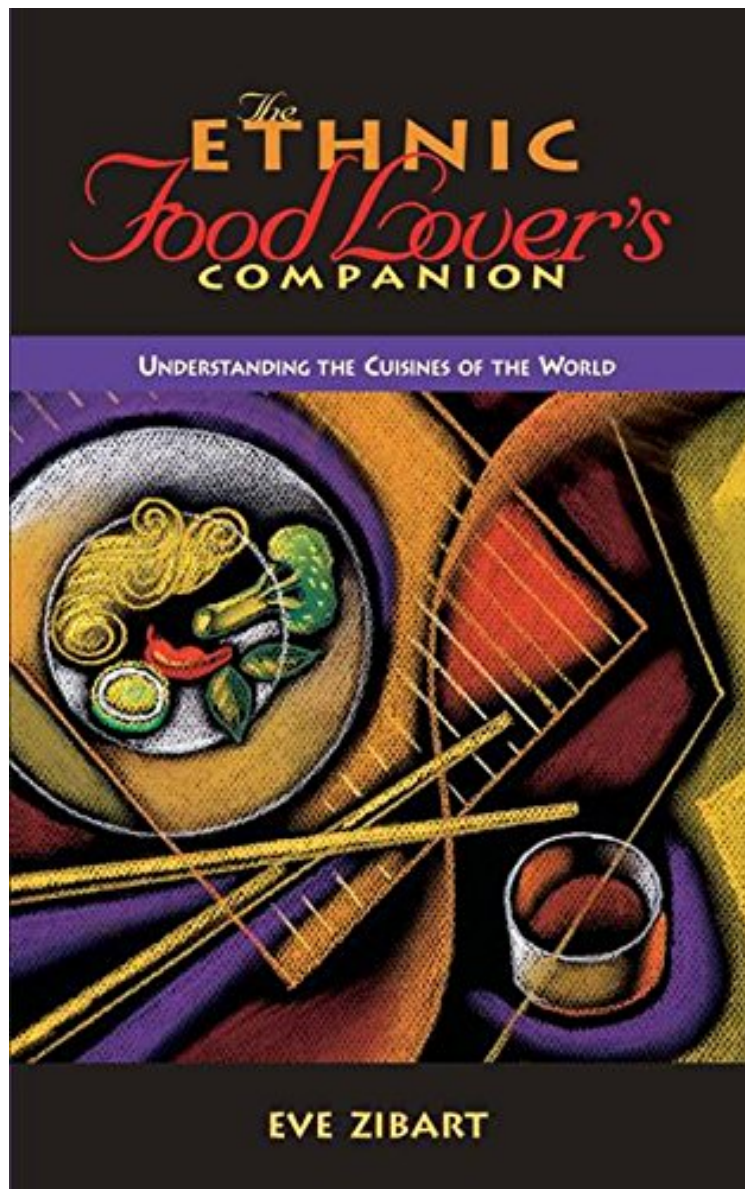


[Library ebook] The Ethnic Food Lover's Companion: A Sourcebook for Understanding the Cuisines of the World

The Ethnic Food Lover's Companion: A Sourcebook for Understanding the Cuisines of the World

Eve Zibat

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Nowhere is America's rich ethnic and cultural diversity more apparent than in its restaurants. Every city and region of the United States has a unique cultural heritage - whether it's Cuban, Thai, Spanish, Italian, Indian, French or German - reflected in its dining choices. So what do you order in an ethnic restaurant, and how do you eat? The Ethnic Food Lover's Companion provides all the information you need to make every ethnic dining experience a pleasant and memorable one. In this book you will find information about what to expect in any type of ethnic restaurant; detail profiles of each ethnic cuisine, including key ingredients, spices and methods of preparation; cultural tips to put you at ease with the customs and etiquette of each cuisine; representative dishes of each cuisine defined and described; recommended complete meals from appetizer through dessert and easy recipes you can prepare at home.

From BooklistThose curious to explore virtually every cuisine on the planet have a new comprehensive guide to world cooking in Eve Zibart's The Ethnic Food Lover's Companion. Zibart has not only meticulously researched the well-known ethnic cuisines of Western Europe but she has also mined the traditions of Asia, Africa, and South America in new ways. This is a handy guide not only to eating in ethnic restaurants in the U.S. but also for getting a good meal in almost every foreign country. For each cuisine, Zibart provides some history, describes major ingredients and cooking methods, identifies common dishes, and offers lists of dishes to assemble in a representative meal. For those who want to try some of these dishes at home, there are simple recipes reflecting each cuisine. Sticklers may quarrel with the author's occasional oversimplifications, and typographical errors mar what is otherwise a worthwhile reference tool and boon companion for the foodie traveler. Mark KnoblauchCopyright American Library Association. All rights reserved ...essential book for understanding the global kitchens of today...encourages new areas of culinary discovery...layers of information...concise...lively. -- immamaskitchen.com, Diana Farrell Serbe, EditorFrom the Back CoverNowhere is America's rich ethnic and cultural diversity more apparent than in its restaurants. Every city and region of the United States has a unique cultural heritage - whether it's Cuban, Thai, Spanish, Italian, Indian, French or German - reflected in its dining choices. So what do you order in an ethnic restaurant, and how do you eat?The Ethnic Food Lover's Companion provides all the information you need to make every ethnic dining experience a pleasant and memorable one. In this book you will find information about what to expect in any type of ethnic restaurant; detail profiles of each ethnic cuisine, including key ingredients, spices and methods of preparation; cultural tips to put you at ease with the customs and etiquette of each cuisine; representative dishes of each cuisine defined and described; recommended complete meals from appetizer through dessert and easy recipes you can prepare at home. (5 1/4 x 8, 464 pages, maps, recipes)