



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

Joan Peterson, David Peterson

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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!

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