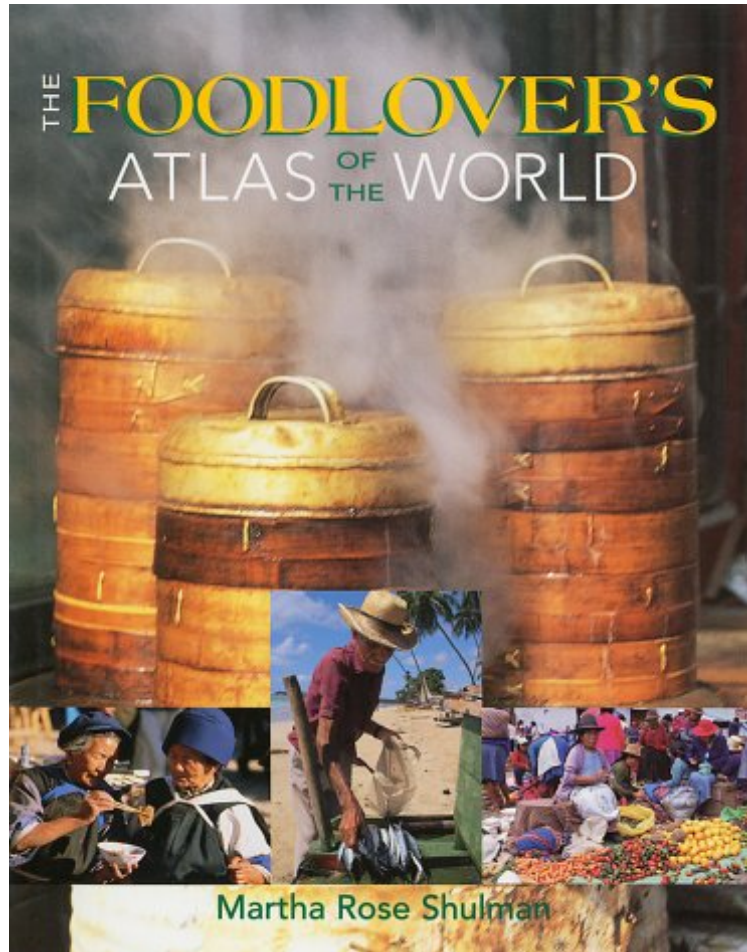


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The Foodlover's Atlas of the World

Martha Shulman

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Martha Shulman : The Foodlover's Atlas of the World before purchasing it in order to gage whether or not it would be worth my time, and all praised The Foodlover's Atlas of the World:

3 of 3 people found the following review helpful. The Bible of International Cuisine By Terry Sunday The concept behind "The Foodlover's Atlas of the World" is imaginative, and author Martha Rose Shulman, a renowned, award-winning author with 17 cookbooks to her credit, carries it off exceptionally well. She divides the world into four major culinary regions--1) Europe, 2) Africa and the Middle East, 3) Asia and Australia, and 4) the Americas. Then, in glossy, exquisitely illustrated pages, she describes the cuisines of each country within the region. Each country gets on the order of a half-dozen or so pages--the depth of coverage is thus outstanding. This is fascinating information. There are no recipes in the main text (although a few are included at the end of the book). Rather, each country section covers in detail the history and characteristics of the food of that land. Here, for example, are the topics from the section on Greece (each country is presented in a similar way): "Staple Foods" covers cheese, bread, wine, olives, honey and more. "Festive Food" describes festival fare such as traditional Easter bread and savory Christmas mezedes.

"Signature Dishes" is a sidebar that defines tzatziki, htapothi xithato, dolmadakia and other dishes. "The Influence of Religion" describes the influence of the Greek Orthodox religion on the evolution of Greek food. "A Regional Flavor" compares foods among the various regions of the country, especially between the mainland and the islands. "Food Through the Day" describes what Greeks eat at meals throughout a typical day. Finally, "Reading the Menu" presents a menu of restaurant meals that one might find in Greece. If you enjoy cooking, eating and learning about ethnic cuisines from around the world, "The Foodlover's Atlas of the World" is for you. I recommend it highly. 0 of 0 people found the following review helpful. Sensory Education By Customer The Food Lover's Atlas of the World uses a universally memorable medium to educate readers about the diversity and beauty of world cultures. In very brief descriptions of foods eaten, why they are eaten, and the lifestyles of those that eat them, this book opens a window into worlds outside but connected to all those that read it. If I didn't have a deep love of great food and of humanity's necessary and wonderful variety before, I have no choice but to love those things now. 1 of 1 people found the following review helpful. Geography plus history plus culture equals... By Michael Strassberg This book is excellent. It examines the culinary character of the many regions of the world. Many books do this, but they only provide recipes. This book is much different. It discusses the geography of each region, its flora and fauna, history, culinary traditions, and, in so doing, explains why the unique culinary character of each region developed as it did. The book gives example of dishes from each region, and is full of beautiful, and often mouth-watering photographs. A great book for food history, anthropology and pure sensual pleasure. For more in depth examination of the same issues, read The Ethnic Food Lover's Companion **ISBN: 9780897323727**

Food contains the history of the world. Without words, it tells a thousand stories of political struggle, of ethnology, religion, geography and migration. Tastes, flavors and textures uncover centuries-old events; local specialties unlock the mysteries of agriculture and climate; foods foreign to a region reveal the effect of expansion and commerce. The Foodlover's Atlas of the World weaves an intricate portrait of the food regions of the world today and how they came to be. Renowned cookbook author Martha Rose Schulman lends her expertise to an intimate look at what makes each cuisine unique, engaging the mind as much as the taste buds. A journey across many lands, The Foodlover's Atlas of the World gives in-depth details on local customs and lore, typical menus and traditional ingredients for each region. For the cook, the casual food reader, the gastronomic fanatic and the cultural historian, there is no other book on the food of the world that packs such a visual, cultural and culinary punch. The Foodlover's Atlas of the World features forty-three distinctive regions and subregions that go beyond political boundaries to gastronomic borders; and close to 300 evocative photographs, 90 special recipes, plus sample menus, dish definitions, local food lore and historical detail.

From Publishers Weekly Putting together all she has learned from writing 17 cookbooks (including Mediterranean Light, Provençal Light and Mexican Light), Shulman provides a whirlwind tour of the globe's culinary traditions. Illustrated throughout with 300 full-color, National Geographic-style photos, this overview of food around the world is divided into "Europe," "Africa and the Middle East," "Asia and Australia" and "the Americas," and is subdivided by country and region. In each section Shulman discusses the staple foods, culinary history, specialties and mealtime customs of each area. Sidebars spotlight signature dishes and special ingredients, beverages and such concoctions as Hungarian stews, Indonesian rempah paste, Vietnamese pho and Paraguay's yerba mate herbal tea. Typical menus are also included. Shulman describes the various ways that commerce, imperial expansion and immigration have influenced each region's cuisine. The book concludes with a sampling of 80-plus recipes from every continent, including the Chinese Hot and Sour Soup, the savory Provençal Tapenade, the flavorful Lamb and Prune Tagine from Morocco and the rich, sweet Linzertorte from Austria. The volume covers a surprising amount of ground in reasonable depth (though the Africa and South America sections are arguably skimpy), and the recipes live up to Shulman's usual high quality. This single volume will provide any cook with an international repertoire not to mention plenty of theme party ideas. Copyright 2002 Reed Business Information, Inc. From School Library Journal Adult/High School-Arranged by continent and countries, this interesting and readable book discusses the specifics of how geography has influenced the culture of food in a particular location. Each chapter includes a history of food, social influences, staples, an explanation of ingredients, well-known dishes, and how to read a local menu. Material is presented through broad discussions, not the precise dictionary style of Larousse Gastronomique (Crown, 1988) or Alan Davidson's The Oxford Companion to Food (Oxford, 1999). Boxed inserts highlight interesting or unusual facts or traditions. Large, color photographs relate to the adjacent text and will attract browsers. The final section gives approximately 75 recipes arranged by courses with the country of origin noted. An excellent resource for geography, foreign language, and home-economics students. Claudia Moore, W. T. Woodson High School, Fairfax, VA Copyright 2003 Reed Business Information, Inc. From Library Journal Taking a colorful, entertaining look at food in its geographical context, noted cookbook author Shulman (The Best Vegetarian Recipes) explores the culinary traditions and cuisines of 90 countries and 43 regions of the world. A brief culinary history, a list of traditional staple foods, signature dishes and national drinks, and a sample menu are provided for each country, and Shulman concludes with a selection of 90 recipes from

around the globe. Even though other standard culinary reference sources, including Larousse Gastronomique and The Oxford Companion to Food, also provide similar and more in-depth information on the foods and cuisines of different countries, libraries will still want to consider The Foodlover's Atlas of the World because it provides a good, basic introduction to the native dishes and culinary traditions of different countries. Recommended for most public libraries. John Charles, Scottsdale P.L., AZ Copyright 2002 Reed Business Information, Inc.