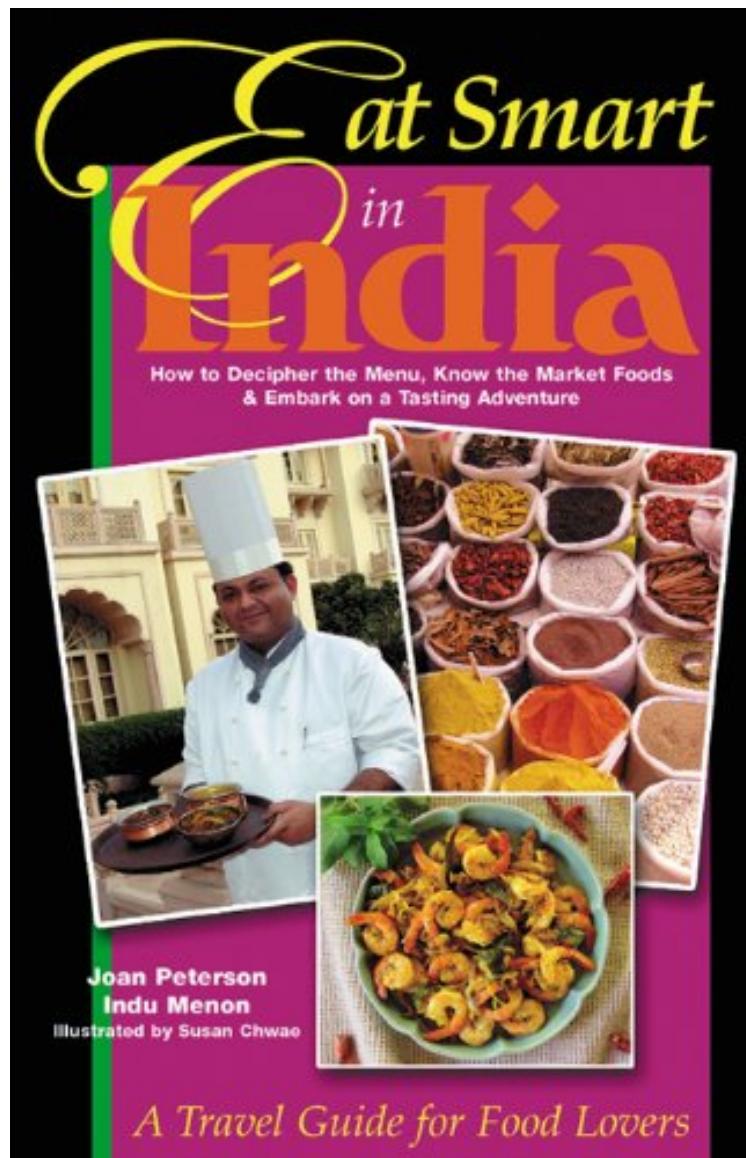


(Read free) Eat Smart in India: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure

## Eat Smart in India: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure

Joan Peterson, Indu Menon

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Joan Peterson, Indu Menon : Eat Smart in India: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat Smart in India: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure:

0 of 0 people found the following review helpful. Recipes, information and moreBy Malyn MorelandGreat book on learning Indian food. A must have for people new to the cuisine.2 of 2 people found the following review helpful. A MUST for travelersBy Bonnie NeelyEat Smart in India by Joan Peterson and Indu Menon with illustrations by Susan Chwae is a MUST for your travels to (or living in) India. "Everyone gets sick in India," was the warning we received before we travelled there recently, so we ordered this book, but, alas, it didn't arrive in time and YES, EVERYONE gets sick in India! On our tour of 28 people who had long bus rides on many days EVERYONE had diarrhea, which is a sure way to make a trip miserable! Indian food is highly spicy, and ,for people unaccustomed to these delicious and unusual flavors, it is an aggressive assault on the digestive system, yet the food tastes so good you keep eating it at first, having no idea what you are tasting. With this wonderful book you can avoid all the misery and enjoy the wonderful foods and you can prepare the national favorites at home with the easy to follow recipes and places to order hard-to-find ingredients. The book does not overlap other travel guides in listing restaurants; instead Eat Smart Guides tell the history of the country's cuisine, the traditional and popular food customs and their meanings, and guides you through the markets and ordering in restaurants. Most helpful is the section of descriptions of the most frequently encountered dishes and their names and flavors, so you can know what you are ordering. Good color photographs show what some of these dishes look like. Each of the spices and herbs are listed, telling the flavor and how these are used. The author stresses that the best way to learn a country and its people is to mix with them in popular restaurants for locals and to enjoy their food and their company in off-the-beaten tourist paths. You can use this book to prepare and try some of the dishes before you leave home so as to know what your stomach is ready for, or to continue to enjoy some of your favorite discoveries when you return home. GET THIS BOOK BEFORE GOING TO INDIA! Excellent!2 of 3 people found the following review helpful. Culinary Guide for Indian FoodBy Rebecca of There is no more satisfying way to become immersed in a new culture than to mingle with the local people in the places where they enjoy good food and conversation-in their favorite neighborhood cafes, restaurants, picnic spots or outdoor markets. ~Joan PetersonJoan Peterson has written Eat Smart guides for Brazil, Turkey, Indonesia, Mexico, Poland and Morocco. She loves to travel and this led her to the creation of the Eat Smart series. Co-author Indu Menon is also a world traveler and was born in India. Together, Joan and Indu delve into a rich culinary history and have created a useful guide for real-life travelers or home chefs who want to explore Indian cuisine.This guide also includes:Recipes for the weekend gourmetFood and Flavors Guide - bilingual translations for virtually everything on an Indian menuFeatured dishes that are considered to be a "national favorite""Eat Smart" guides are unique, portable and very readable. Eat Smart in India is the seventh and newest title in the series.The contents include:The Cuisine of India - A historical survey of the development of India's cuisineRegional Indian Food - A quick tour through the Indian kitchen and around the countryTastes of India - A selection of easy-to-prepare recipesShopping in India's Food Markets - Discover foods in exciting outdoor food marketsResources - A listing of stores, culinary tours and organizationsHelpful Phrases - Phrases for use in restaurants and other useful phrasesMenu Guide - Menu entries in transliterated HindiFood and Flavors Guide - Comprehensive glossary of ingredients, kitchen utensils and cooking methodsIf you are dreaming of sumptuous boat cruises on the tranquil waterways of Kerala or are dreaming of visiting spice plantations retreats in the hills of Tamil Nadu, this book will inspire you.I loved reading about the artful blending of spices and the intoxicating descriptions of food preparation. If you have yet to discover nigella seeds, they are delicious on naan bread. Once you read the recipe for "Kachhe Gosht ki Biryani" you might be running to the store for cilantro, saffron and cardamom pods. Basmati rice has the scent of buttered popcorn and I can't think of any rice I love more.If you are interested in taking a culinary tour, there is information for anyone who wants to immerse themselves in the culture and cuisine. The pictures of the "water apple" had me intrigued. I must warn you; this book will make you quite hungry. I might take this book with me the next time I go out to eat at a local Indian restaurant. I keep ordering Tandoori chicken and Biryani, but now I realize there are so many dishes I want to try.Some of the recipes include: Ghee, Paneer, Masala Chai, Sheer Khurma and Murgh Tikka Buter Masala (marinated grilled chicken pieces are grilled and then cooked in a buttery tomato and cream sauce).~The Rebecca Review

The Eat Smart Guides are never out-of-date! They don't tell you where to eat, they help you decide what to eat! Food is one of the first and most immediate contacts a traveler makes with a foreign county. More and more travelers are making it a more memorable contact by taking along one of the innovative, easy-to-use Eat Smart culinary guidebooks. The authors of Eat Smart in India, the newest guide in the award-winning Eat Smart series, demonstrate that traveling and eating in unfamiliar territory doesn't have to be gastronomical guesswork. This is a well-timed choice, given the resurgence of interest in this fascinating destination, especially in its delicious cuisine. With their Eat Smart guidebook in hand, travelers to India will quickly decipher menus with confidence and shop or browse in the supermarkets and lively outdoor markets throughout the country with greater knowledge. When they get home, they can relive their tasting adventure by creating some delicious Indian dishes, using the recipes provided in the book.

The impressive collaboration of Joan Peterson and Indu Menon (and enhanced with b/w illustrations by Susan Chwae), Eat Smart In India is a very special culinary travel guide for anyone wanting to go abroad and experience the

greatest tastes that East India cuisines and restaurants have to offer. From knowing the menu, to selecting market foods, to gathering sample recipes, to the culture behind the regional and ethnic cuisine, and so much more, *Eat Smart In India* is a superbly organized and presented supplementary resource for vacationers, business travelers, and dedicated gourmets seeking truly memorable dining experiences while visiting India and who wish to recreate ethnic and regional dishes when they are back home again! *Eat Smart In India* is but the latest addition to a unique series of culinary travel books from Ginkgo Press. James Cox, *Midwest Book* --James Cox, *Midwest Book* About the Author  
Joan Peterson loves to travel and loves to eat. These two loves led to the creation of the *Eat Smart* series. Each book is designed for travelers and cookbook lovers like herself who want to get to the heart of a country's culture through its cuisine. To date she has written guides to the cuisines of Brazil, Turkey, Indonesia, Mexico, Poland, Morocco, and now India. She has traveled extensively for many years, and has led culinary tours to Morocco and Turkey. She is a founding member of CHEW (Culinary History Enthusiasts of Wisconsin) and is the director and founder of the Travel Publishers Association.  
Indu Menon was born in India. She brings her extensive knowledge of the rich culinary heritage of her native country to this *Eat Smart* guide.