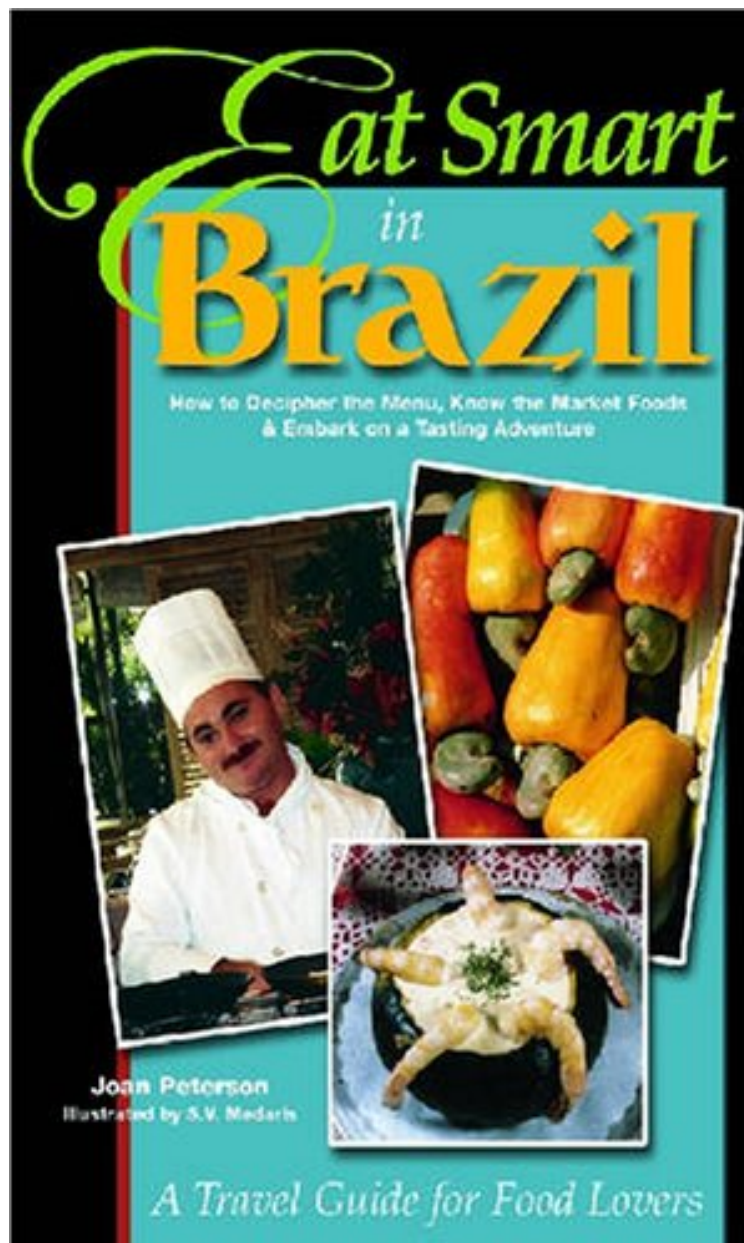


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Eat Smart in Brazil: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure

Joan Peterson

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

in Brazil: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure:

12 of 12 people found the following review helpful. Best Book I Took to Brazil By Esther J. Klay Just got back from the trip of a lifetime to Brazil. We visited our former exchange student and his family. We used this book to find out what we were eating (wonderful food!) at every restaurant. Even though we were with native Brazilians who spoke English, they often did not know the English words for food. We used it in Campinas, Paraty, Rio, and Santa Rita (MG). Near the end of our trip we went through the book and marked which foods were our favorites. I recommend this book to anyone taking their first trip to Brazil. 10 of 11 people found the following review helpful. Delicious! By Ron Mader From the authors of Eat Smart in Mexico, comes this new title, an easy-to-use menu guide for travelers to Brazil. It contains useful phrases in Portuguese when ordering and a collection of recipes for chefs who want to cook Brazilian fare at home. 2 of 2 people found the following review helpful. Makes me hungry for Brazilian foods! By Sharon Hudgins EAT SMART IN BRAZIL Reviewed by Sharon Hudgins, author of The Other Side of Russia: A Slice of Life in Siberia and the Russian Far East Reading "Eat Smart in Brazil" made my mouth water! I'm a big fan of the "Eat Smart" travel guides for food lovers--and I'm always delighted when another book in this series is published. This second edition of Joan Peterson's "Eat Smart in Brazil" certainly lives up to the series' theme, promising to tell you "How to Decipher the Menu, Know the Market Foods, Embark on a Tasting Adventure." And what an adventure this is! After an explanation of the historical, geographical, and ethnic influences on Brazilian foods and a description of five different regional cuisines within that huge country, the author then satisfies your desire to eat by providing nearly two dozen recipes for Brazilian dishes from appetizers to breads to desserts. You'll also want to carry this book with you on your next trip to Brazil, because it contains a comprehensive glossary of food terms and cooking techniques in Portuguese (the language of Brazil), translated into English, as well as an extensive Menu Guide for translating terms that you'll find on menus and cafe chalkboards throughout Brazil. One of my favorite features of the Menu Guide is the author's marginal comments on many of the dishes listed: National Favorite, Regional Classic, Spectacular, Interesting, A Feast, Not to Be Missed, Excellent, Try Them All. Just reading these menu terms makes you want to book the next flight to Rio de Janeiro! Highly recommended!

The Eat Smart guides are never out-of-date. We don't tell you where to eat, we help you decide what to eat! This paean to Brazilian cuisine contains a rich historical perspective on food origins and extensive background on regional dishes, including recipes. With the bilingual aids provided, navigating market and menu is a breeze. The second edition of Eat Smart in Brazil comes with a new cover design, as well as an updated resources chapter. In addition, the index has been supplemented with a Portuguese translation for each English entry, making the book more useful for any traveler. In this edition of Eat Smart Tour a variety of Brazilian kitchens to see how cooking styles differ region to region Get tips on increasing your savvy in Brazil's outdoor markets and supermarkets Learn helpful phrases for use in restaurants, food markets, and more Use a comprehensive glossary of ingredients, kitchen utensils, and cooking methods in Portuguese Learn to prepare easy recipes: Camaro na Moranga (Winter squash with shrimp) Po de Queijo (Cheese Rolls) Quindim de Y-Y (Young girl's dessert)

.com Brazil is a complex country of Indian, Portuguese, and African descent that mixes its heritage in amazing culinary concoctions, but you need savvy to partake as fully and gloriously as you might like. From abacaxi (pineapple) and abobrinha (squash) to national favorites like farofa de banana (bananas fried with onion rings and manioc meal) and patinho de carangueijo ao vinagrete (marinated crab claws), you'll not want for good food. Joan and David Peterson do more than let you know what's out there, they give you the vocabulary to ask for it, and even include some recipes to recreate at home. "[Joan Peterson has] cooked up a tantalizing volume of attractive photos, true-to-life sketches, tasty recipes, and encyclopedic information on regional produce and cuisine of Brazil. Formulated with scientific precision, yet in eminently readable style, this book appeals to a broad public of travelers, connoisseurs of the exotic, and seekers of useful information on the multi-ethnic giant of South America." --Mary L. Daniel, Professor Emeritus, University of Wisconsin Portuguese Department