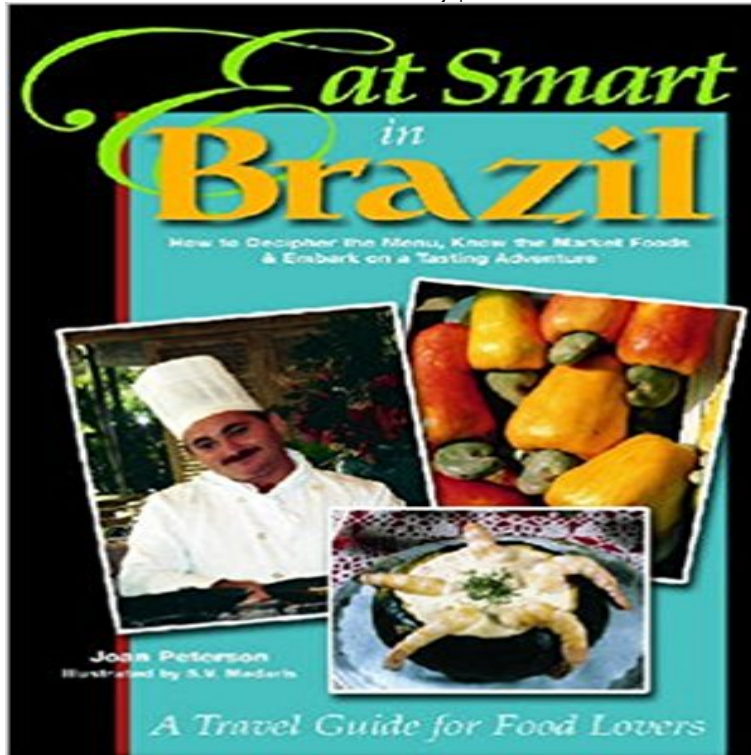


Eat Smart in Brazil: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure



This paean to Brazilian cuisine contains a rich historical perspective on food origins and extensive background on regional dishes, including recipes. With the bilingual aids provided, navigating market and menu is a breeze. The second edition of Eat Smart in Brazil comes with a new cover design, as well as an updated resources chapter. In addition, the index has been supplemented with a Portuguese translation for each English entry, making the book more useful for any traveler. In this edition of Eat Smart Tour a variety of Brazilian kitchens to see how cooking styles differ region to region Get tips on increasing your savvy in Brazils outdoor markets and supermarkets Learn helpful phrases for use in restaurants, food markets, and more Use a comprehensive glossary of ingredients, kitchen utensils, and cooking methods in Portuguese Learn to prepare easy recipes: Camarao na Moranga (Winter squash with shrimp) Pao de Queijo (Cheese Rolls) Quindim de Ya-Ya (Young girls dessert)

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