



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

By Mary Bergin

Gingko Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Michelin-rated restaurants and street-vendor fare earn equal time in the newest release of the internationally acclaimed Eat Smart culinary guidebook series. That means exploring the currywurst and doner kebabs of Berlin, then spicy crepes with venison and cherries at the Hotel Sackmann in the Black Forest. Authentic German dining begins with sausage, rouladen, potato salad, gingerbread, and strudel--but so much more defines and influences the cuisine. Consider the verve with which Kiel residents devour sprats (young herring) near the Baltic and North seas. Or the pride that people in the village of Bautzen take in serving a centuries-old recipe for Sorbian soup. Eat Smart in Germany connects menus and markets to geography, history, and regional pride. In the book are these practical and fun features: dozens of delicious recipes from chefs and other food experts that allow travellers and cookbook lovers to re-create the cuisine a Menu Guide that demystifies food selection, allowing visitors to order with confidence a Food and Flavours Guide that provides a comprehensive list of foods, spices, cooking styles, and more to assist shoppers at colourful outdoor markets an explanation of culinary...



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