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Fabulous Food Tours

Taste your way through towns from Memphis to Maui

Joan Rattner Heilman

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WAILUKU, HAWAII

On these epicurean adventures on the Hawaiian island of Maui, you pass right by the tourist traps and follow pastry chef/food writer Bonnie Friedman on excursions to restaurants, snack shacks, markets and kitchens to eat like a local, feasting on foods unique to this multicultural melting pot. Each tour accommodates two to four guests and includes a full breakfast or lunch featuring island specialties at a good restaurant, followed by stops at a variety of establishments for small tastes of other typical dishes. You'll try fresh, hot *malasadas* (Portuguese hole-less donuts)... Spam musubi (a slice of grilled teriyaki Spam on a block of sushi rice wrapped with dried seaweed -- surprisingly delicious)... "shave ice" (smooth ice flavored with lychee, mango, passion fruit or guava)... and maybe some *li hing mui* (a tart dried plum flavored with Chinese spices). You'll leave with a goody bag of snacks and a list of recommended off-the-radar eating places.

Information: Tour da Food, 808-242-8383, www.tourdafood.com. An all-morning excursion takes two to four guests (including children 13 or older).

Cost: \$260 for two. Reservations are required at least 10 days in advance.

Bottom Line/Retirement interviewed Joan Rattner Heilman, an award-winning travel writer based in New York. She is author of *Unbelievably Good Deals and Great Adventures That You Absolutely Can't Get Unless You're Over 50*, 2009-2010 edition (McGraw-Hill).