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The Foodlover's Atlas of the World

Martha Shulman

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The Foodlover's Atlas of the World Martha Shulman

The Foodlover's Atlas of the World takes readers on a fascinating culinary adventure through the markets and kitchens of 90 countries in 43 regions of Europe, Africa, the Middle East, Asia, Australia and the Americas.

Comprehensive and revealing, this lively and lushly illustrated book describes how food is at the center of people's social and gastronomic lives. The topics covered are:

- Staple foods, signature dishes and traditional ingredients
- Herbs, spices and indigenous beverages
- Culinary history, festive dishes and eating customs
- The influences of history, geography and climate
- How foods are prepared, cooked and served
- How the cuisine of regions can vary within a country.

The book also includes 72 recipes from around the world, using authentic ingredients but updated for modern North American kitchens. Dishes range from soups, appetizers and salads to vegetables and legumes, fish, meat, poultry and dessert.

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