

These amazing chef-led food tours will have you coming back for seconds

Eat and cook your way through culture and history



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More than 10 years later, I still fondly recall one of the best travel experiences of my life: a food tour that wended its way through Kraków and charming towns tucked in the Tatra Mountains of Poland.

In between field trips to places like the 14th century Wawel Royal Castle and Oskar Schindler's Enamel Factory, our small group learned how to make a proper pierogi and plump golumpki under the guidance of Polish chef Marek Widomski. We indulged in morning snorts of homemade cherry vodka before taking lessons in cooking potato pancakes and just-caught trout.

Beyond the historic architecture, open-air markets, and mountainous countryside, the Krakow to Zakopane food tour offered me an almost spiritual reconnection to my beloved late mother and aunt — one hunk of oscypek (smoked sheep's cheese) at a time.

Whether you're exploring your cultural heritage or fascinated by the other cultures' culinary traditions, these six travel companies are serving up chef-led food tours that will have you coming back for seconds.



Chef-led food tours to whet your appetite — Photo courtesy of ilkermetinkursova / E+ Via Getty Images

Cooking and food tours with Philadelphia chef Aliza Green



Preparing a Cyclades salad on a food tour in Santorini — Photo courtesy of Trigas Christos

Aliza Green is a Philadelphia-based chef and author (“The Bean Bible” and “The Butcher’s Apprentice,” to name two titles) who whisks foodies to all corners of the culinary planet. Food tours include explorations of places like France’s Bordeaux and Basque Country and Bilbao, Spain, as well as Greece, Morocco, and Italy.

Her Portuguese Delights tour introduces food enthusiasts to the culture and cuisine of the Iberian Peninsula. A pioneering female chef, Green takes you to centuries-old bakeries to try pastel de nata and introduces you to the Douro Valley wine region, a UNESCO World Heritage site. You’ll even attend a cooking class in the ancestral home of one of Portugal’s oldest families.

Along the way, you’ll hear traditional Fado music, traverse winding streets to visit Gothic churches, and get to know Lisbon’s neighborhoods, including the medieval district of Alfama. Have the exclamation, “Legal!” — pronounced lay-gow — in your back pocket, which means “cool.”