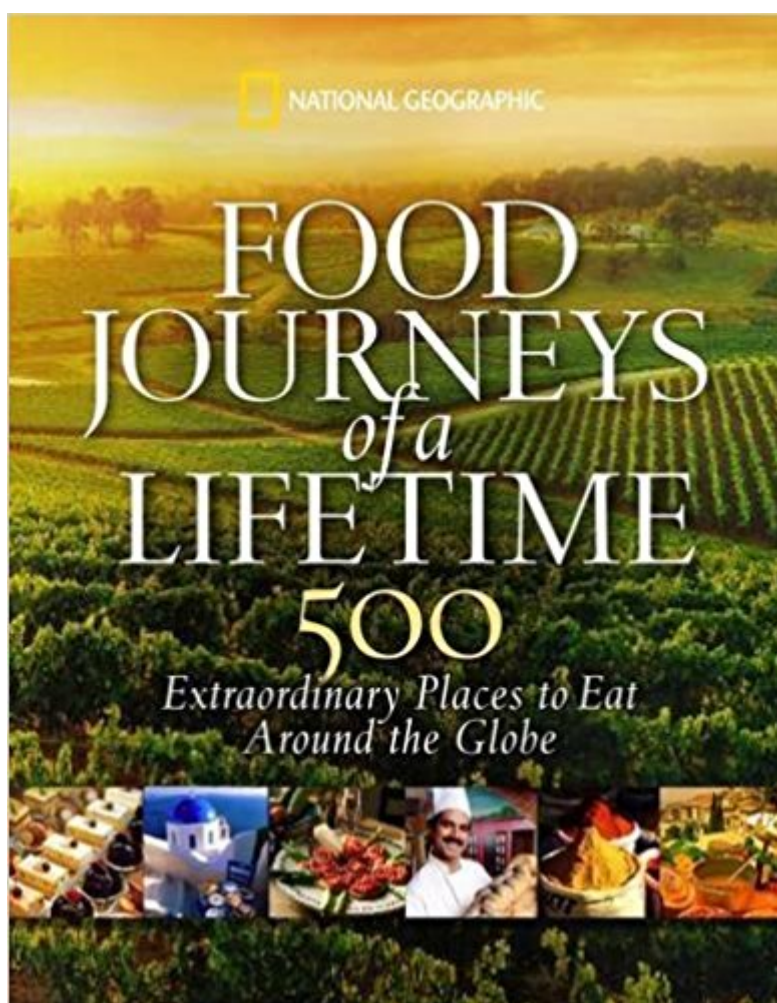


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# Food Journeys Of A Lifetime: 500 Extraordinary Places To Eat Around The Globe



## Synopsis

For pure pleasure, few experiences are as satisfying as a chance to explore the world's great culinary traditions and landmarks; and here, in the latest title of our popular series of illustrated travel gift books, you'll find a fabulous itinerary of foods, dishes, markets, and restaurants worth traveling far and wide to savor. On the menu is the best of the best from all over the globe: Tokyo's freshest sushi; the spiciest Creole favorites in New Orleans; the finest vintages of the great French wineries; the juiciest cuts of beef in Argentina; and much, much more. You'll sample the sophisticated dishes of fabled chefs and five-star restaurants, of course, but you'll also discover the simpler pleasures of the side-street caf  s that cater to local people and the classic specialties that give each region a distinctive flavor. Every cuisine tells a unique story about its countryside, climate, and culture, and in these pages you'll meet the men and women who transform nature's bounty into a thousand gustatory delights. Hundreds of appetizing full-color illustrations evoke an extraordinary range of tastes and cooking techniques; a wide selection of recipes invites you to create as well as consume; sidebars give a wealth of entertaining information about additional sites to visit as well as the cultural importance of the featured food; while lively top ten lists cover topics from chocolate factories to champagne bars, from historic food markets to wedding feasts, harvest celebrations, and festive occasions of every kind. In addition, detailed practical travel information provides all the ingredients you'll need to cook up a truly delicious experience for even the most demanding of traveling gourmets.

## Book Information

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## Customer Reviews

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**Top Ten New Year's Celebratory Feasts Around the World**

**Forget-the-Year Parties, Japan**  
**Bonenkai**, or forget-the-year, parties are occasions for workmates or groups of friends to celebrate the previous year's successes and drown its failures. They usually take place in izakaya, taverns serving smallish Japanese dishes alongside drinks, or restaurants. Rigid protocol applies, at least until everyone is drunk; empty glasses are taboo.  
**Planning:** Bonenkai parties take place throughout December; many people attend several. [www.jnto.go.jp](http://www.jnto.go.jp)

**New Year, or Spring Festival, China**  
On the eve of this 4,000-year-old lunar festival, families gather for a lavish reunion dinner. Common components are a chicken, symbolizing wholeness; black moss, indicating wealth; sticky cake, boding a sweet new year; and longevity noodles, eaten uncut. Dinner usually ends with a whole steamed fish, which is left unfinished to augur a new year of plenty.  
**Planning:** Chinese New Year falls on varying dates in January and February. **Wear red:** it's a lucky color. [www.chinaodysseytours.com](http://www.chinaodysseytours.com)

**Feast of the First Morning, Vietnam**  
An ancestor-worship festival, Tet Nguyen Dan (Feast of the First Morning) is also an occasion to entertain friends and family and start the year auspiciously. Since even cooks relax for Tet, dishes are prepared ahead and include kho (a tangy stew flavored with caramel and fish sauce), banh chung (sticky pork and mung-bean rice cakes), and cu kieu (pickled spring onions).  
**Planning:** Tet usually corresponds with Chinese New Year. Shops and markets close for up to three weeks. [www.footprintsvietnam.com](http://www.footprintsvietnam.com)

**White Month, Mongolia**  
Mongolia's three-day lunar New Year festival, Tsagaan Sar (White Month), is celebrated at the junction of winter and spring. Bituuleg (New Year's Eve dinner) stars a cooked sheep's rump, accompanied by steamed meat dumplings, lamb patties, and flat biscuits, washed down with fermented mare's milk and milk vodka.  
**Planning:** The date varies from year to year. Mongolians prepare enough food for all-comers. Guests should bring presents. Packaged tours are available. [www.mongoliatourism.gov.mn](http://www.mongoliatourism.gov.mn)

**New Year's Eve, Russia**  
Feasting lavishly is at the core of Russia's biggest festival as many Russians believe the new year will continue as it

started. The evening proceeds with a succession of toasts made with vodka or Sovetskoye Shampanskoye (Soviet champagne). Typical dishes include caviar, smoked salmon, goose, and suckling pig. Many Russians also celebrate the Julian Old New Year on January 13-14. Planning: Many restaurants arrange package tours. [www.russia-travel.com](http://www.russia-travel.com)

**New Day, Iran** The 3,000-year-old Noruz (New Day) is a Zoroastrian, pre-Islamic festival that remains Iranians' top holiday. Core to the rituals is the haft sin (seven 's's) spread—usually chosen from sabze (green shoots), saman (wheat pudding), sib (apples), sohan (honey-and-nut brittle), senjed (jujube), sangak (flatbread), siyahdane (sesame seeds), sir (garlic), soma (sumac), and serke (vinegar). But it is all display. On the eve itself, Iranians usually eat sabzi polo mahi, steamed rice with green herbs and fish. Planning: Noruz corresponds with the vernal equinox (usually March 21). [www.itto.org](http://www.itto.org)

**New Year's Eve, Piedmont, Italy** A large dinner (cenone) is common throughout northern Italy for New Year's Eve, but few places take it to the same extremes as Piedmont, birthplace of the Slow Food movement. Expect a dozen antipasti, boiled homemade sausages with lentils, at least three other main courses, and several desserts, including panettone and hazelnut cake. Planning: For an authentic rural experience, enjoy home-cooked food in a family atmosphere at a farmhouse. [www.piedmont.worldweb.com](http://www.piedmont.worldweb.com)

**New Year's Eve, Spain** Spaniards devour a grape with each midnight chime. Most people celebrate at home, but large public festivities in Barcelona's Plaza Catalunya see people assemble with grapes and cava (sparkling white wine) before a night's clubbing. Planning: Peeled, unseeded grapes are easier to swallow rapidly. [www.barcelonaturisme.com](http://www.barcelonaturisme.com)

**New Year's Eve, the Netherlands** Although restrained in their consumption of pastries for most of the year, Netherlands abandon all prudence on New Year's Eve, when dinner ends with deep-fried appelflappen (apple turnovers), appelbeignets (battered apple rings), and oliebollen (doughnuts). They usually toast the new year with champagne. Planning: Some restaurants and hotels organize special dinners as part of a package, often including accommodation. [www.holland.com](http://www.holland.com)

**Hogmanay, Scotland** On New Year's Eve, called Hogmanay in Scotland, most rituals, such as first-footing (visiting) friends and neighbors after midnight, are home-based. Key among the food traditions is a Scottish steak pie, often ordered in advance from butchers, alongside black bun and clootie dumplings—both rich fruitcakes—and shortbread. Planning: In Edinburgh, the Hogmanay Food Fair or upscale butchers, such as John Saunderson, are good places to stock up on goodies. [www.edinburgh.org](http://www.edinburgh.org), [www.edinburghfestivals.co.uk](http://www.edinburghfestivals.co.uk)

When I have the privilege to travel to exotic places abroad, I've generally made it a point to find an

opportunity to take a cooking lesson in the local cuisine. I figured out a while back that the most intimate way to get to know a culture is through the food they grow, create, cook and eat. Now comes a book from the editors of one of my favorite magazines, *National Geographic Traveler*, that focuses on the culinary adventures to be had around the globe. As expected, it's a handsome coffee-table book that takes full advantage of the vast catalog of images and articles long featured in the magazine. It's divided into nine beguiling chapters:-- "Specialties & Ingredients" focuses on foods which are unique to specific locales, ranging from Vermont maple syrup to the fresh sushi found at dawn in Tokyo's Tsukiji Market to the vanilla bean that originated on the island of Reunion.-- "Outstanding Markets" spotlights the world's great bazaars such as Thailand's floating markets, Venice's Rialto Fish Market, and in my own backyard, San Francisco's Ferry Building Marketplace.-- "Seasonal Delights" runs the gamut from French truffles to Finnish crayfish to Maryland's soft-shell crabs.-- "In the Kitchen" brings to the fore the intimate secrets of the world's cuisines through classic technique and unique ingredients. Recipes are plentiful in this section's sidebars.-- "Favorite Street Foods" is the section with which I have the most affinity since it highlights exactly the type of food that I would eat as a traveler, the local eats found on mobile food carts, at street kiosks, and in expansive night markets.-- "Great Food Towns" travels far and wide to identify the culinary capitals from Bologna to Goa to Hong Kong to the inevitable destination, Paris.-- "Ultimate Luxuries" identifies the rare treats to be discovered by those with deep pockets, for example, kaiseki feasting in Kyoto and luxuriant dining at the Hotel Cipriani in Venice.-- "The Best Wine, Beer, & More" focuses on some unusual beverages such as Peruvian pisco and Greenland's glacier beer, as well as more predictable choices like Oregon's microbreweries and Sonoma wines.-- "Just Desserts" looks at the world's confectionary delights such as Belgian chocolates and Florida's key lime pie. For each entry, the editors provide critical information on when to go, how to plan a particular culinary adventure, and what relevant websites can help with the planning. There are entertaining top ten lists throughout the book in categories as diverse as Extreme Restaurants and Monastic Tipples. My only complaints about the book are that certain areas (Western Europe, Japan) seem to be favored at the expense of more exotic locales and that there aren't as many "a-ha" moments as I would have hoped from a list as comprehensive as this one. Still, the photography is mostly spectacular, and the editors recognize the most important discovery for the reader - that what and where we eat becomes as much a part of our travel as what we see - and the book successfully delivers an exercise in cultural immersion through our individual palates.

This is a textbook-quality, very well laid out, beautiful glossy book. Did well to give this one as a gift!

Food Journeys of a Lifetime: 500 Extraordinary Places to Eat Around the Globe © National Geographic Society 2009 By Nan C. That travel bug you were sure airport hassle, terrorists, or a current stay on Poverty Row had killed, comes right back to haunt you as soon as you open this book. Supersized 12"L x 9.5"W and 1" Deep (not counting sturdy hard cover), this five-pounder is no takalong guide. But what a beautiful way to browse and dream! Be sure to take notes - in case. National Geographic never shys away from sending contributors to wild parts of the world. Foodie destinations in most corners of the globe are covered, as though grim State Department Travel Warnings do not exist. Wonderful index of 313 non-gushy pages, beautiful photos (of course), suggestions for international hotel chains, bed & breakfasts, campgrounds to stay near the goal - from gourmet cooking schools to street food vendor-specialists in world capitals and villages, including the USA, plus the occasional sidelined recipe. Those Preserved Lemons somehow inspired me to get to Morocco ASAP! ###

Can not put those books down

Very pleased with the book. Lots of fun lists and beautiful photos.

If only there was time to visit each of these beautifully photographed locations and taste what looks to be wonderful food.

Great coffee table book! People love to grab it and read it

Made a great gift!

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