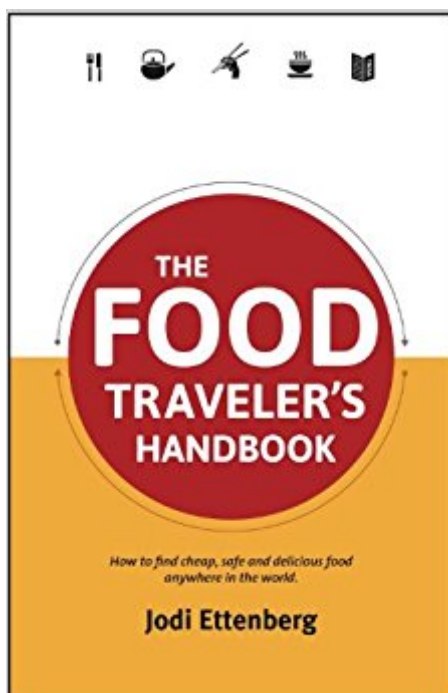


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# The Food Traveler's Handbook (Traveler's Handbooks)



## Synopsis

The Food Traveler's Handbook provides a compelling argument for why it is important to use food as a lens through which you see 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. This book is part of The Traveler's Handbook series.

## Book Information

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## Customer Reviews

"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*

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.

Jodi Ettenberg's blog is a great guide, and this book is the same. In fact, I used some of these tips even when eating out in Austin, TX, to find excellent local eats, as well as in foreign countries. I recently realized I am dairy- and gluten-intolerant, so her advice has been helpful in that regard as well. Highly recommended, and a quick, easy read.

Jodi Ettenberg isn't the best writer, but I have to admit that this is one of the best handbooks for travelers with goals aiming at south-east Asia street food. Ettenberg provides many good sources, safety tips, and useful links along with fun, quirky stories. There are a few misspellings on the names of the Vietnamese dishes; otherwise, I'd give this handbook a 5 stars rating.

I love Jodi's blog but I didn't feel like the book added much above that. If you haven't read her blog then I would recommend, especially if you want an offline kindle version while on the road!

The Food Traveler's Handbook is a guide for people traveling to far-flung corners of the globe and understand that there are real people, living real lives in these other countries. There is more to be had than tourist hubs, hotels, and pre-packaged corporate restaurants. The old adage about dive bars is appropriate: "In a true dive bar, you're worried about getting stabbed. In a "dive-themed" bar, you likely want to stab everyone else." The Handbook is largely about 3 things: -Good food - Cheap food - Getting the two above safely

The book is born from the desires of former corporate lawyer, Jodi Ettenberg, to explore the world through the canvas of food. Jodi left the world of Big Law in order to pursue her hunger for world travel; chronicling her experiences at Legal Nomads for the past 4 years. As noted above, Handbook is mostly about good, cheap food. Jodi points out what most food lover's already know: very often the best food is not found in nice restaurants. Personally, I've always referred to this as "shack theory." If you're in an out-of-the-way area and come upon a ramshackle looking place serving food-but the parking lot is full-you should probably stop and eat there. People aren't there for the location. Or the decor. Or that it's somewhere cool to be. They're there for the food. Jodi lays out how to explore new countries and cultures in pursuit of flavorful, local cuisine. Handbook lays out why cheap is often better, and gives good information on how to find and bond with local food lovers. Jodi has been solo for most of her traveling so also brings to bear lots of nuances and tips that only an experienced traveler would have when it comes to safely going off the beaten path in search of food. But what sets Handbook apart-what makes it compelling-is the telling of the tale. Anyone can give such simple advice: Eat good, cheap food. People understand that, it's straightforward. Big deal. Who needs an entire book about it? But very rarely does simple, straightforward advice compel people to action. It doesn't win hearts and minds. People gloss over it, are indifferent. They've heard it all before. To catch people's attention you need a hook-a tale to tell-and Jodi has them in spades. Throughout Handbook, Jodie interweaves her own experiences in China, Malaysia, Russia (and more) into the book, creating a compelling narrative of exploration that makes the reader want to embark on their own culinary adventures. Handbook makes the reader want to do something. This is the highest form of persuasive writing. It's a good thing that Jodi left corporate law because such a talent would be a waste there - but not here. Telling a story that motivates people to action is difficult thing and it's a pleasure to see it in action when you come across it. If you want to learn how to explore a foreign food culture, I can't imagine a better choice.

"If you are taking a long bus or boat ride in a developing country, bring a bag of oranges." That's from Jodi Ettenberg's section on "Breaking the Ice with Locals". It's wonderful advice -- not just what to do and where to go, but how to do it. It's the kind of delightful, practical advice you'll get from The

Food Traveler's Handbook. The sentence packs a couple of great assumptions: that one might be traveling in a developing country; that one might not be poolside at the resort, but instead on a long bus or boat ride to...anywhere. And that's right where Jodi wants you: exploring, with locals, in search of great, inexpensive, authentic local food -- and how food can help you along the way. The Food Traveler's Handbook is a delightful little information-packed guide to eating well in amazing places -- Asia, Africa, South America, but also Europe and North America, too. I've been lucky enough to travel to dozens of developing countries and found myself smiling at Jodi's expert advice and observations. And while I've never been afraid to explore in any country I've visited, I now wish I had had Jodi's book with me for some of my own travels. If you ever plan to explore in search of food, read this book and put Jodi's advice to use. Also, as I write this, Jodi is on a long travel and food adventure in Vietnam -- you can follow along with her on Twitter and Instagram (@legalnomads). t

a great resource for adventurous eaters! lots of tips i wouldn't have thought of for eating your way around the world.

Jodi Ettenberg has written a comprehensive guide on "how to find cheap and delicious food safely anywhere in the world." If you are familiar with Jodi's personal travel site (Legal Nomads), you will soon realise that food is a big part of her travels. Her fun and engaging writing style has also carried over into this guidebook. While it is a guide, this is not your usual guidebook. The book is infused with Jodi's voice which makes for a refreshing break from the usual dry and anonymous guidebook format. Rather than just telling you what to do, Jodi relates many of the food travel tips through her own personal travel experiences. Just be warned - reading these tales might make you want to get on the next flight out of town and start eating your way around the world. The guide is filled with practical advice on how to make food and eating an enriching part of the travel experience. Whether it be by visiting local markets, venturing out beyond the so called safe tourist restaurants and trying out the street food vendors (street eats), and selecting food items to take home as a souvenir. The book covers practical considerations like how to travel if you have allergies (Jodi writes with personal experience, having Celiac Disease), if you are a vegetarian, or if you fall ill. There is also a comprehensive resources section which covers recommended mobile apps and websites. The Food Traveler's Handbook has made me reassess how I view food and travel and I recommend this book for beginners and veteran travellers alike.

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