

Argentina, Chile and Uruguay have some national dishes and drinks that you shouldn't miss. Almost all of them appear in each country and beyond being tasty, they are a key part of the culture. Try them all !!

Asado/Parrilla

Is in essence a grilled barbecue, consisting of various cuts of meat. A typical asado* may have an assortment of various cuts of steak, chicken, morcilla (blood sausage/black pudding), chorizo (sausage), mollejas (sweetbreads), riñones (kidneys), and chinchulines (intestines).



Chivito

This Uruguayan sandwich consists primarily of a thin slice of steak, with mayonnaise, black or green olives, cheese, tomatoes and sometimes also bacon, fried or hardboiled eggs and ham. Normally served in a bun with a huge stack of French Fries! The Chilean version is Barros Luco and in Argentina, the lomito.



Empanada

Is a tasty stuffed pastry that can have a wide range of fillings, such as beef, chicken, seafood, vegetables, ham and cheese, sweet corn, onion, boiled egg, olives, raisins and more. It can be baked or fried.

Mate

Is a popular traditional infusion made with the leaves of the yerba plant. Once dry and processed, the leaves are put into a gourd called mate (made of wood or other materials) and hot water is poured over it. The infusion is sipped through a bombilla (a filtered metal straw).



Dulce de leche

Dulce de Leche is the ultimate for anyone with a sweet tooth. Made from slow cooked condensed milk it is rich, creamy and perfectly addictive! Spread it on toast in the morning, try it stuffed in pastries, eat it in the local alfajors or just eat it straight from the jar!

This is South America's wine land, so don't leave without trying lots of the amazing wines on offer. In all three countries, visiting wineries is a fun experience and if you have the time it is worth spending a couple days bodega hopping! Wineries range from big to small and each one offers different tourist programs whether you want to pick grapes in the vineyards, make your own wine blends, see a gaucho show, eat indulgent five course lunches or simply just taste wine. Visiting wineries can either be done by car or in some cases by bus and bike, there are also wine tour operators in most regions ranging from backpacker friendly to five star.



Whether you want to quaff in private or take wine home for family, here are some wines you have to try:

Malbec - The King of Argentine wine. This French varietal became famous in Argentina because of its fruity and silky nature. Grown all over the country, Malbecs can have great variation in flavours but most are enjoyed best with a good steak!

Carmenère - Chile's champion variety is spicy and full and is a very unique wine that you are sure to remember. This can be quite a heavy wine that definitely requires a hearty meal to help you soak it up.

Tannat - Uruguay made this unusual grape their national wine and the handful of wineries in the country produce some really great red and rose wines with Tannat. It can be a bit rough around the edges so for the best experience you want to splash out on some older tannat that has spent some time in oak barrels.

Torrontés - If Malbec is the King, Torrontés is the Queen of Argentine wine. Mainly coming from Salta, this is Argentina's only native variety and locally it is called 'the liar' because its floral and fruity nose makes you think it will be sweet but it is actually a dry white wine.



Sauvignon Blanc - Made all over the world, this well known wine is made here too. Some of the best Sauvignon Blancs come from Chile and are perfect when eating seafood on the beachfront!

Cabernet Sauvignon - Another variety popular world wide, Cabernet also finds a special home here with great wines being produced in Chile and Argentina in particular.