***Cuisine Quest: South and Central America***

**Resource Guide**

**Brian Michalski – Endless Passport**

[endlesspassport.com](http://endlesspassport.com) brian@endlesspassport.com

[facebook.com/endlesspassport](http://facebook.com/endlesspassport) [Instagram](https://www.instagram.com/mindfulvagabond/): [@seebriantravel](http://instagram.com/seebriantravel)

[youtube.com/brianmichalskitravels](http://youtube.com/brianmichalskitravels) [twitter.com/seebriantravel](http://twitter.com/seebriantravel)

**Health, Safety, and Visas**

Centers for Disease Control and Prevention – [cdc.gov](https://www.cdc.gov/index.htm)

Smart Traveler Enrollment Program – [step.state.gov](https://step.state.gov/)

U.S. Embassy – [usembassy.gov](https://www.usembassy.gov/)

U.S. Department of State – [travel.state.gov](https://travel.state.gov/)

AIG Travel Guard travel insurance – [mvp.travelguard.com](https://www.travelguard.com/)

**Restaurant Recommendations**

**Peruvian: Tanta Chicago**

118 W Grand Ave

Chicago, IL 60654

[tantachicago.com](http://tantachicago.com)

312-222-9700

**Argentinian: Niño Gordo**

Thames 1810

Buenos Aires, Argentina

[niñogordo.com.ar](http://ninogordo.com.ar)

**Patagonian: La Cantina Fueguina de Freddy**

Av San Martín 300-398

Ushuaia, Tierra del Fuego, Argentina

**Brazilian: Recanto Brazilian Grill**

928 W Belmont Ave

Chicago, IL 60657

[recantobraziliangrill.net](http://recantobraziliangrill.net)

773-661-9485

**Colombian: Prudencia**

Cra 2 #1134

Bogotá, Colombia

[prudencia.net](http://prudencia.net)

**Nicaraguan: Mi Viejo Ranchito**

Km 17, 5 Carr, a Masaya

Managua, Nicaragua

**Costa Rican: Irazú Costa Rican Dining**

1865 N Milwaukee Ave

Chicago, IL 60647

[irazuchicago.com](http://irazuchicago.com)

773-739-2832

**Recipes**

**Peruvian** [**Ceviche**](https://www.eatperu.com/ceviche-recipe/)**: Eat Peru**

[eatperu.com/ceviche-recipe/](http://eatperu.com/ceviche-recipe/)

**Argentinian** [**Chimichurri**](https://theforkedspoon.com/chimichurri-recipe/)**: The Forked Spoon**

[theforkedspoon.com/chimichurri-recipe/](http://theforkedspoon.com/chimichurri-recipe/)

**Brazilian** [**Moqueca de Camaroes**](https://www.ibreatheimhungry.com/brazilian-shrimp-stew-moqueca-de/)**: I Breathe I’m Hungry**

[ibreatheimhungry.com/brazilian-shrimp-stew-moqueca-de/](http://ibreatheimhungry.com/brazilian-shrimp-stew-moqueca-de/)

**Colombian** [**Arepas**](https://www.allrecipes.com/recipe/262048/colombian-arepas/)**: All Recipes**

[allrecipes.com/recipe/262048/colombian-arepas/](http://allrecipes.com/recipe/262048/colombian-arepas/)

**Costa Rican** [**Gallo Pinto**](https://www.evolvingtable.com/gallo-pinto/)**: Evolving Table**

[evolvingtable.com/gallo-pinto/](http://evolvingtable.com/gallo-pinto/)

**Help**

**Fundacíon Terram** – fighting for local preservation; achieving local sustainable development

[terram.cl](http://terram.cl)

**Green Climate Fund Uruguay** – increasing public awareness and educating locals

[greenclimate.fund/countries/uruguay](http://greenclimate.fund/countries/uruguay)