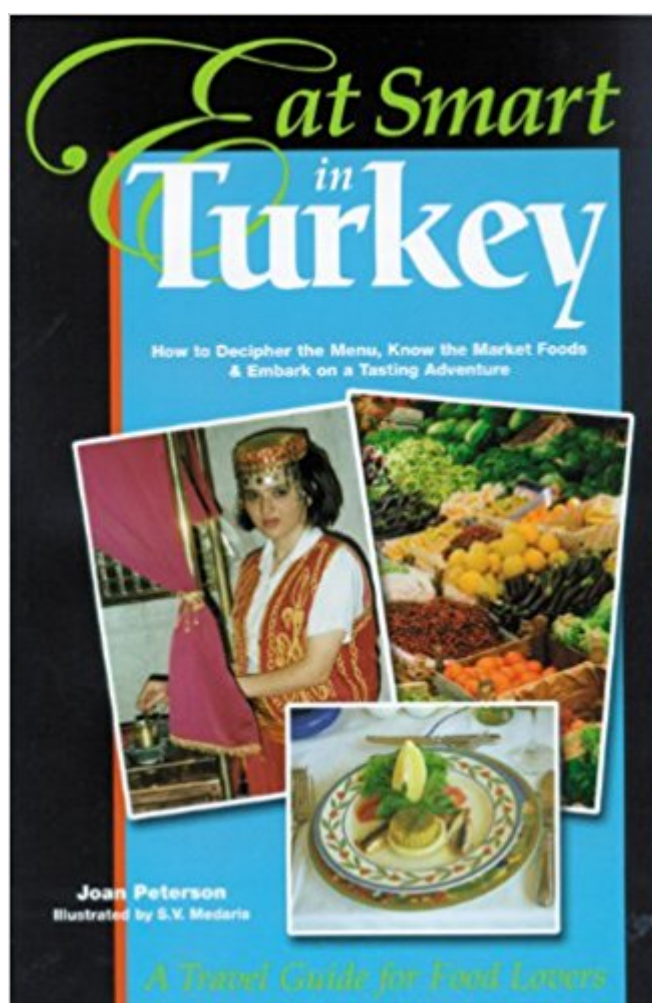


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Eat Smart In Turkey: How To Decipher The Menu, Know The Market Foods & Embark On A Tasting Adventure



Synopsis

The Eat Smart Guides are never out-of-date! They don't tell you where to eat, they help you decide what to eat! Second in the "Eat Smart" series of culinary travel guidebooks, this paean to Turkish cuisine contains a rich historical perspective on food origins and extensive background on regional dishes, including recipes. It mixes information and inspiration to give readers the tools to journey into the culinary soul of their destination. Eat Smart in Turkey will take the guesswork out of choosing from an unfamiliar menu. Its comprehensive guide to Turkey's unique cuisine will give vacation-goers, business travelers and backpackers alike an extra dimension of travel pleasure. If you're going to Turkey, this is one book you must take along! Distributed for Ginkgo Press

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Customer Reviews

Joan and David Peterson have their priorities straight: in Turkey as in most places, it's food that comes first. A dictionary of menus and market foods of Turkey, this book is also a paean to Turkish cuisine. The history and culture involved in kebabs and yogurt is fascinating and the food glossary is a great help. Finally, the recipes are a delightful bonus because it's impossible to take an eating tour of Turkey without wanting to sample the goods again and again without having to fly half way around the world every time you crave sirkeli patlican. --This text refers to an out of print or unavailable edition of this title.

Eat Smart in Turkey is a one-of-a-kind find: introduction to Turkish cuisine, travel guide, and cookbook all in one. I read it before a recent trip to Istanbul, I carried it with me everywhere I went, and now I use it in my kitchen. Needless to say, it is pretty worn out. Connie McCabe, associate editor, *Saveur* magazine An impressive achievement. Eat Smart in Turkey not only helps travelers enjoy Turkish food, it gives an in-depth look at the people and events that shaped one of the world's great cuisines. Tom Brosnahan, author of *Lonely Planet's Turkey* A most unusual book, highly useful on two levels. It gives even the timid diner courage to try out new foods, and it gives the gustatorially adventuresome an opportunity to know in advance just what lies on the plate. --Phyllis Zauner, *International Travel News* Like armies, tourists travel on their stomachs, and nowhere are the prospects for culinary delight better than in Turkey. So don't leave home without this compact but very complete guide to what's on the menu, what's in the market, what's on your plate and what you can ask for as you travel. The book starts with a short summary of the history of Turkish cuisine, then embarks on a food-tour of the country's seven regions. There are recipes to cook at home before departure, useful foodie phrases (*Where can I see this being made?*), and an extensive listing of translated menu entries. --Robert Arndt, editor, *Aramco World* One of the world's best kept travel secrets unfolds in this guide to the cuisine of Turkey. Stunning photographs, information on history and culture, and a treasury of culinary surprises are enhanced by language tips for navigating menu and market. --Prof. Sarah G. Moment Atis Chair, Middle East Studies Program, University of Wisconsin

I originally posted prior to my trip and gave this a better reviews. My criticism was that the book was too big to fit into a purse or pocket. However, I brought this book with me on our trip. Most menu items or dishes listed in the book, WE NEVER SAW LISTED on a menu. Never. The majority of the most common items we saw on menus were not listed in the book. The book is poorly organized so it is hard to look things up fast and it's big (as I mentioned previously). Save your money and just take a Lonely Planet pocket sized language translation book. We found the common items on menus listed in alphabetical order. Much easier to use. I'm thankful we had it since this book was completely useless. The other reviewers must be friends of the author. Our trip was a little more than 2 weeks long. We rented a car and drove from Istanbul, down through Gallipoli area, took a car ferry across at Cannakale, then followed the coast until Side, then drove to the Goreme area, went to Ankara, and finished in Istanbul. We stayed in towns and villages that varied greatly in size. So, my point is that it's not like we didn't spend a lot of time in Turkey and go a lot of places. Maybe this book would be better in the areas near Syria, Iraq, and Iran but most of us travelers probably

choose not to get too close to those areas.

This is a fine look at turkish cuisine and culture. It goes into the history and the different regions and includes a selection of recipes that can be tried at home. The turkish language section is particularly useful as an aid to learning appropriate words and phrases to be able to order food and drinks in restaurants, bars and markets. I find when I travel that trying local and regional food is one of the highlights of the trip. This book will be an invaluable aid to my next trip. Strongly recommended

I really wanted to like this book as my favorite part of traveling is eating, but I honestly did not find it helpful at all. It's advertised to help you with market foods, but there are no pictures. I had Rick Steves' Istanbul guidebook with me, and I found his description of Turkish food, food phrases, and eating habits more helpful than this book.

Eat Smart in Turkey by Joan Peterson and illustrated by S.V. Medaris is another of the author's excellent taste tours of various countries. Joan loves traveling and believes that through the various flavors of national favorite foods one gains the true flavor of the country and its people. Mingling in market places and traditional restaurants is a great way to enjoy the local atmosphere and truly experience being there, instead of just taking photos and moving uninspired through a place to say you have seen it. With this excellent guide Peterson tells how to decipher the menus, know market foods, and embark on a tasting adventure. She gives the history of Turkey and how its cuisine and eating customs changed as the various conquerors took over in each region. With the favorite recipes of Turkish foods Peterson encourages the traveler to try the dishes before leaving home so as to know what you prefer to order and what the ingredients are (so no food allergies or upset stomachs are encountered to ruin your trip.) Then the author guides you through the fascinating market (pazar) experience, where you can mingle with locals and immerse yourself in the sights, smells, colors, noise of real life in this fascinating country. She even gives you phrases to help you navigate a market or restaurant. Most helpful for tourists is the Menu Guide, which gives the Turkish names and detailed descriptions of the foods you may wish to order or avoid. In the Foods and Flavors Guide you will know just what your tastebuds can expect. The book is a great cultural study and a wonderful help for traveling to Turkey or preparing authentic cuisine.

This book was sooo helpful for our week stay in Istanbul. I could see some other jealous tourists on other tables, they'd kind of be trying to see what book I was furiously pondering over when I had our

menu in front of us as they sat on their table wondering what the heck they should order. I did mention the book to a few other people and am happy to give it a 5 star rating here. The book was a perfect size for us because the pages of the book are a decent size so the book is thinner (rather than being small pages and a thick book). It fit easily into one of our bags and didn't bulk it up. Very light and easy to carry around on our travels. If you're going to Turkey, buy this book. Not a lot of menus are in English and many servers don't speak English so this book will at least get you most if not all the way in figuring out exactly or close to what you're ordering.

The long title of this book does not even say it all. It's undoubtedly the best guide to Turkish cuisine *by far*. I've written best-selling guidebooks on Turkey for nearly 40 years (first for Frommer's, then for Lonely Planet for 20 years), traveled (and eaten) in Turkey almost every year since 1967, and Peterson's book still taught me lots of new and interesting things about Turkish cuisine. I'm still learning from it. This was not a contract job done on assignment for a big publisher in a hurry. The authors are obviously heart-and-soul foodies who started publishing their own culinary guides because they couldn't help but do it. It shows. And they're not gourmands, but gourmets: they are truly fascinated by the subtleties in the art of delighting the palate. To most writers, food is necessary and fun. To the authors of this guide, food is tradition, art, innovation, achievement, delight. And Turkey is a great place to be a foodie. Once the center of a vast, agriculturally rich empire home to hundreds of peoples and cultures, it developed an elaborate and subtle cuisine based on careful preparation of fresh ingredients. It's the perfect country to travel through with a food guide, and this is the guide to take.

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