

Girl Eat World

EPISODIC BREAKDOWN

1. Tokyo

Kamini travels to Tokyo, Japan. On first impressions the city seems like a vision of the future – neon facades, monorails, bullet trains, cyber fashion, an urban sprawl that goes on forever, and a food culture that resembles an urbanized production line, cut off from the natural environment.

But fortunately Kamini has a guide to help her uncover the true heart of the city: Food blogger Tamiko Suzuki-Sakuma! Her blog Miss Fancy Pants is the cutest collection of amazing food, eat-out tips and guides to looking and feeling great in the city. Following a meeting with Tamiko she tastes the freshest sushi in a subway in Shinjuku, samples fresh organic produce at the Aoyama Organic Market, fishes and catches her own supper, discovers an urban honey farm amidst the grandeur of high-rise Ginza, and dines on yakitori chicken and the most seasonal fresh produce imaginable in the form of a renowned Yakitoria Hot Pot.

With Tamiko as her knowledgeable guide, Kamini discovers that far from being a city cut off from the natural environment, Tokyo is a city that celebrates and reveres the natural world through its food.

2. Lima

Lima, Peru conjures images of the great Andes Mountains and the mystical Incas. In recent times, though, its capital has gained a bad reputation. Kamini has come to the city to find out what role food plays in a place described as a drug-trafficking, violent and economically divided city.

Her guide is blogger and photographer Jimena Agois, whose blog Pizca d’Sal is a magnificent collection of local recipes, gorgeous images and great food. Jimena and Kamini sample ceviche fresh from the Pacific Ocean, and try out Japanese and Argentinean fusion-inspired cuisine at Canta Rana, Lima’s most famous family eatery. They also get a taste of Lima’s food truck culture and visit the No 1 Market in Sequillo to see the exotic produce on offer. Along the way Kamini gets to experience Lima from the air, attends an intimate traditional family lunch, tucks into the Peruvian street specialty Anticuchos, and has a Pisco Cocktail to remember at the famous Mantya Restaurante Bar.

Kamini finds that eating is the great uniting factor in Peru - bringing people together in a celebration of friends, family and food.

3. Sydney

Sydney, Australia is a food city transformed from its once staid image of meat-and-two-veg into an international culinary destination. But how did this transformation happen? Kamini ventures into the city to find out.

Her guide is renowned food blogger Billy Law, whose blog *A Table for Two* celebrates Sydney's diverse culinary landscape. Kamini starts at the Royal Botanical Gardens on an Aboriginal bush tucker tour, before venturing to Harry De Wheels Pie Shop to sample the British food tradition. The pair then head to Cabramatta to see and taste the influence of a new wave of immigrants, including Vietnamese Kangaroo and a South-East Asia-inspired fertilized duck egg! They also venture to China Town where Malaysian culinary wonders await them at the famous Mamak Restaurant. Billy and Kamini stop off at The Glenmore for a pint and a nibble of ubiquitous Aussie salt and pepper squid, before heading off to sample the future of Australian cuisine at Pinbone in Woollahra.

Kamini discovers that Sydney's transformation has had everything to do with its lively immigrant food culture and the new tastes a new generation of Sydneysiders are adopting.

4. Bangkok

Kamini travels to Bangkok, Thailand, a city with food at its heart. From ancient temples to hallowed waterways, Bangkok's culinary tradition is on display on every corner: rigid, recognizable and unchanging. Or is it?

Kamini's guide to unpicking the mysteries of Thai cuisine is blogger Chawadee Naulkair, whose blog *Bangkok Glutton* specializes in tracing and sampling the best street fare on offer in the city. The two meet up at Somboon Seafood in Sarawong to taste Chinese-inspired Crab Curry, and then head to the sprawling Klong Toey Market and sample some of the weird and wonderful fresh produce on offer. The Chinese influence on Thai cuisine is explored on Yeowarat Road, where Kamini learns about the Chinese influence on a famous Thai dish. She also gets a lesson in modern Thai street food in a comfortable setting at Soulfood Mahanakorn in Klongtunnau Wattana. After a colourful visit to the Klong Ladmayom Floating Market, Kamini and Chawadee get a taste of Thailand's street food innovation with dinner and cocktails in China Town.

Kamini discovers that Thai food, far from being rigid and unchanging, is constantly evolving and taking on new influences.

5. Johannesburg

Johannesburg, South Africa has gained an international reputation as a cesspit of crime, lawlessness and inner city decay. Regardless, Kamini travels to the city to discover how food is changing the way Johannesburgers think about their hometown.

Her guide is food blogger Jono Hall whose blog All You Can Eat for Free is a rambling monologue about life, love, food and the occasional recipe. After a meet-up at the well-known Neighbourgoods Market, Kamini and Jono travel to Soweto where they taste the African delicacy of sheep's head and Kamini takes a bungee jump off the famous Orlando Towers! Continuing their African odyssey they travel to the misunderstood Yeoville where African immigrants are bringing colour to the inner city through their food, and dresses up for a turn at The Wknd Social, a day party with good food, great fashion and even better music! No trip to Johannesburg is complete without a trip to Fordsburg, where the spicy flavours of the East are sampled. Kamini rounds off her adventures with a visit to the Maboneng Precinct where Jono's Food Hall pop-up dinner is in full swing.

Kamini discovers a city starting to regenerate and reawaken to its own potential, all brought about by food.

6. Copenhagen

Copenhagen is not only the coolest city in Scandinavia – it's a city with a collective dream. Kamini travels to Denmark's capital to get a taste of sustainable living, an approach that has permeated Danish culture from transport to food. But how sustainable can Copenhagen stay in the face of a harsh Scandinavian winter?

The answer is in local food knowledge; host food blogger Mia Irene Kristensen is a food scientist and anthropologist who utilises her scientific knowledge and skills for gastronomy and cooking. Mia's blog CPH Good Food is an incredible collection of recipes and new approaches to cooking and eating that are trending in the city.

Kamini and Mia venture into the city to try smorrebrod, the national dish that is getting a youthful reinvention, visit Grod, the world's only porridge restaurant, check out the fresh produce at Torvehallernek, go foraging for berries, make homemade ice-cream with a twist of science and get to taste autumnal cocktails and cosy street food in Copenhagen's newest indoor market. Kamini even gets the opportunity to help distribute fresh local and organic produce with a local food co-operative.

Kamini learns that even in the most barren of seasons, Copenhagen is a city that's all about local, sustainable and delicious!

7. Milan

Milan, Italy is one of the world's capitals of fashion, a place obsessed with the latest and most outrageous trends. Kamini travels to the city to venture beyond this veneer to discover the real Milan.

But this authenticity is hard to access without a guide, someone who is in touch with the heartbeat of this fast-paced city. Fortunately Kamini has found the perfect host - Sara Porro of Sauce Milan, a popular food blog dedicated to the city's culinary culture and fashionable social life.

Kamini tastes rabbit ragu at a third generation trattoria, learns the secrets of the local risotto, discovers the freshest produce at Mercato Communale, gets to sample locally sourced ingredients in a sophisticated setting at Ratana, and tastes reinvented nostalgia at the charming Taglio eatery, where Milan's heritage is celebrated on the plate. She also gets to sample the city's famous tradition of Apperitivo whilst sipping a Negroni cocktail!

Kamini is surprised to discover a very real city that is proud of its ancient roots, fiercely supportive of its own culinary diversity and celebrates food as well as it does its fashion!

8. Philadelphia

Philadelphia is the cradle of America, after all this is where the founding fathers gathered to claim their independence. But unlike its bigger, richer cousins on the East Coast, when it comes to food, Philadelphia remains less celebrated. Is this the city that started the American Dream, but that time forgot?

Kamini travels to the city to get a true taste of Philadelphia's rich food culture. She meets Drew Lazor: long-time Philadelphian, writer, editor, reporter and enthusiastic eater. With Drew, Kamini gets a taste of the food that was present at the birth of America at the famous City Tavern, gets a taste of the immigrant food culture at the famous 9th street Italian Market, tucks into a roast pork sandwich at Reading Food Market, tries out renowned Chef Eli Kulp's Amish Chicken, and takes a trip through the city's gastro pub food culture. She even discovers the American dream in the form of a basement brewery, producing local tipple that benefits the community.

In Philadelphia Kamini discovers a nascent food renaissance that is re-inventing the American dream.

9. Berlin

Kamini travels to Berlin, Germany. Once uniquely divided, now a city that enjoys a reputation as one of Europe's most exuberant spaces. By all accounts it is a city alive with creativity. But how has this creativity affected its food culture?

If Kamini is going to understand the creative culinary expression of the city, she cannot ask for a better guide than Kavita Meelu, a well-known food activist whose blog, Mothers Mother, celebrates a global immigrant food culture.

From the revival of traditional techniques like smoked fish in the Markthalle, to a delicious misshapen vegetarian feast at Culinary Misfits, to combining art and food in an immersive experience, Kamini discovers a city celebrating food as an art form. She also discovers how immigrant food culture is merging with German traditions to create dazzling new flavours, learns the history of the famous Donor Kebab, and samples the famous Street Food Thursday market. If that wasn't enough, Kamini works up an appetite by going base-flying!

With Kavita at her side, Kamini discovers a city that is using food as creative expression in ways she couldn't have imagined!

10. Dubai

Kamini travels to Dubai in the UAE. Her first impressions? A man-made oasis where money talks, from cars to fashion to food. But does this flashy city have an authentic heart?

Fortunately Kamini has a guide to help her uncover Dubai's true nature: local food blogger Arva Ahmed. Her blog I Live in a Frying Pan shows a passion for old Dubai street food and she also runs food tours that take visitors on journeys to unveil tastes and flavours steeped in Middle Eastern traditions. The two visit the famous Deira Fish Market for a taste of the Gulf, head out on a food tour tasting Arabic cuisine, taste desert ice-cream and stuff themselves full of delectable kanafa. Kamini also heads out on a 4x4 adventure where she learns the Bedouin art of eating in the desert. She even has time for a night out with the girls, including a meal at the renowned fusion eatery Qbara, and a game of table tennis on a gold table – in heels!

With Arva as her knowledgeable local guide, Kamini discovers that far from being a city where opulence rules, the authentic heart of the city can be discovered through its food culture, a culture at the epicentre of Middle Eastern cuisine.