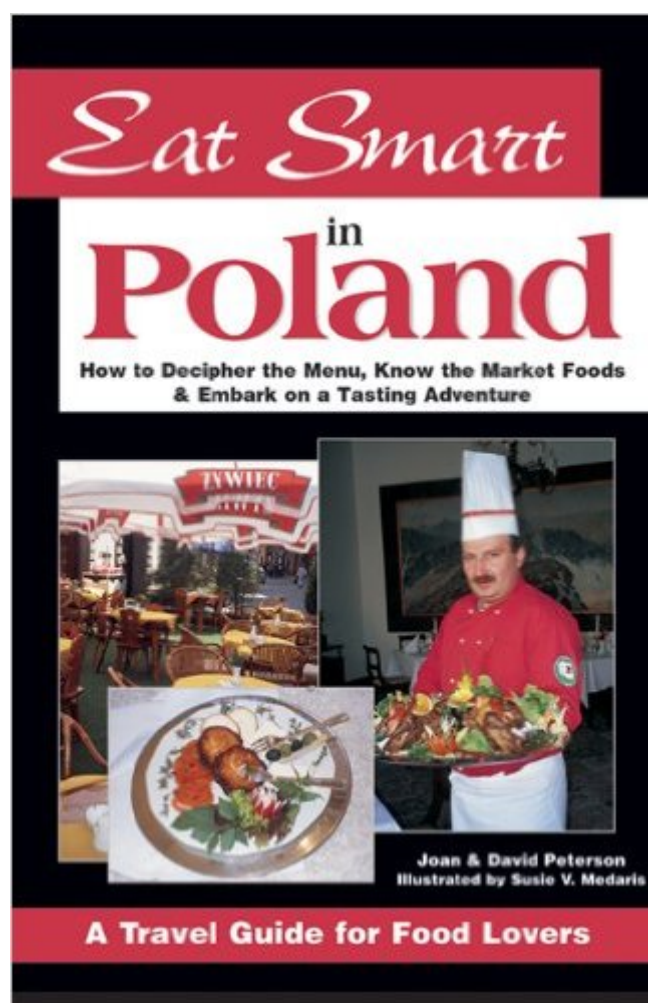


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# Eat Smart In Poland: How To Decipher The Menu, Know The Market Foods & Embark On A Tasting Adventure (Eat Smart)



## Synopsis

ËËËË This smartly designed, richly photographed and illustrated culinary travel guidebook tells travelers how to find the most delicious, authentic and adventuresome eating experiences in Poland. The authors share the secrets theyâ™ve uncovered while hunting for something good to eatâ”from restaurant dining to home cooking to fresh market produce to street-vendor fareâ”to allow you to get to the heart of the culture through its cuisine.ËËËË Eat Smart in Poland contains a quick, easy-to-use menu guide, a helpful glossary of foods and flavors, tips on how to shop the fascinating food markets, useful phrases in Polish when ordering or buying food, a collection of recipes to try at home, and more. If you are traveling or moving to Poland, take this book with you! Distributed for Ginkgo Press

## Book Information

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## Customer Reviews

EAT SMART IN POLANDReviewed by Sharon Hudgins, author of The Other Side of Russia: A Slice of Life in Siberia and the Russian Far EastI wish I'd had a copy of Joan and David Peterson's "Eat Smart in Poland" on my trips to Poland in the early 1990s--and maybe on my last trip to Chicago, too (where there's a large Polish community and some good Polish restaurants). Reading this excellent travel guide for food lovers brought back fond memories of the Polish dishes I've eaten from Warsaw to Krakow to the American Midwest. And it made me want to eat my way around Poland again--following the authors' recommendations for "national favorites" and "regional classics" served throughout the country. Like all the guides in the "Eat Smart" series, this book is well researched, well written, and lives up to its promise of telling you "How to Decipher the Menu,

Know the Market Foods, & Embark on a Tasting Adventure." After an explanation of the historical and geographical influences on Polish cooking, the authors provide a description of Polish regional cuisines followed by more than two dozen recipes for classic dishes from appetizers and soups to main dishes and desserts. You'll definitely want to try the recipes for Bigos (Hunters' Stew) and Sernik Przekładany (Layered Cheesecake). If all those consonants in Polish food names leave you bewildered, just turn to the two sections of the book that translate all those strange-looking terms for you. The Menu Guide is an alphabetical menu translator from Polish into English, from A to Z.

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