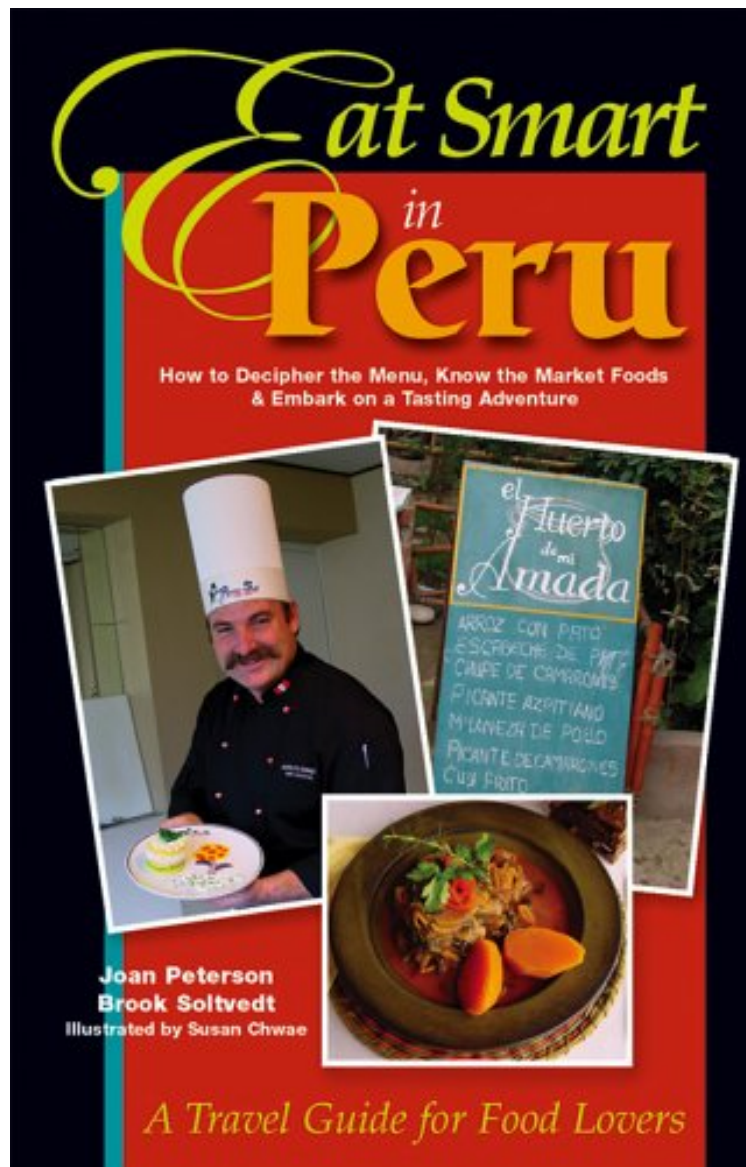


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## Eat Smart in Peru: How to Decipher the Menu, Know the Market Foods Embark on a Tasting Adventure

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Americans should read this book before coming to Peru.

The Eat Smart guides are never out-of-date.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 smartly designed, and richly photographed and illustrated culinary travel guidebook tells travelers how to find the most delicious, authentic, and adventuresome eating experiences in Peru. The authors share the secrets they've uncovered while hunting for something good to eat from restaurant dining to home cooking to fresh market produce to street-vendor fare to allow you to get to the heart of the culture through its cuisine. Food is one of the first and most immediate contacts a traveler makes with a foreign country. Travelers to Peru can make it a more memorable contact by taking along the easy-to-use Eat Smart in Peru, the newest guide in the award-winning EAT SMART series. The authors show that traveling and eating in unfamiliar territory doesn't have to be gastronomic guesswork.  
2007 Gourmand World Cookbook Award, Best in World Category, Gourmand International  
2006 Finalist, Best Books 2006 Travel Guides category, USA Book News

About the Author  
Joan Peterson is the author of the EAT SMART series of guidebooks for travelers and cookbook lovers who want to get to the heart of a country's culture through its cuisine. She has traveled extensively, and has led culinary tours to Morocco, India and Turkey. Brook Soltvedt travels vicariously by editing the EAT SMART culinary travel guides. Her children now grown and her other editing projects on hiatus, Brook finally succumbed and spent many weeks researching delicious foods in Peru with Joan Peterson.