

Tips For A Taste Adventure

Expert Chef And Traveler Shares How To Add Spice To Your Regular Dining Routine

(NAPSA)—With 1,095 meals to plan a year, it's easy to fall prey to eating the same meals each week. Andrew Zimmern, host of Travel Channel's popular series "Bizarre Foods with Andrew Zimmern," has partnered with Pepto-Bismol to bring you tips on how to have a "taste adventure" on the road or in your hometown. Zimmern shares flavorful ways to add spice to your regular dining routine; excitement seekers across the country interested in expanding their palate can go online to www.CherryPepto.com and download any of the 10 Taste Adventure Guides.

With multiple guides to choose from, the taste adventurer is sure to find something to please his or her palate. But beware: Most of Zimmern's top picks aren't the typical mainstream venues. He offers an opportunity to head off the beaten path with his regional guides and shares his top tips for having a taste adventure in any location. Zimmern also unveils his favorite spots that often get looked over as well as "must tastes" from the big names in a city near you.

Andrew Zimmern's tips to get you started on your taste adventure include:

• Grocery Hop

Explore other groceries than your usual go-to store. Ethnic grocery stores, of any background, are great places to find new herbs and vegetables and usually offer some very good deals. Again, talk to the grocery clerks to aid you in your adventure.



• Share Food

Invite a few friends over and ask them to bring, or be prepared to create, a dish that their grandmother or great-grandmother made. Have them tell the story of where it came from. You'll be surprised at how much you can learn about other cultures by eating your friends' food and sharing stories.

• Go for a Walk

For an adventure that can't be beat, pick an area of town that you seldom visit. Park your car and walk. Not only will you most likely come across some great food in a little hole-in-the-wall joint, but you'll probably find some great shops, too.

• Be Prepared

Leave your expectations at home and bring an open mind as to what you will encounter. Keep a supply of Pepto-Bismol Cherry Liquid in your medicine cabinet and Pepto-Bismol Cherry Chewable Tablets in your purse or back pocket when you're on the road and are ready to embrace new food, but your stomach isn't!