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Dear Friends,

One of the things that makes Guyana so intriguing is its unique blending of cultures. And one of the ways visitors can experience this blending is through Guyanese cuisine. With an abundance of seasonal, organic fruits and vegetables and the bounty of the sea, Guyanese cuisine is a unique Creole-Indian-Caribbean fusion. Guyanese cuisine recently caught the attention of renowned chef, Gordon Ramsay, who filmed an episode of his "Gordon Ramsay: Uncharted" in Guyana. You can read more about that, and many other fascinating aspects of Guyanese cuisine below.

Bon Appetit,

Jane Behrend  
Lead Representative, North America

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**UPCOMING WEBINARS**

## PERSON OF THE MONTH: CHEF BONA SEDOC



As a young girl, Bona Sedoc became accustomed to aunts, uncles and cousins coming by to pay a visit on weekends. Oh, and they would just happen to peek into the kitchen to see what Bona's mom would be cooking up that day. Neighbors would do the same. Given her mother's culinary skills, few were surprised when Bona decided to pursue a career as a chef. After completing culinary studies at the university level, Chef Bona took over the kitchen at Sucre Restaurant, which is located at the [Herdmanston Lodge](#), where her Sunday morning pepperpot has taken on legendary status. "I love cooking," she says. "It's a lot of fun and I want to bring this love and fun to everybody I cook for."

## GUYANESE CUISINE: A MOUTHWATERING MELTING POT

Nowhere is the cultural diversity of Guyana more clearly reflected than in its food. Indigenous Peoples plus immigrants from Africa, India, China, Portugal and other European countries have all contributed to contemporary Guyanese cuisine. The result is a delicious cornucopia of flavors.



Many consider Guyana's national dish to be pepperpot. This thick stew normally takes hours to make and can include a variety of meats--beef, pork, lamb, chicken--some hot peppers, and cassareep, a special sauce made from cassava root. Originally an indigenous dish, pepperpot is now a Guyanese Christmas tradition in many homes.



Another traditional Guyanese favorite is metemgee. A spicy coconut milk- infused broth provides a delicious base for dumplings, sweet potatoes, plantains, eddo root and cassava.

Rounding out the trifecta of Guyana's most popular dishes is cooked rice. This is a one-pot dish consisting of rice, meats, and herbs cooked with coconut milk. Everything is prepared together and heavily seasoned with onions, basil and thyme. Cook

up rice is traditionally prepared on New Year's Eve in a nice, big pot, thus ensuring no one enters the new year without food.

When dining in Guyana, you can expect dishes featuring fresh, local ingredients. And pretty much all of them are subject to getting some additional heat from Guyanese pepper sauce. A staple at every table, this fiery condiment is a blend of hot peppers balanced by cucumber or mango and a touch of vinegar.

As you move into the interior of the country (rainforest and savannah regions), you'll increasingly come in contact with cassava, one of the key ingredients in so many indigenous dishes. The root of a woody shrub that grows throughout Guyana, cassava can be prepared a number of ways, including cassava bread and farine, a coarse flour that can be sprinkled on almost any meat or vegetable.



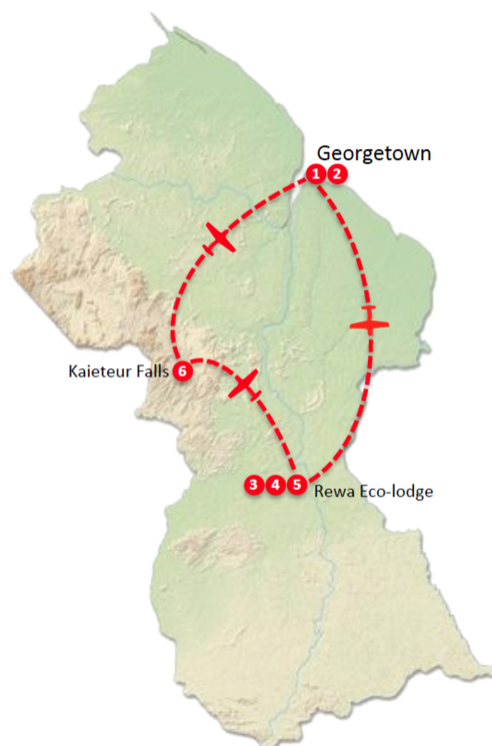
Wash down your meal with a local Banks beer, or prize-winning El Dorado rum, and you've got a true Guyanese culinary experience.

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## **FEATURED ITINERARY: UNCHARTED GUYANA; IN THE FOOTSTEPS OF GORDON RAMSAY**

Sometimes controversial, but always colourful, British chef Gordon Ramsay has cooked his way into televisions around the world. His National Geographic series “Gordon Ramsay: Uncharted” takes him to some of the most remote locations on Earth in search of culinary inspiration, mixed with adventure and cultural experiences. In 2020 he travelled to Guyana to create his spin on traditional Guyanese cuisine.



[\*\*SEE FULL ITINERARY\*\*](#)

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## **VIDEO OF THE MONTH**

In this short video from National Geographic, chef Gordon Ramsay meets Guyanese chef Delvin

Adams at Georgetown's Bourda Market. After touring the market, Chef Delvin clues Ramsay in on pepperpot, cassareep and other Guyanese goodies, before sending him off on his rainforest adventure.



## GUYANA IN THE NEWS

*Conde Nast Traveler recently compiled a list of "state-specific" cuisines based on diaspora populations, indigenous communities and endemic ingredients and recipes. And the cuisine is chosen to represent New York State? You guessed it, Guyanese cuisine.*

*Now you can get your fix of pepperpot, fish cakes, and cow-heel soup just by visiting restaurants like Sybil's, Hibiscus Restaurant & Bar, and German's Soup in certain sections of Brooklyn and Queens.*  
[Read the article.](#)

*We launched our North American OTT Course for Guyana. The course has been divided into four modules: Guyana Essentials, Nature, Birding & Wildlife, Culture & Heritage and Community-tourism and Lodges.*

*We encourage you to [Dive Into The Course](#) and learn more about this singular destination. Did we mention **there are prizes** for the first 40 agents to complete it?*



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