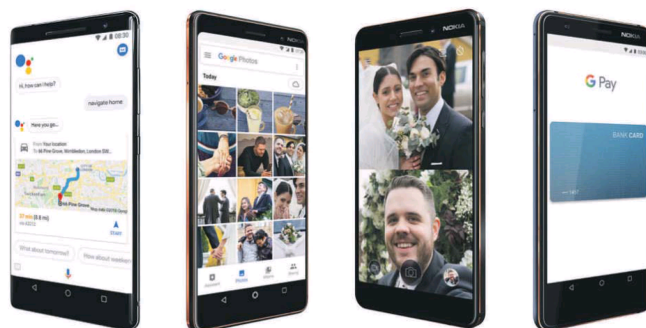
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