For Andrew Zimmern, host of the Travel Channel’s Bizarre Foods, meals tend to fall under four main food groups: strange, odd, weird and what the heck is that? Here are his picks for daring (but delicious) dining from coast-to-coast.

—KAREN CATCHPOLE

**Wild edibles**

**Sweetbread-and-intestine gorditas**

Where: Dallas, Texas. Live Oak Gorditas

Zimmern says: “Cooked-to-order, hot—sides, cheezy fry bread tables are split open while still steaming, smeared with guacamole, and stuffed with house-made pickled peppers and crispy sweetbreads (thymus glanda) or crunchy griddled cow intestines. The meats are clean and uncouth, with no off-putting barnyard flavors. This is the place I would take my 5-year-old son to try these foods for the first time.”

$3.50

**Deep-fried headcheese**

Where: New Orleans, Louisiana

Zimmern says: “Think of it as a toilet of pig—meat Jell-O with bits of pickled and boiled meat from cheeks and other parts of the head. Chef and owner Donald Link makes his own, and the flavor is tart, garlicky, fatty. It’s everything I love about Southern farmhouse cooking.”

$10

**Duck tongues**

Where: New York City

Zimmern says: “The duck tongues are sautéed with sugar peas and a generous splash of luxurious and fishy XO sauce. Hold on to the tongues and either crunch them whole if you’re a weaner or eat the flesh off the bony center of the tongue.”

$15

**Live octopus**

Where: Los Angeles, Final: A

Zimmern says: “Saminakji octopus is served, legs still wriggling, with sea salt and sesame oil for dipping. The first time I ate this I skipped the sesame oil. Big mistake. The oil prevents the octopus legs from affixing to your teeth and gums and crawling out of your mouth. They’re crispy and chewy, sweet on the tongue and simply briny.”

$20