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Find the Heart of Sicilian Culture through its Sumptuous Cuisine

Eat Smart in Sicily

How to Decipher the Menu, Know the Market Foods, & Embark on a Tasting Adventure

Joan Peterson and Marcella Croce

Illustrated by Susan Chwae

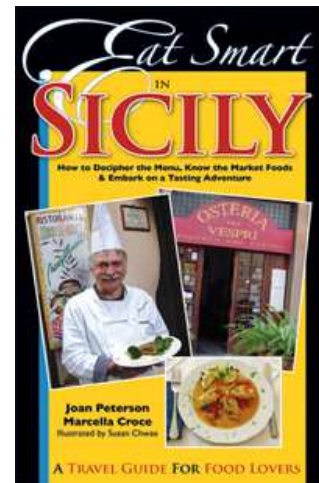
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Rich with seafood, citrus, olives, and almond sweets, the cuisine of the sun-drenched island of Sicily reflects the influence of Greeks, Norman French, Tunisians, and Italians, among others. Unlike guidebooks that sweep Sicily into an overview of Italy, this latest addition to the award-winning EAT SMART series focuses solely on the cuisine of Sicily. *Eat Smart in Sicily* provides an historical overview of the peoples who have lived there and their contributions to Sicilian cuisine, with attention given to the fare distinct to the villages and urban centers of Sicily's four regions. A helpful guide to Sicilian menus, with English translations of Italian (or Sicilian) words, makes ordering food in Sicily an easy and immediately rewarding experience. Highlighting regional recipe mainstays, Joan Peterson and Marcella Croce provide tips to shopping for traditional ingredients in Sicily and at home. The book also includes a comprehensive glossary of foods, kitchen utensils, and cooking methods to prepare authentic Sicilian specialties at home or abroad.

Joan Peterson is an experienced world traveler and the author of the EAT SMART guides to the food of Brazil, India, Indonesia, Mexico, Morocco, Peru, Poland, Sicily, and Turkey. Each book has been designed for travelers and food lovers like her who want to navigate menu and market with confidence.

Marcella Croce was born in Palermo, Sicily, and is a journalist and author. For almost twenty years she has been a teacher and coordinator of Elderhostel Programs in Sicily organized by Trinity College in Hartford, Connecticut.