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# ROAD TRIP EATING

by Adriana Valentin



**T**o some, the idea of taking a road trip brings on nostalgia; others it evokes excitement: a happy-go-lucky, wide-toothed grin. Either way, food is essential. If you're camping in the RV or the family van, cooking can be quite a chore, but one that can be enjoyed (sometimes only in retrospect) if done right. And if you're restaurant-eating along the way, that can be unforgettable as well, if done right.

The best way to prepare for a road trip (aside from making sure the vehicle is in good condition) is to scout out where you're heading – at least the general direction. Go online and see if there are any bucket list-worthy restaurants (or

food trucks!), markets, or festivals. If so, do your best to schedule around the dates. Chances are, if the restaurant or event is world-renowned or on a "do-before-you-die" list, it's on there for a reason. In short: go experience it; the opportunity may never come again! So go hunting for those lists - There are many books just for foodies out there, one even with an 800 restaurant glossary, with reviews of them all. Another way to make some great memories on road trips is to eat local. The pros to local eating – meaning going to the weekly farmer's markets, dining at restaurants that advertise locally grown products, and buying from locally based, non-chain stores – are practically endless.

Not only is consuming local products easy and fun, but it benefits all parties involved. You as a consumer can taste and see the difference in products, there is more variety, and you know exactly where the food came from. From the producers' perspective, they are able to build genuine face to face relationships with customers. And for the region as a whole, it is a happier place altogether: the economy is boosted, the products and resources are used efficiently, and an honest sense of community is felt.

Road trips with my family are some of my most treasured memories. Aside from all the laughs, camping experiences, and great times I had with them, the food we ate stands out to us all the most. We are a band of foodies, united by our sense of smell, taste buds, and the "internal GPS" that somehow always guides us to the best food. One of the best and most memorable experiences we've had was in Astoria, Oregon. The weather was a perfect overcast 65 degrees, and we had decided to roam the streets and see what we could discover.

After having a delicious fresh breakfast at Scorch-er's Bakery (everything was local and they even composted the uneaten leftovers!), we stumbled

upon a down to earth farmer's market. Everyone was so friendly, so warm, and the items sold there were hardly off the vine when we bought them. For lunch we had bought some fresh greens, homemade sourdough bread, and to-die-for, just-caught salmon at the market. We ate it right on the dock, throwing some of the bread to the birds skimming the waves. Not only was the food perfect, but the ambience of the ocean and the weather combined for an unforgettable food and road trip experience.

As you can see, the little things are appreciated on a road trip. Whether it's just the essence of being in a car, spending the night under the stars, picking up a meal from a food truck, or strolling in the streets enjoying life in a different place, there is no denying that there's just something about a road trip that can unite almost any strangers and firmly bond even the closest of families.



## ABOUT THE AUTHOR

Adriana is a young foodie with a love for writing. She is sure of this, seeing as during a plane layover in Wisconsin, with an hour to spare, her and her family dashed to a frozen custard parlor 25 minutes away for the mere bliss of the bite. Adriana loves to travel and cannot wait to study abroad after she begins her college life in California.

