It’s not just food nerds who expect to eat well on their travels — no one wants to waste time on a duff dinner. So we grilled our local experts and put the squeeze on famous foodies to reveal their secret eats, latest trends and simply-the-bests — then reduced them down, like a good jus, to these 122 global gastro sensations. Pack an appetite.

**Chef’s Tip**

**Atul Kochhar**, chef-owner, Benares (benaresrestaurant.com)

Unlikely as it may sound, El Bulli’s Ferran Adrià reckons that ‘the province of Alicante is where you eat the best food in Spain’. Benidorm may be the region’s biggest name but, away from the mega-resort, the landscape segues to empty scrub, snow-tipped mountains and vineyards producing strong, sweet Fondillón wine. And it’s scattered with excellent restaurants.

Start in Alicante’s whitewashed, labyrinthine Old Town, and see the morning’s catch cooked in front of you at **Nou Manolín** (noumanolin.com; mains around £18) – perhaps rich, peppery octopus or outsized local prawns. Or head north to the sweeping curve of La Granadilla beach, and eat bargain platters of just-caught seafood at **Restaurante Sur** (restaurantesur.com; mains around £13), as the Med crashes along the pebbly shore.

You’ll need to go inland for the ‘best paella in the world’ (Adrià again), at family-run **Paco Gandía** (pacobandia.com; paella £15) in the little town of Pinoso. Brought to the table in a black-bottomed pan, still smoking from the wood stove, it’s studded with juicy local rabbit and glistening thyme-scented snails. But the secret is the rice – partially caramelised, sweet and savoury, both comfort food and gourmet treat.

**Best breakfast**

A balloon-glide across Kenya’s Masai Mara, followed by fizz and a fry-up — with spears to ward off sausage-stealing kites (www.imagineafrica.co.uk; £300 as part of a safari).
The secret seafood spot, Portugal

The Adraga restaurante da tale castles to find beachside secret Restaurante da Adraga (restaurante daadraga.com; mains around £12). Lost on a little-known stretch of Atlantic coastline, this unassuming whitewashed cafe devises its dishes from the fisherman’s daily catch – maybe clams in white wine, chargrilled sea bass with lemon and olive oil, or locally beloved pêlêxes – tiny rare barnacles that thrive only on Atlantic shores. Book an early lunchtime table to avoid the queue of fishermen that forms after 3pm; window seats reveal dramatic cliffs sculpted into arches by the waves.

Hot right now: private dining in Buenos Aires

Steak and Malbec may be Buenos Aires’s big draw, but folk-in-the-know prefer secret supper clubs to endless airtos. The Argentine capital is a sprawling series of urban areas, each with its own identity, from the cosmopolitan buzz of Recoleta to the more relaxed and laid-back舒适 of the Old town of Menton. In Buenos Aires, chef’s tips and culinary secrets are紧跟 in the air, and even the most seasoned food lover can find something new with a bit of research.

Chef’s Tip

Martin Peronal, founder of Ceviche (cevicheuk.com)

South America has some amazing food – try it, just back from a great research trip for my new Andean restaurant. I loved the traditional Peruvian staples such as quinoa and prawn chowder. La Nueva Palomino (Plaza Leoncio Prado 125) mains around £8.00 in Arequipa, it’s a mountain town of Romanesque churches, grand fountains and towering palms.

Best cake

The prize for champion cassata Siciliana – ricotta, chocolate, almond paste and candied fruit – goes to Corrado Assenza, of Caffè Sicilia (Corso Vittorio Emanuele 125; around £2.50) in Noto, Sicily (where else?).
**CHEF’S TIP**

Bill Granger, owner of Bills in Sydney: “It’s worth heading off the tourist tracks in search of Berta (17-19 Alberta St; berta.com.au; mains around £18), on the outskirts of Surry Hills. The entrance is tiny—think and you’ll miss it—but once inside you’ll be treated to amazing regional Italian dishes to share. The bruschetta with confit tuna and pickled beetroot is divine. It’s a great place to go with friends, whether you’re stopping for a full meal or only a few dishes to pick at.”

**SECRET EATS IN SYDNEY**

After decades of pointlessly mimicking French techniques and Italian recipes, chefs in Istanbul are finally embracing their Anatolian roots. Indigenous ingredients and ancient techniques, such as slow-roasting and braising, are coming into their own at places such as Mila Restaurant (milarestaurant.com; seven-course menu around £70), a fine-dining joint atop the Marmara Pera Hotel. Then, chef Helmut Gun’s serves wholewheat lamb shank dumplings with yoghurt, tomato and roasted garlic, a recipe that was developed with a cultural historian. Nearby, Sekiz Istanbul (seksistanturk.com; mains around £10), pictured, looks east, with bulgur dumplings and slow-cooked lamb. And at Kantın (kantinsonline.com; mains around £7), chef Semsa Denizsel relies on meticulously sourced ingredients such as heirloom wheats from Kars for her spectacular sourdough.

**The secret Caribbean, farm to table**

You’ll need to wait for a Saturday nearest a full moon for a Jakes Farm Dinner (jakeshotel.com; dinner with wine £60; pictured), laid out on a long table in a yam field, as a scarlet sun disappears behind Jamaica’s St Elizabeth hills. As the day darkens and dozens of kerosene lamps are lit, feasts on organic-produce-gone-nil by nil. But not everyone gets it right, so you need to know what to order where…

**The best pasta in Italy**

The centrepiece of every meal in Rome is a pasta dish; traditionally flavoured not with olive oil, but pork fat from gaunciale (Italian bacon) or pancetta (belly). But not everyone gets it right — you need to know what to order where…

**Cembrana:** This egg-rich sauce is tossed with pecorino, black pepper and spaghetti. And Trattoria da Danilo (trattoriadanilo.it; around £30), one of the few places with a real mamma at neighbourhood trattoria (Via del Casaletto 45; around £8.50). Try the version with mixed seafood.

**Gnochetti:** Typically served on Thursdays as a calorific hit before Catholic ‘lean’ Fridays, these dumplings have suffered at the hands of restaurants using inferior potato flakes — but not at neighbourhood trattoria Casare al Casetta (Via del Casaletto 45; around £8.50). Try the version with mixed seafood.

**Mezzane maniche all’amatriciana:** The tomato, pork and chilli-based sauce traditionally comes with spaghetti (like bucatini). But at modern wine bar and restaurant Roscioli (rot whitewheat flour and Northern Italian cheese; around £120), bocconcini (small sheep’s milk cheese) is the only ingredient in this classic comfort food that is commonly made at home. But the dish is at its juiciest at Armando al Pantheon (a mandolin pantheon; around £8.50), the homeliest place in town run by the same family for more than 50 years.

**Tonnarelli cacio e pepe:** The area around the Spanish Steps isn’t renowned for stellar dining options, but Palatium (Via Frattina 94; around £90) bucks the trend. Deliciously simple tonnarelli (handmade egg-rich spaghetti) is tossed with black pepper, pecorino and a touch of pasta water, which creates a creamy sauce.