



Eat Smart in Mexico: How to Decipher the Menu, Know the Market Foods and Embark on a Tasting Adventure (Paperback)

By Joan Peterson

Gingko Press, United States, 2008. Paperback. Condition: New. S.V. Medaris (illustrator). Second Edition. Language: English . Brand New Book. Veer off the tourist-beaten path to find authentic cuisine and rich new experiences in Mexico. Eat Smart in Mexico is a celebration of Mexican cuisine and one of nine titles in the authoritative Eat Smart series. It contains a rich historical perspective on the origins and varieties of Mexican food and extensive background on delectable regional dishes. Spanish phrases are included to make your culinary adventure even more successful. At the core of the book are two extensive guides to Spanish terms with English translations. The Menu Guide demystifies food selection, allowing visitors to order with confidence in restaurants; the Foods Flavors Guide is a comprehensive list of foods, spices, cooking utensils, and cooking styles, to make shopping in the colorful outdoor markets easy and fun. For the adventuresome traveler, this is a richly annotated resource that will help you understand and appreciate Mexican culture through authentic local cuisine.



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