

MY TRAVEL CV

Danielle Phyland looks for unique experiences in her travels and immerses herself in the food and culture of places such as Myanmar, New York and Japan.

PICTURES: ISTOCK, SUPPLIED

MYANMAR AND ME

Escape reader Danielle Phyland found pleasure and pain in Yangon

MYANMAR

I got my first passport when I was 13, for a trip to Singapore with my mum and grandma. We stayed at Le Meridien, Orchard Road – my first big hotel. I loved learning about the culture and visiting temples. That was the year the travel bug bit me and I have travelled overseas almost every year since.

I've been to 56 countries, backpacking, adventuring, visiting friends and relatives and travelling for events such as weddings, birthdays and music festivals. I have been to six continents and I hope to make it seven, with Antarctica high on the list in the next few years.

My holidays are mostly devoted to food, culture and unique experiences. I like to seek out things that are a little different. I have explored food truck commissaries in Brooklyn, New York, learnt to cook traditional dishes with a local family in Myanmar, stayed in a monastery in Japan and taken a drawing class in India. I love trying different cuisines and I always make sure I visit the local supermarket and see what locals eat.

My best meal has been at Astrid & Gaston in Lima, Peru. This is a restaurant by world-renowned chef Gaston Acurio. The highlight was the 18-course degustation menu with matching wines themed around the seasons. The entire meal service was amazingly theatrical.

The weirdest thing I've ever eaten is roasted silkworm larvae in Siem Reap, Cambodia. It was served sprinkled with sea salt and it tasted



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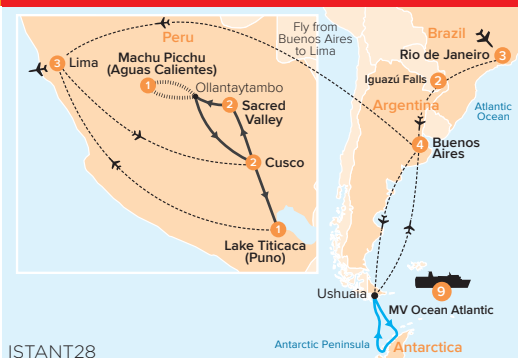


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