

Around the world on a dinner plate

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Introduction

Many of us are enthusiastic travellers, be it the armchair variety, sitting in our comfortable lounges, dreaming of a shopping trip to Hong Kong or a luxury boat trip on the Volga, or in reality, joining the growing trend for holidays in far-flung places – thus increasing our awareness and appreciation of the world-wide range of cuisines.

The fascination of culinary travel appeals to food fanatics who want to taste everything the world has to offer, from French cassoulets, through Chinese dim sum and Mexican enchiladas to Japanese sushi. The love of good food is a gift to the spirit, best shared with friends in a convivial atmosphere, as everyone enjoys variety and change in the food we cook and eat. Now that supermarkets and stores import such a wide range of exotic ingredients we can become even more adventurous in the kitchen.

This may mean that one has to learn to understand the history and cultural backgrounds of countries and regions. Different countries have different ways in which geography, history and society have interacted to create distinctive and unique cuisines. One can learn about how factors like migration, religion, and climate have influenced and evolved dishes and cooking traditions, and

have led to a fabulous diversity, as well as revealing some surprising similarities.

Not everyone can afford to physically travel to all these exotic places. There is a wonderful solution to this problem, however, through the books one can get from one's library – and in this instance, from SN. In these books you can travel the world and sample some of its famous and favourite dishes, all without moving an inch from the comfort of your own kitchen.

General titles

The Around the world cookbook: over 350 authentic recipes from the world's best-loved cuisines.- Lorenz Bks., c1999.

Neiger, Elisabeth. **Food in 5 languages: an international menu guide.**- Interlink Bks., 1997.

Shulman, Martha Rose. **The world on your plate.**- Carroll & Brown, 2002.

Ward, Susan. **The gourmet atlas.**- Apple, c1997.

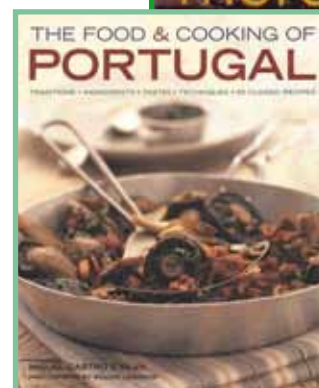
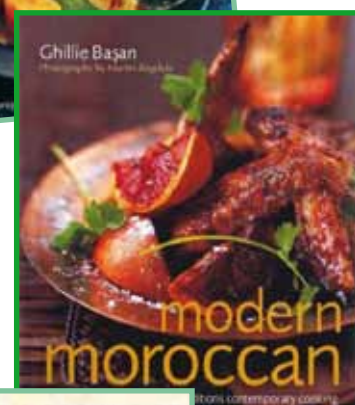
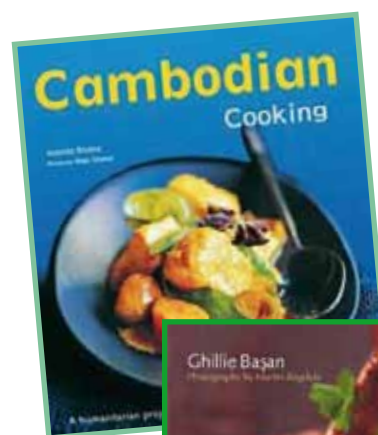
The world atlas: a gourmet's guide to the great regional dishes of the world.- Spring Bks., 1988.

Africa

Basan, Ghillie. **Modern Moroccan.**- Hermes House, c2008.

Grant, Rosamund. **Taste of Africa.**- Lorenz Bks., 1995.

Walden, Hilaire. **North African cooking.**- Apple P, c1995.



The Americas

- Llamas, Beatriz. **A taste of Cuba.**- Interlink Bks., 2005.
- Nichols, Lourdes. **Mexican cookery.**- Collins, 1984.
- Roots, Levi. **Caribbean food made easy.**- Beazley, 2009.
- Weaver, William Woys. **America eats: forms of edible folk art.**- Harper & R., c1989.

Europe

- Bugialli, Giuliano. **The taste of Italy.**- Conran Octopus, 1988.
- Classic Italian recipes.**- Parragon, 1999.
- Clements, Carole. **Taste of France.**- Hermes House, 2002.
- Cooking Spanish.** Murdoch Bks., 2005.
- Davies, Gilli. **Celtic cuisine: [recipes from Wales, Ireland, Scotland, Brittany, Isle of Man and Cornwall].**- Graffeg, 2008.
- Denny, Roz. **Modern German food.**- Simon, 2001.
- Farrow, Joanna. **Recipes from a Greek kitchen.**- Hermes House, c2000.
- Great British dishes the healthy way.**- Reader's Digest, c2002.
- Hill, Anja. **The food & cooking of Finland.**- Aquamarine, c2007.
- Jones, Bridget. **Recipes from a Polish kitchen.**- Apple P, c1990.
- Keatinge, Hilary. **The flavour of Holland.**- Schuyt, c1995 (1997 printing).
- Laurence, Janet. **The food & cooking of Norway.**- Aquamarine, c2008.
- Little, Alastair. **Food of the sun: a fresh look at Mediterranean cooking.**- Quadrille, 1995.
- Moor, Janny de. **Dutch cooking.**- Aquamarine, c2007.
- Mosesson, Anna. **Swedish food & cooking.**- Aquamarine, c2008.
- Previdi, Taimi. **The best of Finnish cooking.**- Hippocrene Bks., c1995.
- Silva, Miguel Castro. **The food & cooking of Portugal.**- Aquamarine, c2007.
- Traditional British cooking.**- Lorenz Bks., 1998.
- Vandyck, Suzanne. **The food and cooking of Belgium.**- Aquamarine, c2008.
- Viola, Pauline and Ravnkinde, Knud. **Cooking with a Danish flavour.**- H Hamilton, 1978.
- Walsh, Helen. **Delights of Ireland.**- J Hinde, c1993.

The Far East

- Anh, Suzanne Ngoc. **The best of Vietnamese cooking.**- Evans Mitchell, c2002.
- Atkins, Catherine. **From borsch to blinis: great traditional cooking from Russia and Poland.**- Southwater, 2000.
- Barber, Kimiko. **The Japanese kitchen.**- Kyle Cathie, 2007.
- Basan, Ghillie. **The food and cooking of Indonesia & the Philippines.**- Aquamarine, c2008.
- Basan, Ghillie. **A practical cook's encyclopaedia of Malaysia & Singapore.**- Hermes House, c2008.
- Best of the best from Hawaii cookbook.**- Quail Ridge P., c2004.
- Chan, Susan. **Flavors of Burma (Myanmar): cuisine and culture from the land of Golden Pagodas.**- Hippocrene Bks., c2003.
- Dekura, Hideo. **The fine art of Japanese cooking.**- Bay Bks., 19--.
- Floyd, Keith. **Floyd on Oz: feasts and fables of a cook Down Under.**- Joseph, 1991.
- Kong, Foong Ling. **The food of Asia: (China, Japan, India, Indonesia, Thailand, Vietnam).**- Periplus, c1998.
- Laudan, Rachal. **The food of paradise: exploring Hawaii's culinary heritage.**- Hawaii UP, c1996.
- Liley, Vicki. **Dim sum.**- Time-Life Int., 2001.
- Makan, Ramola. **The South African Indian cookbook.**- Struik, 1989.
- Panjabi, Camellia. **50 great curries of India.**- Kyle Cathie, 1995.
- Rivierre, Joannes. **Cambodian cooking.**- Periplus, c2005.
- Sterling, Richard. **World food – Hong Kong.**- Lonely Planet Publ., 2001.
- Walden, Hilaire. **Korean cooking.**- Apple P, c1995.

The Middle East

- Jamal, Salah. **Arabian flavours: recipes and tales of Arab life.**- Souvenir P, 2005.
- Atkinson, Catherine. **The practical encyclopaedia of East European cooking: Russia, Poland and the Ukraine, Germany, Austria, Hungary and the Czech Republic, Romania, Bulgaria and the East Adriatic.**- Lorenz Bks., 1999.
- Davies, Trish. **The Balkan cookbook.**- Southwater, c2000.
- Gerbino, Virginia Jerro. **A taste of Syria.**- Hippocrene Bks., c2003.

- Goodman, Naomi. **The Good Book cookbook: [dishes from the Bible].**- Human, 1997.
- Jackson, Bade. **Turkish cooking.**- Chartwell Bks., c1998.
- Khalife, Maria. **Middle Eastern Cookbook.**- New Holland, 2006.
- Maroun-Paladin, Cassie. **Foods of the Lebanon.**- New Holland, 2001.

