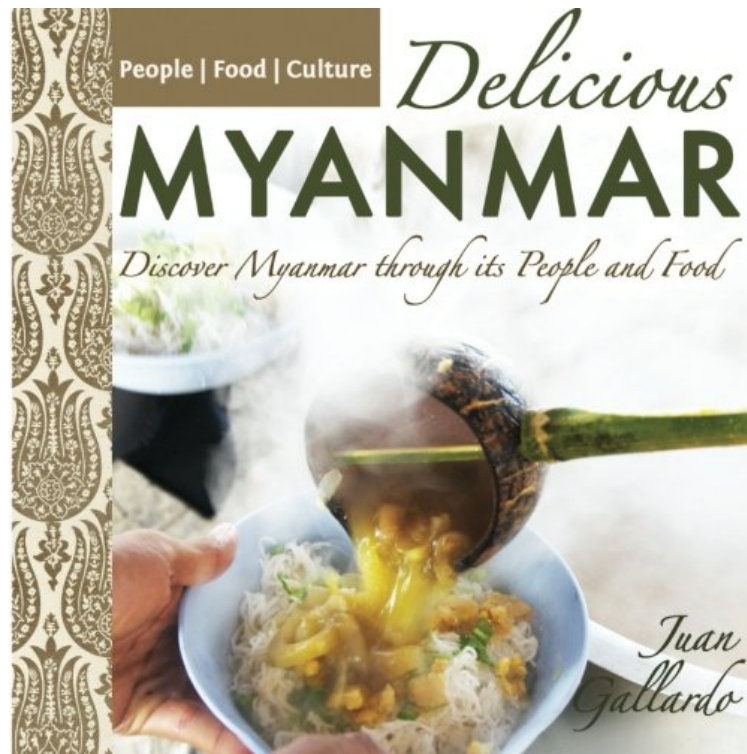


[Free read ebook] Delicious Myanmar: Discover Myanmar Through its People and Food

# Delicious Myanmar: Discover Myanmar Through its People and Food

Juan Gallardo

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**Juan Gallardo : Delicious Myanmar: Discover Myanmar Through its People and Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Delicious Myanmar: Discover Myanmar Through its People and Food:

0 of 0 people found the following review helpful. Get a little taste of the country before your trip with Delicious MyanmarBy Dustin MainWhile not a traditional cookbook, Delicious Myanmar is fun, photo-filled look into local cuisine for someone with upcoming travels to Myanmar, or someone who has been already and wants to be reminded of all of the goodness they ate along the way. Written by a true traveler with a keen interest in the culture, it's easy to be taken along for the ride as Juan cooks along side re-pats in Yangon and grandmas in villages to learn how they do what they do.If you want to cook along with it, be warned that you \*must\* be prepared to improvise. Measuring cups and scales aren't used in Myanmar cooking, so a handful of this or a pinch of that are an accurate description of the "recipes" listed. That's just the way it is there!I enjoyed the e-book myself, so I picked up the paperback for my Mom after her trip which I prefer and I think suits the book's content (photos!) better.0 of 0 people found the following review helpful. A personal, beautiful presentation of Myanmar - people, food, and cultureBy Daniel KippA beautiful presentation of Myanmar - people, food, and culture. After reading and enjoying the photos, recipes, and descriptions of people and sights - I am anticipating returning to Myanmar and enjoying the foods and flavors with a heightened appreciation - with a willingness to go beyond my own "comfort zone" - as the author apparently has done. Juan

Gallardo, the author/photographer, has successfully conveyed his enthusiasm for the people, the food (of the people...nothing fancy!) and the country - and it feels sincere, heartfelt, a labor of love. A caution: the recipes don't give specifics such as 1/2 cup of this or that... but I suspect this reflects how foods are actually prepared in homes, street stands, tea-shops, and restaurants. For someone looking for precise recipes, this won't do that. Instead the book gives a sense of how cooking is actually done. I am looking forward to visiting a Burmese restaurant in my home city (San Francisco) and seeing if they offer some of the most appealing dishes. - Mohinga (catfish stew), Tea Leaf salad, Shan Noodles, Tiger Prawn Curry, Fish in Banana Leaf, Sticky Rice Stuffed in Bamboo...sounds delicious. And, I want to go to Myanmar! This book reminded me how warm and welcoming the people are. The guidebooks don't convey that - and this book does. (I've traveled in Myanmar three times, and am going again in a few weeks.) Of course, go there yourself if you can - this book will have you wanting to if you haven't yet - and thinking about returning if you have. 1 of 1 people found the following review helpful. Wonderful, authentic book on the culture and cuisine of a little-known country. Excellent perspective on the food and culture of a country still relatively unknown to the outside world. Anyone with even a vague interest in the culture and cuisine of Burma/Myanmar should seriously consider this book. The author has quite clearly spent a significant amount of time in the country and has done a tremendous job of sharing his experience through the writing of this book.

Juan Gallardo is an ordinary tourist from Europe who found the food and people of Myanmar so simple and delicious he decided to tell the world about it. This book is the result of Juan's amazing journey photographing the authentic Myanmar; Guided by recommendations from the indigenous people, Juan traveled across the country asking local people to cook him their favourite dishes. Naturally, he gained genuine, authentic first hand knowledge about their culture and customs. With this book Juan will take you all over Myanmar and teach you to cook with the real masters of Burmese cuisine: the locals. He will introduce you to interesting people from various religions, ethnic groups, and social classes. Be inspired by the most delicious dishes and be amazed by the beauty of Myanmar, the Golden Land. Filled with the hospitality and generosity of the local families, Delicious Myanmar is both a fantastic cookbook and a unique guide. You, too, will be fascinated. Enjoy! + Note: Locals cook without measuring out ingredients; therefore this is how the book is written. + Cookbook Award: 3rd place on "Best in the World Gourmand Awards 2016" in the "Asian published outside Asia" category. The 21st Gourmand World Cookbook Awards was celebrated on the 29th of May in Yantai, China, and awards the best cookbooks and wine books of the year 2015. + Reviews: Simon Richmond - Lonely Planet Myanmar: The best food in Myanmar is seldom found in restaurants and cafes; instead you'll discover it in homes and at street stalls; as Juan Gallardo did. This admirable book documents Juan's travels around the country from a culinary and cultural perspective. It's packed with easy-to-follow recipes and mouth-watering photography, making it a great souvenir of a very special place. Khin Omar Win - Balloons Over Bagan: In a country where the equivalent of "hell" is "have you eaten yet?"; Juan's travels through Myanmar via its food makes for a great journey. Part photo journey, part travel blog, he meets the people behind the dishes and tells their stories. A terrific read and an inspiring way to travel. Jonah Fisher - BBC Myanmar: If this doesn't whet your appetite to visit Myanmar nothing will. Packed full of pictures, recipes and ideas of where to go and crucially what to eat. @MrScottEddy - Entrepreneur/Public Speaker: The only way I can describe this book is "bookporn"; This way he describes the food in Myanmar made me so hungry, I had to stop and eat before I finished it. I would highly recommend this to anyone who has interest in Southeast Asia. Jessica Mudditt - The Myanmar Times Most visitors to Myanmar are mystified by the country's delicious and diverse cuisine, as it shares few commonalities with those in neighbouring countries. Juan Gallardo took no shortcuts in researching a wide variety of Burmese culinary creations; and the people behind them; in his quest to document traditional cooking techniques and the (often exotic) ingredients. The Spaniard traveled far and wide and often ventured into areas and communities rarely visited by tourists. Delicious Myanmar is a heart-warming book and a stunning visual documentary depicting the people, food and culture of Myanmar. Debbie Riehl - Burmese supper-club in London: A wonderful documentation of a traveller's personal experience of Myanmar today. It is quite apparent from reading his book that Juan has fallen in love with the people, food and culture of Myanmar. Michal Merhaut - EcoBurma: Getting to know the specialities of local cuisine is one of the best and most interesting parts of travelling. The book "Delicious Myanmar" is unique in that it does not present us Burma from the perspective of the visitor to luxury five-star restaurants, far from everyday life, but rather from that of an inquisitive traveller who meets "ordinary" people who prepare unusually delicious meals.

About the Author Juan Gallardo is an entrepreneur from the Spanish city of Seville. A born adventurer, he has lived in the UK, the US and Europe and has travelled extensively. In 2012, Juan gave up a successful seven year career in Finance to embrace his passion for Southeast Asia, and headed for Myanmar. After a few months travelling the length and breadth of the country with his backpack and camera, he was inspired to start a blog where he shared his experiences of Myanmar along with his bold and vibrant photography of the country and its people. The blog was an immediate hit and now has thousands of visits every month. Juan returned to Myanmar in 2014 with a renewed desire

to discover everything about Burmese cuisine. He travelled to remote areas of the Golden Land, tasting traditional dishes cooked for him by the locals. It is these amazing dishes, the warmth of the people and the beauty of the land that is captured in Delicious Myanmar.