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DARING FARE: RARE AND DELICIOUS FOODS FROM AROUND THE WORLD



share

By **Erik R. Trinidad** | July 17, 2012

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Certainly there's more to life than being ordinary, like a boring bag of chips and a mundane jar of salsa. After all, "you are what you eat." So if you're going to *be* something as a result of what you eat, you might as well be *daring*. I'm talking about fare you can't get everywhere; foods that are a little peculiar, somewhat dangerous, lively, or mysterious.

Here are some delicacies from around the world that you should try—if you're daring enough:

Cuy (Guinea Pig)

Would you prefer to be the "guinea pig" in sampling the exotic food of the Andes, or would you rather just *eat* the guinea pig? *Cuy*, or guinea pig, is a popular traditional food in the mountain regions of Ecuador and Peru, so much so that it's actually depicted in an 18th-century painting of *The Last Supper*. The furry critter is meticulously prepared in the kitchen, where it's skinned, gutted, seasoned, and baked or broiled to perfection. It tastes like rabbit—or even a little like dark meat turkey.

Scorpions

Eating scorpions sounds like something that started out as a dare, but so many people have dared to eat these poisonous creatures that they're now a well-known crunchy and chewy treat. (Just watch out for that tail.) In the street markets of China and Thailand, you can find grilled scorpions served on a skewer as a late-night snack — or any time of the day, for that matter.



Kangaroo

Think eating in the Land Down Under is all about Vegemite sandwiches? Well, with all the kangaroos hopping around everywhere in Australia, it's no wonder that some people consider them to be a food source—and quite a delicious one too. Similar to venison or roast beef, kangaroo fillets and steaks are tender and juicy when prepared medium rare.

Casu Marzu (a.k.a. "Maggot Cheese")

Sardinia may sound as if it's the place to go for sardines, but this Mediterranean island is famous in gastronomic circles for its cheese. Known as "maggot cheese," *casu marzu* is a pecorino cheese fermented so long that maggots start developing inside the rind. This is no mistake; the larvae are introduced in the cheese-making process since they squirm inside and eat away the fats to make the cheese even livelier—and I mean that quite literally, because they are still moving around in the cheese as you eat it.

Balut

Which came first, the chicken or the egg? There's no debate when you eat *balut*, a delicacy in parts of Southeast Asia. Grab what looks like a hard-boiled egg, crack it open, and inside you'll find a chicken (or duck) embryo, along with savory, prenatal goodies. While this sounds and looks disturbing, the experience is like eating a savory chicken stew—and in a convenient single-serving casing.



Mopani Worms

In rural villages throughout sub-Saharan Africa, mopani worms provide protein for nourishment, as well as a bit of flavor. These savory grubs are the single-most harvested edible insect in these parts—more than grasshoppers and termites—but you don't have to rough it in the bush to try this delicacy. At The Boma, a tourist restaurant near Victoria Falls in Zimbabwe, mopani worms are served in a classy setting—and even stewed with onions, garlic, and tomatoes.

Erik Trinidad is an author, writer, designer, food critic, world traveler, and all-around "Freelance Renaissance Man," whose work can be seen on The Huffington Post, Food Network/Cooking Channel, and Discovery.com, as well as on his own travel and food sites, The Global Trip and Fancy Fast Food. Follow him on Twitter @theglobaltrip and @fancyfastfood; on facebook.com/theglobaltrip and facebook.com/fancyfastfood; youtube.com/theglobaltrip and youtube.com/fancyfastfood and at "theglobaltrip" on Instagram.

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