



## Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods and Embark on a Tasting Adventure

By Joan Peterson, David Peterson

Ginkgo Press Inc., U.S., United States, 2000. Paperback. Book Condition: New. 213 x 137 mm. Language: English, Polish . Brand New Book. 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 they've uncovered while hunting for something good to eat from restaurant dining to home cooking to fresh market produce to street-vendor fare to allow you to get to the heart of the culture through its cuisine. 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.

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