

41 Irresistible Meals You'll Travel to EAT!



“Are you *ready* to drool from these flavors!?”

- A food guide by Mark Wiens

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Why did I write this guide?

Thank you very much for downloading a copy of this complimentary Migrationology food guide!

"Those who are one regarding food are at one in life." - Malawian Proverb

Food not only tastes amazing and is necessary to sustain life, but it's an integral component of every culture throughout the world. Every nation, city, or even family, has a specific local dish that they find comfort in and enjoy eating.

And that's precisely why **focusing on food** and **local eating** is one of the greatest ways to experience travel, to learn about others, and to build relationships.

Food not only excites the taste buds, it brings people together.

I wrote this guide to share a few of the most delicious meals I've enjoyed throughout years of travel. It's just a thin slice of the many experiences and possibilities you and I can have as we travel with an open mind and a big spoon.

Delicious travel experiences create lasting memories.

About Migrationology and Mark



I know you love to eat as much as I do, so it's fantastic to meet and connect with you, another food lover!

My name is Mark Wiens.

[In this video](#), I share my story. If you have a moment to watch it that would be great, but below you'll also find a few lines about who I am and how I grew up.

I was born in Phoenix, Arizona, USA, to a Chinese American mother from Hawaii, and a German roots Father from Kansas.

My parents are Christian missionaries, so when I was five years old, we moved to France. In the small mountainous town of Albertville, I attended my first year of school, learning in French, and enjoying ham and baguettes.

After a year, our family relocated to DR Congo (then known as Zaire). For three years we lived in the middle of the jungle, and to my delight I would run around shooting birds with sling shots (and eating them), climbing trees, and picking fruit.

When war escalated we moved to [Nairobi](#), Kenya, where I attended Rosslyn Academy, a Christian International school for 8 years. I had the privilege of meeting and having friends from around the globe. My love for food continued to develop as I engaged with people from many different cultures and backgrounds.

After graduating from high school I returned to the USA and attended Arizona State University for four years. I had some amazing experiences, many of them revolving around eating Mexican food, Ethiopian food, and every other ethnic cuisine I could discover. University was great, but I always knew I needed to continue traveling and eating (that's what I'm passionate about).

In 2008, after completing a degree in Global Studies, I continued traveling, this time as a backpacker - **a hungry backpacker**.

Eventually I made my way to [Southeast Asia](#) (where I'm now based), and after dating Ying for a couple of years, we got married. I'm grateful to have an amazing wife to share this journey with.

I had loved food from childhood, but it was in Thailand where I became even more obsessed with eating. There's an overwhelming quantity, diversity, and flavor spectrum of cuisine in Asia, and the next meal is always exciting.

Following my passion for food and culture has been one of the most rewarding decisions I've made.

As a full time eater and traveler I am privileged to meet and connect with many other people and to get a flavor of other cultures.

I'd like to encourage you to follow your passions or dreams (maybe for food or travel or anything else), because when you're doing what you're most interested in, that's how you'll be most effective.

You'll wake up every morning excited!



Nasi Lemak (Malaysia)

Description: The rice is cooked in luscious coconut cream before a choice of toppings like sambal squid, rendang curry, dried fish, fried eggs, and toasted peanuts are placed on top. Finally a sauce that will blow your mind is generously scooped over everything. It's nothing short of heaven in your mouth!

Where to eat it: Nasi lemak is widely available throughout Malaysia, especially at local restaurants. I LOVED it at both [Antarabangsa](#) and [RA Nasi Lemak](#) in Kuala Lumpur.

VIDEO: [Click here to watch](#)



2

Darjeeling Meal (Darjeeling, India)

Description: Slotted in between Tibet, Nepal, and Bhutan, [Darjeeling](#) has a mixture of culinary delights. Piping hot rice, dal soup, beef and pork curry, curried casava, and fried vegetables made this meal complete. But it was the communal side of chili peppers, raw red onions, and an unwordly tasty green sauce that made every bite EPIC! I loved this meal so much, I returned four days in a row.

Where to eat it: If you visit Darjeeling, India, go directly to [Singalila restaurant](#), don't even set your bags down at your hotel first.

VIDEO: [Click here to watch](#)



3

Guilin Noodles (China)

Description: I'm normally more of a rice fan than a noodle fan, but the right kind of noodles, such as Guilin noodles, can be downright life-changing. These rice noodles are submerged in a flavorful meaty broth before being annihilated with slices of meat, pickled vegetables, roasted peanuts, and a dab of roasted chili flakes. It's a noodle slurpers dream!

Where to eat it: While spending a month in Yangshuo, Guangxzi Province, China, I had many a bowl at the [Lotus Patch](#).

VIDEO: [Click here to watch](#)



4

Hawawshy (Egypt)

Description: Literally hours after stepping off my debut flight to Cairo, I was face to face with the delicious creation known as “hawawshy.” This [Egyptian street food](#) speciality begins with a flatbread that’s stuffed with minced lamb, basted in oil, and baked in a fiery furnace until it’s golden and crispy. Served with tahini and pickled vegetables, this intro to Cairo was love at first taste!

Where to eat it: On the streets of Cairo, Egypt



5

Pad Kra Pao (Thailand)

Description: Pad kra pao, or stir fried holy basil, is one of the signature [Thai street food dishes](#). I like to order mine with chicken or shrimp - placed over a bed of steamed rice - and with a crunchy on the edges, runny yolk, fried egg on the side!

Where to eat it: It's commonly available at Thai stir fry restaurants and a favorite lunch dish among locals. Also check out my premium [Eating Thai Food Guide](#).

VIDEO: [Click here to watch](#)



6

Dal Bhat (Nepal)

Description: Dal means soup, and bhat means rice (or another starch). The combo is often more glorious than just that, often including seasonal vegetables like curried cauliflower, achar chili sauce, and the optional (and I'd recommend it) addition of a meat curry like chili chicken, beef curry, or dried buffalo. Dal bhat is a simple and extremely satisfying meal in Nepal.

Where to eat it: Dal bhat is the staple meal in Nepal, and anywhere you go in the country, you'll be able to feast upon it!



7

Carne Asada Burrito (Mexico, USA)

Description: While attending university in Arizona, USA, I was willing to travel long distances for amazing [Mexican food](#). Luckily I had many amazing Mexican friends who not only cooked, but also drove me to Mexico every now and then for delicious food. Carne asada is grilled beef, and filled into tacos or burritos or any other way, it's pure delight.



8

Shuizhuyú (China)

Description: Like a trophy is to an athlete, such is a massive pot of delicious food to me. Shuizhuyu is a Sichuan Chinese dish of boiled slices of meat or fish combined with an insane amount of dried chillies, Sichuan peppercorns, oil, and seasonings. Along with fish, we also scooped out beansprouts, cooked lettuce leaves, and silky chunks of tofu. I devoured all the contents over multiple bowls of steamed rice, and I was extremely satisfied!

Where to eat it: You can eat this dish especially in the province of Sichuan, but I ate it in Yangshuo, at a [small local restaurant](#).

9

Sushi & Sashimi (Japan)

Description: Japan is one of the greatest destinations in the world when it comes to food. Part of the reason Japanese food is so good is because of its simplicity, freshness, and acute focus to details, and sushi is no different.

Where to eat it: Be sure to check out my full guide on [eating in Tokyo](#), and [Osaka](#). If you love seafood and high quality freshness, you're going to love Japan.



10

Fried Quail & Jungle Curry (Thailand)

Description: [Bangkok](#) is one of my favorite cities in the world because of its insane quantity of delicious food. At [Sriyan market](#) is a restaurant that serves outstanding Thai jungle curry (Gaeng Pa แกงป่า) and minced fried quail with chillies and spices (Nok Sab Pad Kee Mao. Everything on the menu is mouthwatering.

Where to eat it: If you visit Bangkok, [Ran Gaeng Pa Sriyan](#) is one of my favorite restaurants!

VIDEO: [Click here to watch](#)



11

Curry Laksa (Malaysia)

Description: Curry laksa is one of the greatest [Malaysian foods](#). This bowl of noodles topped in thick coconut milk curry, shrimp, and spices, is then garnished with coriander and sprinkled with a squeeze of calamansi juice. It's a merging of Malay and Chinese flavors into a wondrous creation.

Where to eat it: It's found throughout Malaysia, Singapore, and Indonesia. I enjoyed this bowl (pictured) in [Kota Kinabalu](#).



12

Meat Mountain (Uruguay & Argentina)

Description: After graduating from University, I headed directly down to South America to travel and take a [TESOL English teaching course](#). I was blown away by the meat, and I nearly went crazy trying to eat as much of it as possible. While in Montevideo, Uruguay, a friend and I devoured this platter of protein, followed by an afternoon of patting our bellies and sipping on [mate](#).

Where to eat it: In Montevideo, Uruguay, I ate this glorious meat mountain at the Mercado del Puerto.



13

Myanmar Barbecue (Myanmar)

Description: In 2011, I took a trip to [Yangon](#), Myanmar, at a time when very few tourists visited. It was incredible to explore the exciting streets and sample all sorts of [Burmese foods](#) everywhere I looked. One side street in Yangon's Chinatown serves Burmese barbecue, an assortment of skewers and fish marinated and ready to be grilled. Select your meal and it will be grilled and delivered to your table quickly. The fish in particular was so good, I licked the bones completely clean.

Where to eat it: Yangon, Myanmar

VIDEO: [Click here to watch](#)

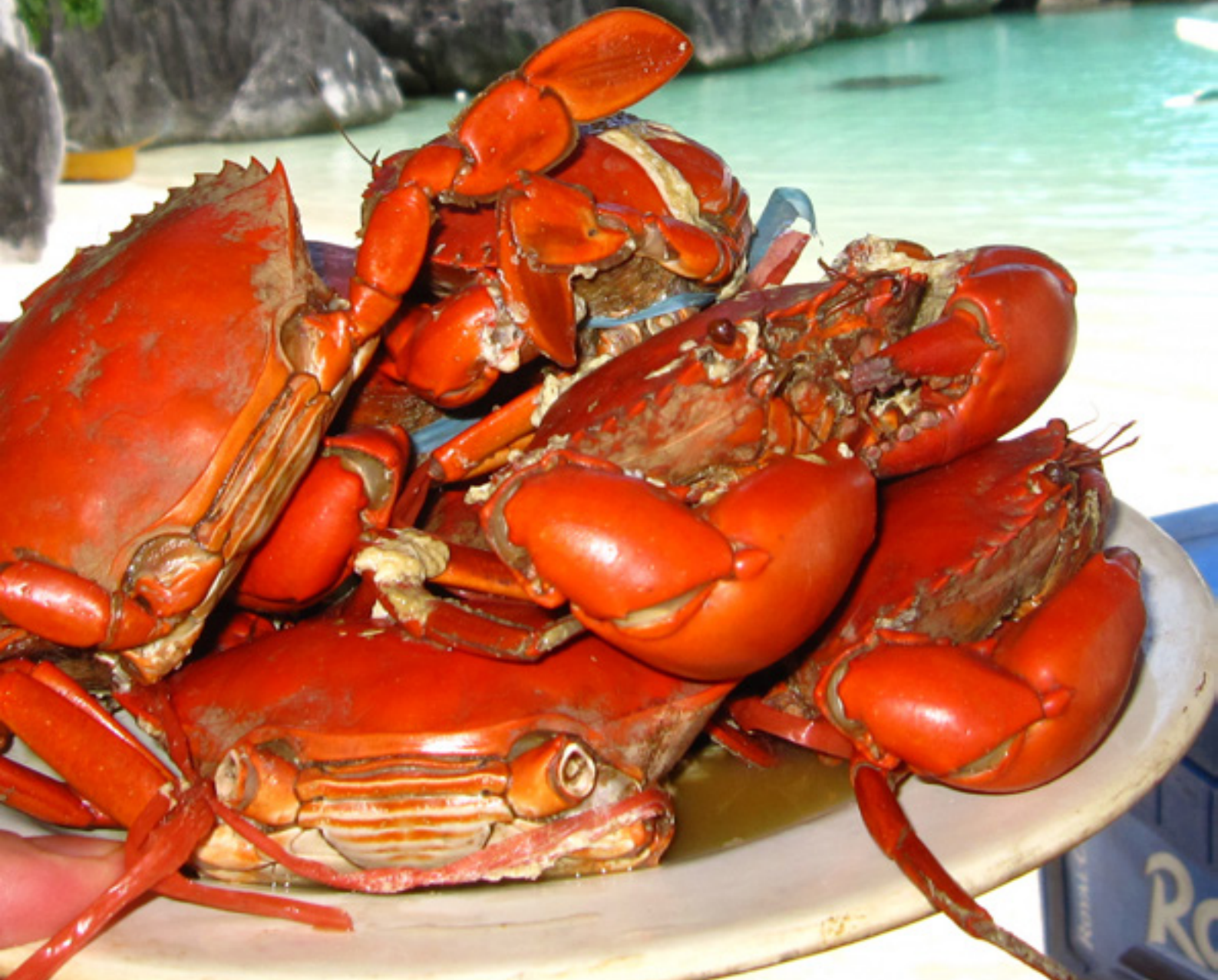


14

Beach Seafood (Philippines)

Description: While traveling and [volunteering in the Philippines](#), I took some time off to relax on [Coron Island in Palawan](#). It was magical. Sitting on a private, turquoise water beach, and sucking down sweet crabs and other deliciously fresh seafood, was absolute bliss.

Where to eat it: If you visit [Manila](#), don't miss [seafood dampo](#), a restaurant where you purchase fresh seafood from the market and a restaurant cooks it all up.



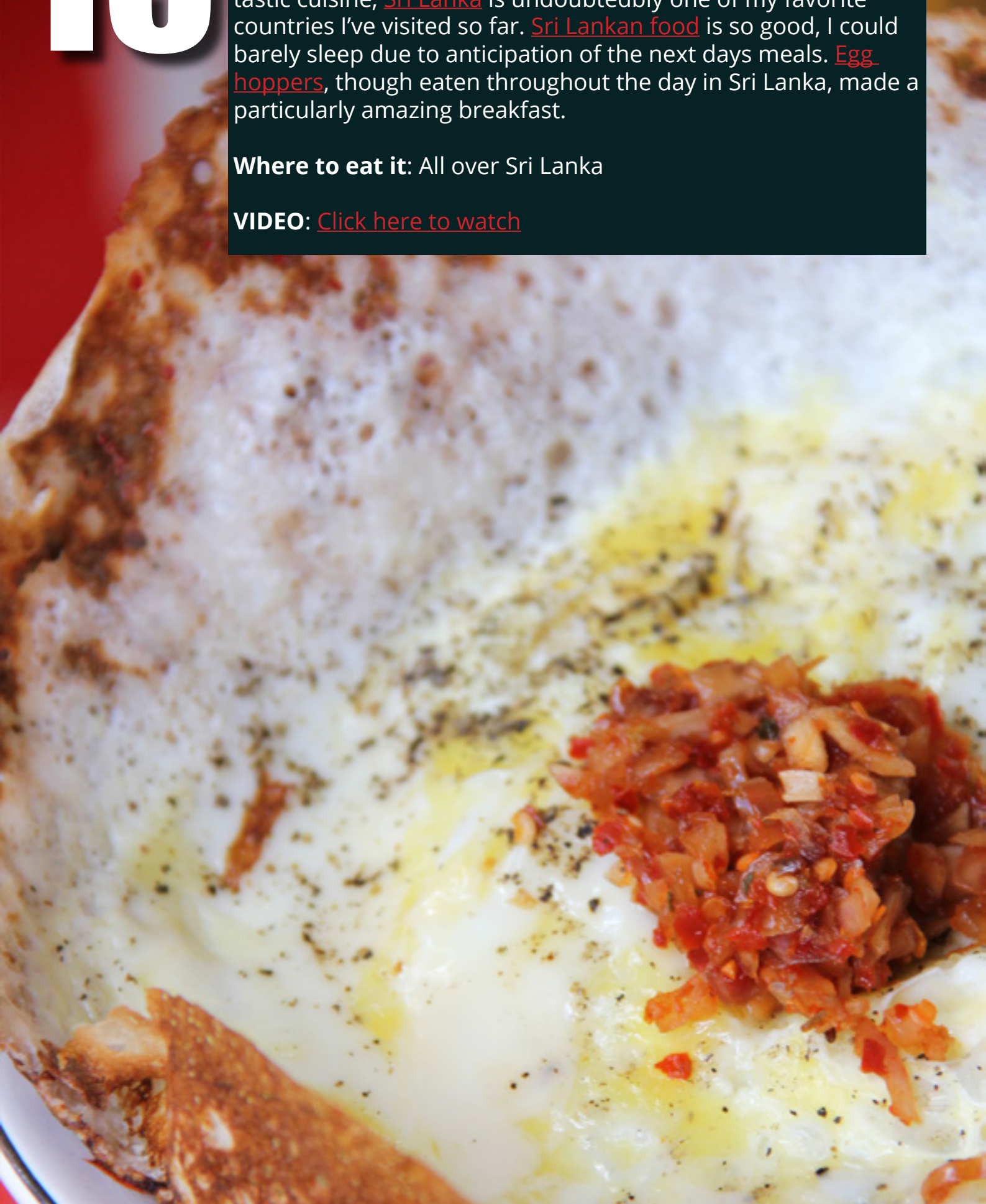
15

Egg Hoppers (Sri Lanka)

Description: With friendly people, gorgeous scenery, and fantastic cuisine, [Sri Lanka](#) is undoubtedly one of my favorite countries I've visited so far. [Sri Lankan food](#) is so good, I could barely sleep due to anticipation of the next days meals. [Egg hoppers](#), though eaten throughout the day in Sri Lanka, made a particularly amazing breakfast.

Where to eat it: All over Sri Lanka

VIDEO: [Click here to watch](#)



Dim Sum (Hong Kong)

Description: I've been to [Hong Kong](#) a number of times, and each time I go I'm so excited to eat dim sum I start to tremble. It would be horrible to visit Hong Kong without devouring at least a few meals of precious dim sum.

Where to eat it: Dim sum is available all over Hong Kong, but last time I was there I ate at [Lin Heung Tea House](#), where they still push the dumplings around on carts.



17

Korean Barbecue (South Korea)

Description: Sitting at a table while self cooking bite sized pieces of outrageously flavorful meat is without doubt a marvelous way to enjoy a meal. The [Korean food](#) side dishes (known as banchan), including tasty things like kimchi, elevates Korean meals to extremely pleasuring experiences.

Where to eat it: I enjoyed delicious Korean barbecue in Seoul at [New Village](#).

VIDEO: [Click here to watch](#), also check out this [Seoul street food](#) video.



18

Biryani (Zanzibar)

Description: Biryani is a fascinating food that's available in many parts of the world. Rice, a choice of meat, and some garnishing vegetables are normally what's included. The single plate meal is mouthwatering good, especially in Zanzibar!

Where to eat it: I enjoyed this heavenly platter of goat biryani at [Passing Show Restaurant](#) in Stone Town, Zanzibar.

VIDEO: [Click here to watch](#)



19

Banana Leaf (South India, Malaysia)

Description: I only had time to visit North India on my last trip, but luckily I had the opportunity to feast on numerous South Indian banana leaf meals while in [Kuala Lumpur](#) (video). Unlimited rice, a variety of spicy curries, and some supplements of fish and chicken curry, and I literally shed some tears of joy. This meal was unbelievable!

Where to eat it: Either in Tamil Nadu, South India, or head to [Vishalatchi Food & Catering](#) in Kuala Lumpur, Malaysia.

VIDEO: [Click here to watch](#)



20

Kenyan Meal (Kenya)

Description: A traditional [Kenyan food](#) meal consists of ugali, a cornmeal starch, and sukuma wiki, collard greens. While I like ugali, I prefer rice, which is also frequently available. Extras like beans and stewed meat is always welcome to complete a [Nairobi street food](#) meal. Also, [nyama choma](#), or roasted meat (often goat), is always delicious too!

Where to eat it: You'll find similar food all over [Nairobi](#)

VIDEO: [Click here to watch my Nairobi video](#)



21

Laos Sandwich (Laos)

Description: Slightly depressed from waiting to collect my [Thai visa in Savannakhet](#), Laos, a hungry and tired Mark stumbled into a sandwich worthy of a pilgrimage. This unexpected breakfast spot serves a baguette packed with marinated beef, onions, and a perfectly oozy egg on top. A sprinkle of chili flakes and this thing of beauty was a meal I'll never forget!

Where to eat it: In the sleepy tiny town of Savannakhet, Laos, at [this spot](#).



22

Zanzibar Mix (Tanzania)

Description: Just from the name, some foods you know you're going to love before you ever taste them. Take "Zanzibari Mix" for example, it just sounds utterly attractive, and I'll reassure you that it is. This bowl of happiness is a combination of Indian, Middle Eastern, and African flavors all mixed up. Dal bhajias (vadas), chickpeas, nuts, and other tasty things are smothered in coconut milk curry and topped with chutney and chili sauce. It will blow your mind!

Where to eat it: It's available in [Dar Es Salaam](#), Tanzania, and I enjoyed this particular version at [Mama Mumtaz](#).



23

Chicken Noodles w/ Bitter Gourd (Thailand)

Description: Noodle soup is abundant in Thailand, and along with [boat noodles](#), one of my favorites is chicken noodles, which are often served with fresh slices of bitter melon. A few scoops of roasted chili flakes make a bowl of Thai chicken noodles all the better!

Where to eat it: Noodles are one of the most popular street foods in Thailand and you'll find chicken noodles at nearly all of these [Bangkok street food sanctuaries](#).



24

Nyama Choma (Kenya)

Description: Nyama choma, or roasted meat, is one of the most popular East African delicacies. Beef and chicken are often available, but nothing is more beloved than roasted goat known as mbuzi choma. The meat is roasted, sliced on a huge chopping board, served with pili pili (chili peppers), and sometimes a side of kachumbari (onions, cilantro, tomatoes).

Where to eat it: When I'm in Nairobi, I like to eat [nyama choma at Kenyatta Market](#)

VIDEO: Full [Nairobi travel video](#) (and it includes nyama choma)





25

Mahaberawi (Ethiopia)

Description: From my first bite nearly 20 years ago, Ethiopian food has been one of my favorites. A meal of mahaberawi includes injera (a spongy staple made from teff grain flour) topped with a variety of curries and side dishes. Both the flavors and eating style are incredible in Ethiopia.

Where to eat it: When you're in Ethiopia, there are so many fantastic restaurants to try. [Kategna](#) is a great restaurant.

VIDEO: Check out my full [Ethiopia playlist](#).



26

Ikan Bakar (Malaysia)

Description: Bakar means roast, and ikan means fish - but that being said, there's much more than just fish - squid, shrimp, mackerel, and my personal favorite, stingray, are common selections at an ikan bakar restaurant. The seafood is lathered in chili curry sauce and grilled to perfection. Eaten with rice and side dishes, you won't go wrong!

Where to eat it: Malaysia, Indonesia, and Singapore all do ikan bakar, but the most epic Malay style grilled seafood I've ever had was at [Medan Ikan Bakar Gerai No. 3](#)

VIDEO: [Click here to watch](#)



27

Tandoori / Afghani Chicken (India)

Description: I had eaten tandoori chicken many times before visiting India, but the experience of eating it in North India was so much more exciting. The tandoori chicken was incredible, but I also discovered something known as Afghani chicken, a rich roasted creamy chicken that I couldn't get enough of.

Where to eat it: All throughout North India, [Mama chicken](#) in Agra has great tandoori chicken, and in [Delhi](#), if you love grilled chicken go to Rajinder Da Dhaba. Their Afghani chicken was lifechanging!

VIDEO: [Tandoori chicken here](#), Afghani chicken coming soon

28

Arroz Con Cabrito (Peru)

Description: While I was still in University, I visited some friends in Peru. This was well before owning a camera or blogging, so I don't have any photos from back then. But one of the dishes I just couldn't get enough of was "arroz con cabrito," or rice and beans served with a hunk of stewed goat, and lots of aji chili sauce on the side.

Where to eat it: Available throughout Peru, and I would love to return again in the future for further food exploration. The mixture of Peruvian food is one of the great cuisines in the world!



Bai Sach Chrouk (Cambodia)

Description: Sometimes it's just the simple and memorable meals that taste so good. While visiting [Angkor Wat temples](#) in Cambodia, I stopped on the road to eat where many of the tour guides and drivers were grabbing breakfast. Grilled pork over rice, served with sweet pickled cucumbers, and with lots of sauce, paired with a view of the ancient monuments, was incredible!

Where to eat it: Throughout Cambodia



Laphet Thohk (Myanmar)

Description: Tea leaves are often used to brew tea, but seldom are they eaten, unless you're talking about [Burmese food](#). Laphet Thohk is a tossed salad of pickled tea leaves, roasted nuts, chickpeas, tomatoes, onions, chillies, and a medley of spices and seasoning which creates a unique and radically flavorful salad.

Where to eat it: I think I ate a plate every single day I was in [Yangon](#). It's available on street corners, pop-up stalls, and sit down restaurants. I also eat it in Bangkok at [Mama's Kitchen](#).

VIDEO: [Click here to watch my Yangon food tour](#), and here's a video of [Burmese food in Bangkok](#).



31

Hawaiian Food (Hawaii, USA)

Description: Hawaii, which is where my mother is from, is where I learned from infancy, to love food. While all forms of Asian food are widely consumed, [traditional Hawaiian food](#) is also marvelous. Lau lau (fish or meat cooked in taro leaves), smoked kalua pig, and the staple of poi (a taro paste) create an outstnading feast.

Where to eat it: There aren't too many restaurants serving Hawaiian food, and I ate this particular meal at home, but I also loved the food at [Alicia's Market](#) - amazing!!

VIDEO: [Click here to watch](#)



32

Bun Cha (Vietnam)

Description: My very first, my final, and many inbetween meals during my visit to Hanoi were all bun cha. This Hanoi dish includes grilled pork patties served with soft rice noodles, soup, garlic, chilies, and a massive pile of fresh herbs. It's a meal I could eat over and over and over again. I'm hoping to return to Vietnam again in the future for more bun cha and other delicious meals.

Where to eat it: Northern Vietnam, especially in Hanoi. See my [Vietnamese food guide](#).

VIDEO: [Full Hanoi food video](#) (an oldie but goodie)





33

Jaffna Food (Northern Sri Lanka)

Description: With a name like [Hotel Rolex](#), and a clientele of happy looking men continually coming out of the doors, I knew they were doing something right. A few piles of rice, hot parathas, candied brinjals (eggplant), shrimp and squid curry, some chutneys and raw vegetables, and a plate of [pol sambol](#) (coconut garnish), and I rolled out feeling happier than ever.

Where to eat it: Hotel Rolex is in Jaffna, Sri Lanka

VIDEO: [Click here to watch full Jaffna video](#)

Khao Kluk Kapi (Thailand)

Description: Rarely heard of outside of Thailand, khao kluk kapi is a fabulous [Thai dish](#) that spans so many flavors. A plate first includes a cup of rice stir fried in shrimp paste. Around the rice are a variety of ingredients like sour mango, sliced omelet, red onions, chilies, dry shrimp, sweet pork, and a squeeze of lime juice to top things off. It's an absolute sensation of flavors in a single Thai meal!

Where to eat it: It's especially available in [Bangkok](#) within markets, but rarely at sit down restaurants.





35

Nasi Campur (Indonesia, Malaysia)

Description: Indonesia is a huge country defined by over 17,000 islands and many culture. [Nasi campur](#) (also in Malaysia or Singapore), is a combination of rice topped with a variety of curries and sides. I personally go for fried or curried fish, a slice of omelet, some veggies, and tempeh soy bean fritters on top of my heap of rice.

Where to eat it: When in Indonesia, Malaysia, or Singapore, look for a big cabinet full of food and a crowd of people, and eat nasi campur there!

VIDEO: [Nasi campur in Kuala Lumpur](#)

36

Pol Sambol (Sri Lanka)

Description: Ok, so pol sambol isn't really a full meal on its own, but I love it so much that I couldn't resist adding it to this list. It's a garnish, a simple combination of shredded fresh coconut, chili powder, garlic, onions, lime juice, and sometimes dried fish. Eaten with bread, rice... anything, it's irresistible!

Where to eat it: Pol sambol is widely available as a [Sri Lankan food](#) at most restaurants, but you can see the [recipe here](#).

VIDEO: [Video recipe and adventure here](#)



37

North Indian Curry (Delhi, India)

Description: Along with South Indian thali feasts, north Indian curry is also richly scrumptious. Thick blends of spices, plenty of ghee (clarified butter), and both meat and vegetables, simmered into curry is a tasty recipe. North Indian curries are often served with tandoori roti.

Where to eat it: Pictured is a bowl of saag mutton, curried mutton in a spinach puree from Bhape De Hotel in [Delhi](#). It was incredibly greasy, but insanely satisfying as well.

VIDEO: [Click here for video](#)



38

Kimchi Jjigae (South Korea)

Description: [South Korean food](#) is high on the list of irresistible world cuisines, and a meal of kimchi jjigae with rice is comfort food at its finest. Kimchi, the ubiquitous Korean chili pickled napa cabbage, is the base of the dish. It's stewed with tofu, seafood or pork, and onions to create a spectacular flavored broth that goes perfectly with hot steamed rice.

Where to eat it: Available throughout South Korea, and I had many bowls of kimchi jjigae during my [visit to Seoul](#).

VIDEO: [Watch my full Seoul video here](#)



39

Chole Bhature (India)

Description: Chole is a delectable north Indian chickpea curry and bhature is type of Indian fried bread. Served together you have fluffy fried bread and creamy spic-ious chickpea curry. The combo is often served with pickled vegetables and raw chilies and onions. The chole is so soft and stewed that it literally tastes like butter, purely delicious.

Where to eat it: You'll find chole bhature all over Delhi and north India, but the best one I had was at Sita Ram Diwan Chand in Paharganj, Delhi (more details in my [Delhi guide](#)).

VIDEO: [Chole Bhature in Delhi](#)



40

Isan Food (Thailand)

Description: Thailand has many different genres of cuisine and Isan food is from the northeastern province which borders Laos. Fiery green papaya salad (som tam), tasty grilled meat salads, and sour soups, all eaten with sticky rice makes a complete Isan feast.

Where to eat it: Isan food is all over [Bangkok](#) and Thailand, but [Som Tam Boo Maa](#) and [Graveyard Eats](#) are two of my favorite spots in Bangkok. Also check out these [100 best Thai dishes](#).

VIDEO: [Click here to watch](#)



41

Southern Thai Food (Thailand)

Description: There is one genre of Thai food that in my flavor seeking opinion out-does everything else in the country, and that's southern Thai food. Spicy coconut curries, [stink beans](#) (my all-time favorite ingredient), fish bladder curry... it's hard to get better. Blends of lemongrass, turmeric, kaffir lime leaves, garlic, and plenty of chilies are all present in southern Thai cooking.

Where to eat it: In Bangkok you can go to [Lan Luam Dtai](#), and in Krabi try [Nong Joke](#). More info about southern Thai food in the [Eating Thai Food Guide](#).

VIDEO: [Kaeng som](#) (spicy southern Thai soup)





7 Tips for Eating Delicious When You Travel

I'd like to share a few of my best tips for eating while you travel.

1. Eat local

If there's a single piece of travel eating advice I can give you, it would be to stick with local food. That's what locals eat, and that's exactly what's going to be cooked the best in that country.

Try to eat local, and not at local indoor fancy restaurants, but find spots where local residents live and work and eat, and eat there yourself. I can't tell you how many incredibly delicious food experiences I've had from just searching out and paying attention to small local dining establishments.

2. Schools, hospitals, local markets (especially morning markets) are great

Where there are people, there will be food - this is a pretty universal worldwide

human law. I often search for local restaurants, street stalls, or snacks stalls around schools, hospitals, or local markets.

Morning markets, and I'm talking like 6 am, are often some of the best places to seek local food... they sure don't cook for tourists at 6 am! There's always so much food to discover.



3. Find crowds

There are few better ways to find delicious (and safe) local street food than by paying attention to large groups of people crowded around a certain vendor. Social proof is real and normally trustworthy.

For instance, while walking along [Kolkata's famous Decker's Lane](#) (video), I couldn't resist eating at the most popular food stall - a restaurant where a huge crowd of men were standing around stuffing their faces. I was immediately enthralled and had a meal that I'll never forget.

4. Hot and fresh

Especially if you're concerned with food hygiene in a certain country, along with eating where the crowds eat (usually shows that the food has a high turnover rate and is freshly prepared), strive to eat food that's hot and freshly cooked.

Boiling and heating food to a temperature over 165 F (74 C) - water boils at 212 F (100 C) - or simmering food kills bacteria. That's the reason why hot cooked food is the safest way to eat when you travel. Shellfish and seafood is the quickest to spoil, so be careful of old seafood!

That being said, there are also many delicious salads and non-cooked dishes, so it's just important to be careful and use your own personal food discretion.

5. Ordering food without a menu (and without knowing the language)

In an easy world we would always know exactly what dishes to eat in every country we visit, and even have a perfect list of what to try. And while this works

sometimes (if we have accurate information), it doesn't always work, so there's always times when we find ourselves in restaurants, wanting to eat local food, but not knowing how to order (one of the reasons I wrote the [Eating Thai Food Guide](#) is to help others be able to identify the vast availability of Thai dishes and order well rounded, delicious meals).

Menus aren't always present, and if they are, they are sometimes not all inclusive (meaning menus are sometimes just for foreigners, not for the locals that know what they want to eat).

Best case scenario is to see someone else eating something, and to just point (or motion) to that same dish and order it.

Next up is to attempt to communicate with the vendor, using body language and pointing to ingredients to choose what to eat. This isn't always the most reliable, and I've ended up with some dishes that I had no idea what they were, but it's always fun and an adventure!

I don't have all the answers, but I can say you have nothing to lose (other than it not being your favorite food) by ending up with a dish that's completely unfamiliar to you - you just have new food experiences to gain.



6. Paying for food without a menu (and without knowing the language)

One disappointment (and it RARELY happens if you're at a very local restaurant that's removed from a touristy area), is being overcharged for a meal.

I have two tips...

a) Watch to see what others are paying so you have an idea how much the food you've ordered costs.

b) If you have no idea how much something will cost, just act like you know, and hand the vendor a small-ish money note expecting to get the correct amount of change back. Now for this to work, you do have to have a little idea of an accurate price range, but you don't have to know exactly.

Here's an example to clarify, considering you don't know the local language. In Thailand a normal single meal plate of food should cost anywhere from 30 - 50 Thai Baht. Now if I don't know how much my meal cost, I can act like I do know, and after I'm finished eating I just hand the vendor a 100 Baht note (or even a 500 Baht note if you have a more expensive meal), expecting correct change. This method has worked quite effectively in my experience in a number of different countries.

7. Get out of your comfort zone (but do be wise)

I'm not telling you to **sample bugs** or eat fertilized duck eggs (though you just might like them if you try them), but I think it's necessary when we travel to open up to the local culture and push ourselves to get out of our comfort zones.

However, you should still be wise in what you choose to eat, but also be adventurous and willing to try new things. In other words, know yourself and your stomach - how strong your stomach is, what you personally should avoid eating and what you really like eating - but I'd encourage you to step out of your routine eating habits, and get out of your food comfort zone to sample and experience a greater range of local food in a possibly uncomfortable setting.

By taking advantage of these tips, I can guarantee you'll be setting yourself up for amazing food and travel experiences that you'll remember forever!



In Southern China it's common for men to take off their shirts eating when it's hot. I can sure get accustomed to that!



Frequently asked questions

1. How do you make money?

The **#1** question I get asked is, *"Mark, how do you make money?"*

In order to earn some money and maintain a traveling and eating lifestyle, I do a combination of things.

On [Migrationology.com](https://migrationology.com) and [EatingThaiFood.com](https://eatingthaifood.com) I write and publish a ton of free content, information, tips, and photos. But I also have a few premium travel and food guides that I sell. As of now I have four guides, but I have plans to publish many more in the future. By selling my guides I earn a small amount with each purchase.

Secondly, I earn some money from advertising on my YouTube videos. This doesn't earn a lot, but as I continue to focus on growing my video channel, I see a potential.

I try to avoid most standard advertising on my blog as much as possible, because I'd prefer to promote my own products (like [my ebook guides](#)), and other products I've personally used, that have been helpful, and that I can recommend. For recommending things (such as [Getting Out of Auto for Photography](#)

or [hotel suggestions](#) of places I've stayed), if someone chooses to purchase, I receive a small affiliate commission (I only recommend things I trust and believe in, or have even used myself).

Finally, I never thought I would be a writer or an author, but as a result of having a blog (which is an online profile), I have had the privilege to write for [CNN Travel](#), the Sunday Times, a number of airline magazines, and a variety of websites and travel food publications. So occasionally I get freelance writing projects. I can't rely on them, but I'm grateful when I'm given the opportunity. Also, I recently taught a YouTube lesson about marketing YouTube videos for [Travel Blog Success](#) (an online course, which if you're interested in starting a travel blog, I'd highly recommend - *this is an affiliate link so if you join I'll get a small commission, but I've looked through the entire course and it's extremely useful).



There are many ways to make money on the internet, but I think the greatest first step (at least in my case), was initially starting a travel blog, later focusing in on my niche of food, and more recently committing to making [videos for YouTube](#).

For myself, I'm honestly still figuring things out and learning each day as I continue to eat, blog, and work online.

2. Where are you from? What's your ethnicity?

If you didn't catch the answer to this already (or watch the video), my mother is Chinese, so I'm ½ Chinese and ½ Caucasian, but both my parents are from the United States.

3. How much time do you work?

I work a lot more than I would have been working if I had a job at an office from 9 am - 5 pm. But the main difference? I LOVE what I'm doing, so it's more of a hobby for me than a job.

Working for myself, I set my own deadlines and work schedule. I highly enjoy

the flexibility of not working on some days, but then working long and hard on other days. I'll often work for at least 8 - 10 hours per day, sometimes much longer, other days less.

4. What's your favorite country?

I've enjoyed visiting so many countries, each with their own delicious set of foods to offer, so I have many favorite countries. But my wife is Thai, so I'll go ahead and say Thailand, because it's such a convenient country with so much to do, and I'm not even going to get started talking about Thai food!

Also Sri Lanka was incredible.

5. What's your favorite food?

Anything that's home-cooked (and can be a homey restaurant) by a motherly lady who not only adds a ton of spice to her food, but also lots of passion and love.

All 41 of these meals and more! I can't decide on a single dish, I just love food so much!



The best travel advice I can give you in a 1 sentence:

Eat local, be patient and flexible, get out of your comfort zone to try new things, and most of all, never give up on your passions and dreams!

Conclusion

Hope you enjoyed this food guide!

I want to say a **huge thank you** for reading my blogs and for watching my videos. I can't express my appreciation enough, but I can say that I'm truly grateful for your continued support on all of my projects.

As for the future, I plan to continue traveling, exploring more food, gaining more experiences, and sharing many more meals with others!

And my hope is that I can inspire you to follow your passion, no matter what it may be.

- Mark Wiens

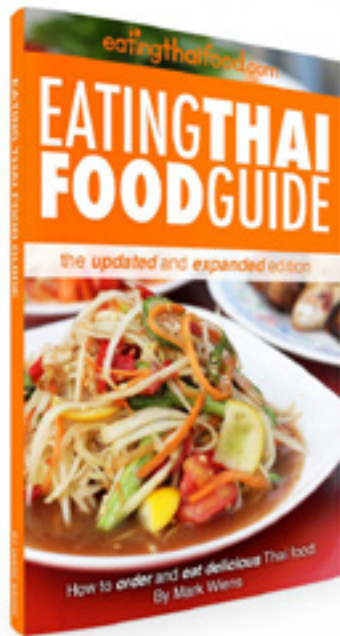
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[Eating Thai Food Guide](#)

\$17.00

Thai food is my obsession, and the Eating Thai Food Guide is exclusively for those that want to thoroughly experience the authentic side of Thai food in Thailand.

"I love your Eating Thai Food Guide that I just bought. It's exactly what I was looking for. It's beautifully laid out and I like that you have links for locations and maps with additional photos."

- Patrick from California



[eBook: 101 Things to Do in Bangkok](#)

\$3.99

After years of gathering information, I decided to publish a guide including 101 of the best things to do in Bangkok, with a major food section (of course), and also including many other practical Bangkok tips like where to stay, transportation, and safety.

"Migrationology's guide to Bangkok might well be the handiest travel e-book ever. Impressed!"

- Melanie Fleur