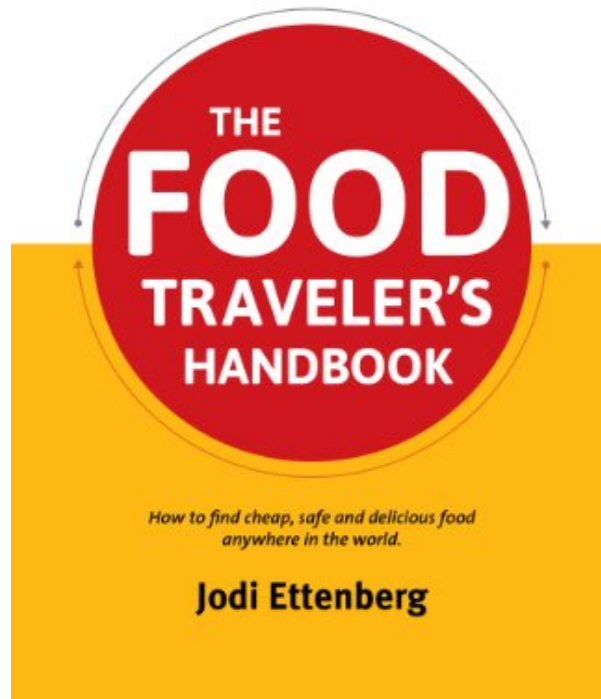
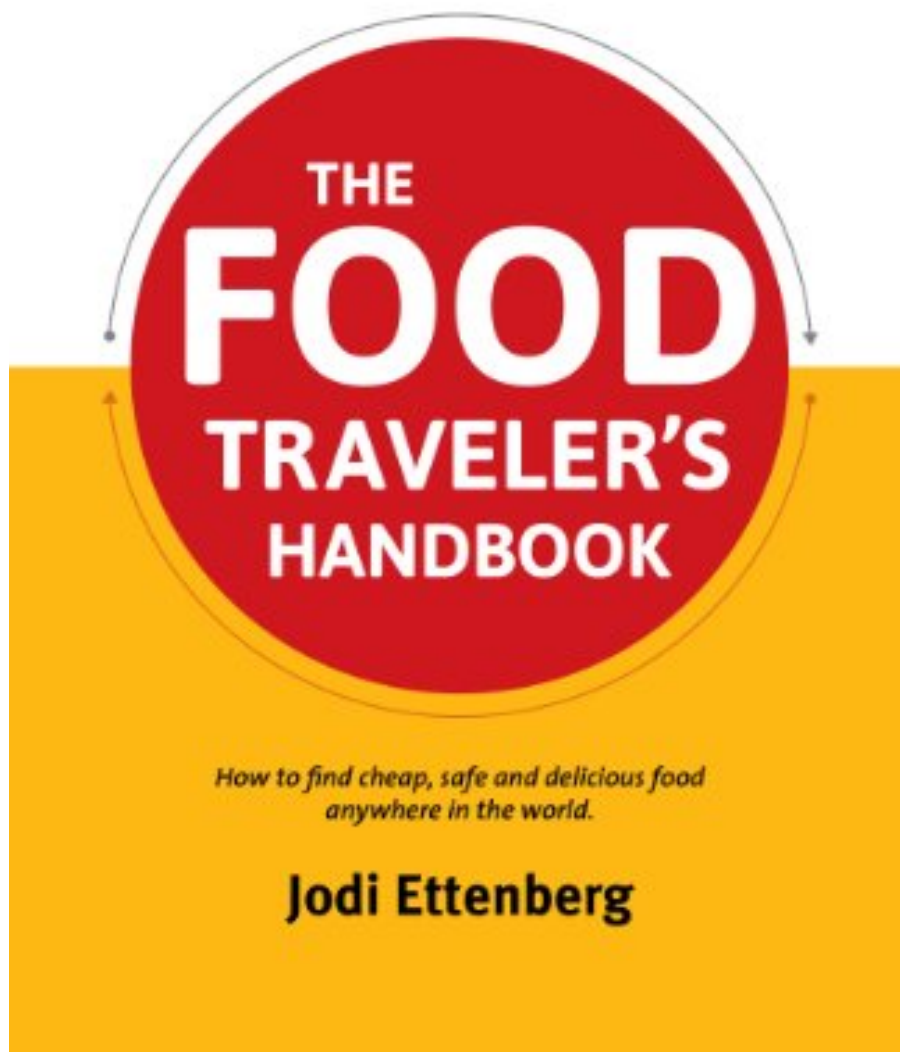


THE FOOD TRAVELER'S HANDBOOK BY JODI ETTENBERG



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Review

"A great resource and enticing companion for anyone who likes to eat and to travel. Jodi's handbook is a reminder that if we stay open to the possibilities, food can be a gateway to expanding our horizons wherever we are." - Naomi Duguid, James Beard award-winning writer, author of *Burma: Rivers of Flavor*

"If you're looking to read one book about how to eat out while traveling, this is it. Jodi understands that it isn't just about the food. It's also a quest, a chance to create an adventure, a memory, and a connection to the local culture." - Tyler Cowen, author of *An Economist Gets Lunch*

Jodi Ettenberg provides a personal and practical road map to understanding the part food plays in cultures and how to better experience those cultures through street-level eats. A bonus: she guides readers in navigating the perils of potentially dicey food, favoring caution instead of fear." - Spud Hilton, travel editor, *San Francisco Chronicle*

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I grew up in a household that was not focused on food. We ate - did we ever! - but spicy foods and creative cooking were not part of my childhood. It was only when I started traveling that I realized how varied foods around the world could be. Each region had a distinct way of cooking and spicing, and a geographic food footprint to call its own. Discovering food by eating it abroad went far beyond the international restaurants I sampled growing up in Montreal and later while working as a lawyer in New York.

I traveled for shorter periods on vacations from my law firm, but I wanted to see more. Once I had saved up enough funds to quit for a year of travel, I left New York to see the world for myself. That one year morphed into two, then three and now almost four-and-a-half years. As I traveled, my journey shifted perceptibly from a focus on places and people, to a focus on those places and people through their food.

When I left New York, I started a website, *Legal Nomads*, to chronicle my misadventures and keep my friends and family apprised of my whereabouts. Over the years I've been thrilled to see the site grow into its own, with a passionate community of readers who also love to experience the world. And they love their food.

As I continued to focus more and more on the anthropology of what we eat (and why we eat it), the idea of a food book took form. I received emails from worried travelers who wanted to eat at street stalls but feared becoming ill. At the same time, I found myself encouraging others who did not focus on food to use eating as a guide, a way of understanding a new place.

The Food Traveler's Handbook explores both of these sentiments. It addresses why food matters and how travelers can explore the world through the many ingredients we find on our plates. It also tackles very valid safety concerns, from sourcing fresh eats to finding market stalls that serve hygienic meals. The book focuses primarily on cheaper food in developing countries, but its principles and tips can be applied worldwide.

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The Food Traveler's Handbook By Jodi Ettenberg. Eventually, you will certainly discover a brand-new adventure and understanding by investing even more money. However when? Do you think that you need to obtain those all demands when having significantly money? Why do not you aim to get something simple in the beginning? That's something that will lead you to know even more concerning the globe, journey, some locations, history, home entertainment, and a lot more? It is your own time to proceed reading routine. Among the e-books you can delight in now is The Food Traveler's Handbook By Jodi Ettenberg below.

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THE FOOD TRAVELER'S HANDBOOK BY JODI ETTENBERG

PDF

The Food Traveler's Handbook provides a compelling argument for using food as a primary focus in discovering the world. Using this handbook as a guide, you will learn how to eat safely in developing countries, source cheap but delicious streetside meals and discover how to make food a tool for understanding a new place and connecting to its local culture.

The Food Traveler's Handbook is part of The Traveler's Handbook series and offers:

- How to discover the world through food.
 - Delicious stories to learn from.
 - How to use food-specific themes to plan long and short-term trips.
 - Ways to source cheap, safe meals in developing countries.
 - Tips and tricks from chefs, food writers and long-term travelers.
 - Ethical considerations when eating in far-flung destinations.
 - Guidelines tailored to travelers with special dietary needs such as food allergies (celiac disease, nut allergies, etc) or vegetarians.
 - Packing, planning and learning resources for the food traveler.
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 - Format: Kindle eBook

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Most helpful customer reviews

7 of 8 people found the following review helpful.

Hide Your Passport and Diet Before Reading

By Amazon Customer

I love good food and a great adventure and Jodi has taken those two loves and put together an amazing book that fills both with desire.

Part Bourdain and part Hemingway, she has written a useful guidebook for anyone who wants to travel the world and eat smartly along the way. It is full of advice, lessons learned and suggestions on how to make the most out of your next food adventure anywhere in the world.

The words alone are beautiful, but her photography takes the book to a whole new level. Her eye to capture the moment, colors and surroundings allow you to feel as if you are right there with her along for the journey.

I was sad when this book ended because I could have kept reading more and more. But, I was also filled with excitement to try new food the next time I jumped on a plane!

A must read for anyone who loves food and travel.

5 of 6 people found the following review helpful.

The essential companion to every travelling food lover

By RG

Jodi Ettenberg's Food Traveler Handbook is an essential companion to every travelling food lover. She delves into the history of food in certain places, the where and how to find it, and most importantly, why you should be adventurous with food when travelling. She emphasizes the relationship food has with culture (sometimes in unexpected ways), and how learning about a country can be so much more in-depth (and more fun) when consuming massive amounts of its yummy treats. Not only that, but she provides valuable tips on

being safe, and food habits and customs from around the world. I know I worry about safety when I travel, and would love to try more food but I haven't because I was worried about being sick. Jodi's book gives me a framework to work with and tips to try to appease my worried mind when I travel and eat."

4 of 5 people found the following review helpful.

Food tips for the novice or veteran traveler

By Flinkflonk

If, as Napoleon wrote, an army marches on its stomach, then a traveler must too travel on her stomach. Indeed, while many of us bring back photos and fond memories of temples, palaces, resorts and the like, it's the discovery of new, exotic and flavourful foods, shared with friends and family that form our most abiding memories. Moreover, many a short trip was ruined by unfortunate food choices; many a long trip around the world has been marred by gastric upset. Food is the great equalizer and too, is the portal through which travelers experience the culture, language and history of a foreign country.

It's with this in mind that I picked up Jodi Ettenberg's new book, "The Food Traveler's Handbook: How to find cheap, safe and delicious food anywhere in the world." Montreal-born and former lawyer who started Legal Nomads, which chronicles her food and travel adventures, Ettenberg shares tips drawn from her years of travel on how to use food to bridge the gap in cultures and bring life to what might otherwise be mundane travel experience.

She writes about her unexpected love affair with food and offers tips on avoiding food-borne illnesses and how to find good eats off the tourist-trap path. For example, she advises readers to slip a cab driver a cough lozenge to break the linguistic and cultural ice and buying a bag of fruit to give to children as a way to start a conversation, including about food.

While it offers useful lists of web links on street food and advisories about food safety, the book is not a travel guide nor is it a cookbook. Written in a breezy, conversational style, The Food Traveler's Handbook instead celebrates an often overlooked facet of travel: the foods and drinks not readily available at home and not prepared in ways that we're used to. Photos of colourful, mouth-watering dishes jump out at the reader and bring a sense of the exotic offerings available with some creative effort by the novice or veteran traveler. The book is available in e-reader format and the paperback pops easily into a backpack.

It may have saved me from a week's worth of recovery from a bout of bacillary dysentery in India in 1997; however, I may have had to learn the hard way. Travel to exotic locals can be difficult, but navigating the often confusing maze of restaurants, strange menus and street eats need not be - if you buy this book.

Robert Freeman (Toronto, Canada)

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