

# Estonian Tastes Traditions

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**DK Eyewitness Travel Guide Estonia, Latvia & Lithuania** - DK 2015-08-03

The DK Eyewitness Travel Guide: Estonia, Latvia and Lithuania is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floorplans and reconstructions of the must-see sites, plus street-by-street maps of all the fascinating cities and towns. The uniquely visual DK Eyewitness Travel Guide: Estonia, Latvia and Lithuania will help you to discover everything region-by-region; from local festivals and markets to day trips around the countryside. DK Eyewitness Travel Guide: Estonia, Latvia and Lithuania showing you what others only tell you.

**Rick Steves Scandinavia** - Rick Steves 2018-06-19

Explore Europe's most prosperous corner: a smorgasbord of Viking ships, brooding castles, and emerald fjords. With Rick Steves on your side, Scandinavia can be yours! Inside Rick Steves Scandinavia you'll find: Comprehensive coverage for spending a week or more exploring Denmark, Norway, Sweden, Finland, and Estonia Rick's strategic advice on how to get the most out of your time and money, with rankings of his must-see favorites Top sights and hidden gems, from the Tivoli Gardens, the Viking Ship Museum, and Hans Christian Andersen's house, to prehistoric monoliths and sleepy fjord villages How to connect with local culture: Take a dip in the fjords on a summer day, bask in the hygge of a cozy cabin café, grab a picnic of Nordic cheese and smoked fish from a farmers market, and chat with friendly locals over a glass of avkvavit Beat the crowds, skip the lines, and avoid tourist traps with Rick's candid, humorous insight The best places to eat, sleep, and relax with a cup of coffee Self-guided walking tours of lively neighborhoods and incredible museums Detailed maps for exploring on the go Useful resources including a packing list, phrase books for Danish, Norwegian, Swedish, Finnish, and Estonian, a historical overview, and recommended reading Over 400 bible-thin pages include everything worth seeing without weighing you down Complete, up-to-date information on Copenhagen, Roskilde, Årø, Odense, Jutland, Oslo, Flåm, Aurland, undredal, Sognejord, Gudbrandsdal Valley, the Jotunheimen Mountains, Bergen, Stavanger, The Setesdal Valley, Kristiansand, Stockholm, Sigtuna, Uppsala, Vaxholm, Grinda, Svartsö, Sandhamn, Växjö, Glass Country, Kalmar, Öland, Helsinki, Tallinn, and more Make the most of every day and every dollar with Rick Steves Scandinavia. Cruising Scandinavia instead? Try Rick Steves Scandinavian and Northern European Cruise Ports.

**DK Eyewitness Estonia, Latvia and Lithuania** - DK Eyewitness 2017-07-06

The ideal travel companion, full of insider advice on what to see and do, plus detailed itineraries and comprehensive maps for exploring Estonia, Latvia and Lithuania. Explore the historic streets of Tallinn's Old Town, look out for bears and elk in Guaja National Park or marvel at the imposing Trakai Island Castle: everything you need to know is clearly laid out within colour-coded chapters. Discover the best of Estonia, Latvia and Lithuania with this indispensable travel guide. Inside DK Eyewitness Travel Guide Estonia, Latvia and Lithuania: - Over 30 colour maps help you navigate with ease - Simple layout makes it easy to find the information you need - Comprehensive tours and itineraries of Estonia, Latvia and Lithuania, designed for every interest and budget - Illustrations and floorplans show in detail the Niguliste Church, Kadriorg Park, the Latvian Ethnographic Open-Air Museum, Rundale Palace, Vilnius Cathedral, the Church of Sts Peter and Paul, Trakai Island Castle and more - Colour photographs of vibrant cities, historic churches and castles, pretty rural towns, spectacular architecture, serene countryside, scenic coastline and more - Detailed chapters, with area maps, cover Tallinn, Western Estonia, Eastern Estonia, Riga, Western

Latvia, Eastern Latvia, Vilnius, Central Lithuania and Western Lithuania - Historical and cultural context gives you a richer travel experience: learn about the history, religion, music and culture of these three fascinating countries - Essential travel tips: our expert choices of where to stay, eat, shop and sightsee, plus useful phrases, and transport, visa and health information DK Eyewitness Travel Guide Estonia, Latvia and Lithuania is a detailed, easy-to-use guide designed to help you get the most from your visit to Estonia, Latvia and Lithuania. DK Eyewitness: winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017. "No other guide whets your appetite quite like this one" - The Independent Planning a longer trip around eastern and central Europe? Try our DK Eyewitness Travel Guide Eastern and Central Europe. About DK Eyewitness Travel: DK's highly visual Eyewitness guides show you what others only tell you, with easy-to-read maps, tips, and tours to inform and enrich your holiday. DK is the world's leading illustrated reference publisher, producing beautifully designed books for adults and children in over 120 countries. *Guide to Book Publishers, Editors and Literary Agents 2006* - Jeff Herman 2005-10 Now updated for 2008, this annual edition of the classic bestselling directory provides everything working writers need to find the most receptive publishers, editors, and agents for their work.

**Society and Economy** - 2005

*Estonian Tastes and Traditions* - Karin Annus Kärner 2005

The only book widely available on Estonian food and cooking, 'Estonian Tastes and Traditions' completes Hippocrene's coverage of the cuisines of the Baltic region. Estonian food is simple, based on such staples as potatoes, pork, sauerkraut, preserved fish, and dark bread. This comprehensive volume contains 165 traditional recipes for such dishes as Sweet and Sour Red Cabbage (Magushapu Punane Kapsas), Beer Soup (Õllesupp), and Honey Candy (Meekompvekid). Chapters covering basics such as meats, vegetables, and breads are supplemented with chapters on turnovers, pancakes, and preserves. Also included is extensive cultural and historical information and an Estonian-English food glossary.

*History of the Literary Cultures of East-Central Europe* - Marcel Cornis-Pope 2007-07-18

The third volume in the History of the Literary Cultures of East-Central Europe focuses on the making and remaking of those institutional structures that engender and regulate the creation, distribution, and reception of literature. The focus here is not so much on shared institutions but rather on such region-wide analogous institutional processes as the national awakening, the modernist opening, and the communist regimentation, the canonization of texts, and censorship of literature. These processes, which took place in all of the region's cultures, were often asynchronous and subjected to different local conditions. The volume's premise is that the national awakening and institutionalization of literature were symbiotically interrelated in East-Central Europe. Each national awakening involves a language renewal, an introduction of the vernacular and its literature in schools and universities, the creation of an infrastructure for the publication of books and journals, clashes with censorship, the founding of national academies, libraries, and theaters, a (re)construction of national folklore, and the writing of histories of the vernacular literature. The four parts of this volume are titled: (1) Publishing and Censorship, (2) Theater as a Literary Institution, (3) Forging Primal Pasts: The Uses of Folk Poetry, and (4) Literary Histories: Itineraries of National Self-images.

*Argentina Cooks!* - Shirley Lomax Brooks 2003

Collects 190 recipes for Argentine foods, grouped in nine regions, and includes a look at ingredients and techniques, comments on the country's landscape, history, traditions, and culture, and discussion of Argentine wines.

*Rick Steves Snapshot St. Petersburg, Helsinki & Tallinn* - Rick Steves 2018-10-30

You can count on Rick Steves to tell you what you really need to know when traveling in St. Petersburg, Helsinki, and Tallinn. In this compact guide, Rick Steves covers the essential spots of each city, including the Hermitage, the Church of the Savior on Spilled Blood, Linnanmäki (a classic amusement park), and Toompea Castle. Take a day trip to the lavish palace at Peterhof, stroll through Kaivopuisto Park in Helsinki, or see the best of contemporary Estonian art at Tallinn's Kumu Art Museum. You'll get Rick's firsthand advice on the best sights, eating, sleeping, and nightlife, and the maps and self-guided tours will ensure you make the most of your experience. More than just reviews and directions, a Rick Steves Snapshot guide is a tour guide in your pocket. Rick Steves Snapshot guides consist of excerpted chapters from Rick Steves European country guidebooks. Snapshot guides are a great choice for travelers visiting a specific city or region, rather than multiple European destinations. These slim guides offer all of Rick's up-to-date advice on what sights are worth your time and money. They include good-value hotel and restaurant recommendations, with no introductory information (such as overall trip planning, when to go, and travel practicalities).

**Commercial Nationalism and Tourism** - Leanne White 2017-01-19

This book combines academic analysis and critical exploration to examine national narratives in the context of tourism and events around the world. It explores how particular narratives are woven to tell (and sell) a national story. By deconstructing images of the nation, it closely examines how national texts create key archival imagery that can promote tourism and events while also shaping national identity. It investigates the complex relationship between state appropriation of marketing strategies and the commercial use of nationalist discourses. The book aims to demystify the ways in which the nation is imagined by key organisers and organisations and then communicated to millions.

**Educated Tastes** - Jeremy Strong 2011-11-01

The old adage 'you are what you eat' has never seemed more true than in this era, when ethics, politics, and the environment figure so prominently in what we ingest and in what we think about it. Then there are connoisseurs, whose approaches to food address 'good taste' and frequently require a language that encompasses cultural and social dimensions as well. From the highs (and lows) of connoisseurship to the frustrations and rewards of a mother encouraging her child to eat, the essays in this volume explore the complex and infinitely varied ways in which food matters to all of us. *Educated Tastes* is a collection of new essays that examine how taste is learned, developed, and represented. It spans such diverse topics as teaching wine tasting, food in *Don Quixote*, Soviet cookbooks, cruel foods, and the lambic beers of the Belgian Payottenland. A set of key themes connect these topics: the relationships between taste and place; how our knowledge of food shapes taste experiences; how gustatory discrimination functions as a marker of social difference; and the place of ethical, environmental, and political concerns in debates around the importance and meaning of taste. With essays that address, variously, the connections between food, drink, and music; the place of food in the development of Italian nationhood; and the role of morality in aesthetic judgment, *Educated Tastes* offers a fresh look at food in history, society, and culture.

*Dacha Idylls* - Melissa L. Caldwell 2011

"Anyone who has spent time in Russia knows the importance of 'going to the dacha.' In this ethnography Melissa Caldwell reveals the mystique of rural life by exploring the social nature of gardening and making food, and Russian relationships to the land. It's truly an innovative study!"--Catherine Wanner, author of *Communities of the Converted: Ukrainians and Global Evangelism* "In this engaging ethnography, Melissa Caldwell brilliantly demonstrates what is peculiarly Russian about the dacha, long an object of literary and nostalgic imagining, while simultaneously situating the 'vacation cottage' within larger histories of leisure, consumption, home, and post-socialist transition. A must-read for scholars of Russia or tourism."--Pamela Ballinger, author of *History in Exile: Memory and Identity at the Borders of the Balkans*

**Estonia** - Emily Anderson 2018-12-15

Estonia is known as the "singing nation" because its people sang their way to freedom. In 1991, masses of

singing protesters secured this small Baltic nation's independence from the Soviet Union. For nearly a thousand years, Estonia was occupied by foreign powers, traded back and forth by its more powerful neighbors of Germany, Sweden, and Russia. In the nearly thirty years since its independence from the Soviet Union, Estonia has become an international leader in digital technology while continuing to grow its powerful musical traditions. Readers explore Estonia's history of courage, defiance, and imagination in this book, which features vibrant images, intriguing quotes, and surprising sidebars.

*Aprovecho* - Teresa Cordero-Cordell 2007-09

This is a celebration of the food and culture of the US-Mexico border region. This comprehensive book contains over 250 recipes -- from enchiladas, quesadillas, and margaritas to more exotic delights like Cactus Salad (*Ensalada de Nopalitos*), Lobster and Tequila (*Langosta y Tequila*), and Watermelon Sorbet. Also included are special sections that relate popular legends, a glossary of chillies and cooking terms, and a Mexican pantry list.

*History, Memory, and Identity in Post-Soviet Estonia* - Sigrid Rausing 2004

Sigrid Rausing describes the changing world of the Estonian Swedes, and the way in which this minority identity was constructed in the various ideologies that have dominated the region since the early twentieth century. In particular she is concerned with the latest of these changes: the post-Soviet attempt to 'restore' Swedish cultural identity. Rausing touches on a wide range of issues, debates, and insights: the relationship between ideology and form, nationalist and Soviet notions of ethnicity and traditional culture and historically-framed notions of an imagined normality. The ethnographic location for these discussions is a particular former collective farm, now subject to economic decline, the Estonian nation-building ideological project, and new relationships of dependency with Sweden. One of the author's central arguments is that these changes reflect a conscious attempt to 'reform habitus' so as to match that of the local image of the West, but that the location of ethnic culture and many of the operative concepts still reflect the tropes of the Soviet era.

**The Vocabulary of Sense Perception in Estonian** - Urmas Sutrop 2002

In this essay the vocabulary of sense perception in Estonian, its typology, history, and cognition were investigated. This paper consists of four parts - introductory, experimental, morphological, and diachronical. To sum up, cognitively basic sense perception vocabulary (colour, temperature, taste, and smell terms) is established as a whole in one language - Estonian. The history of the sense perception vocabulary is also investigated. For colour terms the typological development of the colour categories and terms from Proto-Uralic to modern Estonian is reconstructed. The morphological typology of sense perception terms is also looked at and the Estonian sense perception vocabulary is compared with the corresponding vocabularies of the neighbouring Finnic, Baltic, Slavic, and Germanic languages.

**DK Eyewitness Travel Guide Estonia, Latvia and Lithuania** - DK Travel 2017-07-06

Discover the rich culture and stunning scenery of the Baltic States with your indispensable guide to this beautiful part of the world. *DK Eyewitness Travel Guide Estonia, Latvia and Lithuania* includes comprehensive coverage of the historic capital cities of Tallinn, Riga and Vilnius; the dramatic rural regions dotted with breathtaking lakes and wetlands; medieval villages steeped in tradition and the many folklore festivals. Lose yourself in the labyrinthine streets of Vilnius Old Town, step back in time at Latvia's 18th-century Rundale Palace or explore the quirky cafes and galleries of Užupis, Lithuania's artists' republic. Accurate maps and comprehensive practical information help you to navigate each country, whilst stunning photography and insider tips make this your ultimate travelling companion. Winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017.

**Polish Holiday Cookery** - Robert Strybel 2003

This book acquaints readers with traditional Polish foods associated with various occasions and furnished countless cooking tips and serving suggestions. The clearly written recipes facilitate the preparation of the dishes and their incorporation in the Polish-American mainstream culture. *Calendar of Polish Festivities* is devoted to those holidays and events connected to a specific time of year. *Polish Rites of Passage* focuses on life's milestones -- the family occasions that take place at various times of year. This "instruction manual for the culturally aware Polish American" offers over 400 recipes, along with a lexicon of basic foods and culinary concepts, ingredients and procedures, and sample menus.

Jeff Herman's Guide to Book Publishers, Editors & Literary Agents 2007 - Jeff Herman 2006-12

Presents a guide to the names and specialties of American and Canadian publishers, editors, and literary agents, including information on the acquisition process and on choosing literary agents.

A Ligurian Kitchen - Laura Giannatempo 2006

Liguria on the Italian Riviera is home to some of Italy's finest cooking. The Ligurian kitchen is famous for fish, fresh produce and herbs. Tales of loveable uncles and a lyrical account of making pasta in the midst of a storm tantalise just as much as the sumptuous recipe on offer in this book. In these 100 recipes, the specialties of artisan bread bakers and those of the region's 'cucina povera' combine to create a zestful collection that exemplifies 'that extraordinary marriage of land and sea that is Ligurian cuisine'.

Flavors of Slovenia - Heike Milhench 2007

Enjoy this sampler of a diverse culinary heritage and culture, replete with 200 delicious recipes, a section on well-known Slovenian beers and wines, and stories of a fascinating past. Tucked between the foothills of the Alps, the coast of the Adriatic Sea, and the beginning of the Panonian plains to the East, Slovenia is a beautiful land in Central Europe. Among the popular draws are its peaceful Mediterranean affordability, scenic aspect and increased accessibility and affordability. Newly independent from Yugoslavia at the end of the 20th century, Slovenia emerged fairly recently with a resilient culture and rich arts scene that has caused tourism to flourish. This book presents perhaps the only comprehensive guide to the country's cuisine. Ranging from such perennial favourites as Friko (Hearty Potato Pancake), linkrofi (Meat Dumplings), Bakala (Dried Salt Cod Pate) and Kostanjeva Juba (Chestnut Soup) to more unusual preparations like Crni Rioto (Black Risotto with Squid, ink included) and Meerli (Baked Encrusted Pig or Veal Lung -- a version of Haggis), Slovenian fare is both hearty and wholesome. Not only do we discover these tasty dishes, but also ruminations on golf, the capital city of Ljubljana, and the art of Slovenian bee-keeping. Tales of such legendary locals as the 'sunshine salesman' and a Slovenian Robin Hood along with ghosts and fairytale castles also bring the culture alive in this unique volume.

Regional Greek Cooking - Dean Karayanis 2008

Throughout history, Greek cooking has drawn upon influences ranging from the Arabic flavors of North Africa to the cuisine of the Sephardic Jews of Spain, resulting in a rich, diverse culinary tradition. This family cookbook showcases dishes from the key regions of mainland Greece as well as the islands. The recipes are accompanied by fascinated historical notes and family anecdotes which bring to life the community spirit of Greek cuisine.

**Estonia's Transition to the EU** - Marju Lauristin 2020-11-25

Two decades on from the start of the 'Singing Revolution', and five years on from the Baltic States' entry to the European Union, the time is ripe to take stock of Estonia's remarkable transition from Soviet Republic to EU member state and address the challenges - some new, some ongoing - and uncertainties that have arisen following the country's entry to the EU. This book locates the post-accession period within the broader sweep of post-communist transition and diagnoses the problems facing Estonia as the global economic downturn takes hold and a new mood of pessimism reigns in Central and Eastern Europe. Until recently, Estonia enjoyed an international reputation as an emerging high-growth 'tiger economy' and reform pioneer, not least in the sphere of IT. This economic success story, however, masked the continued problematic political and social legacies of the Soviet period, including the issue of ethnic integration, which again hit the headlines following riots in Tallinn in April 2007. This fully up-to-date appraisal - the first in English - covers all of the key issues, and will appeal to specialists in Baltic and Central and Eastern European politics and society, as well as to anyone with an interest in European integration more generally. This book was published as a special issue of the Journal of Baltic Studies.

DK Eyewitness Travel Guide: Estonia, Latvia & Lithuania - Howard Jarvis 2011-05-02

This full-colour DK Eyewitness Travel Guide is the ultimate companion to the rugged and romantic Baltic States of Estonia, Latvia & Lithuania. There are hundreds of colour photographs and illustrations, as well as unique cutaways and detailed floor plans of all the must-see sights. Special features include in-depth examinations of the history, cultural heritage, traditional festivals and local cuisine of the three Baltic States; illustrated maps of the region's national parks, including Estonia's Soomaa National Park and Lithuania's Aukstaitija National Park; and explorations of medieval architecture in Tallinn, Arts Nouveau

architecture in Riga and Baroque architecture in Vilnius. These cosmopolitan cities are laid out for you with beautiful street-by-street mapping, and there are driving tours of Lake Peipsi and the Livonian Coast for those eager to see the breathtaking country-side. With practical information and hundreds of restaurant, hotel, shopping and nightlife reviews, this DK Eyewitness Travel Guide will make your trip to Estonia, Latvia & Lithuania both effortless and memorable.

Changes in the Use of Wild Food Plants in Estonia - Renata Sõukand 2016-11-07

This book is a systematized overview of wild edible plants eaten in the territory of present Estonia, with a focus on the systematic changes within the field. Starting in the end of 18th century, when the first data was published, the text is an extended version and compilation of articles on the subject published by Drs. Kalle and Sõukand and includes unpublished fieldwork results. This work covers changes and tendencies not covered previously due to the limits of article length. Included in this data is a general overview table containing all used plant taxa, parts used and purposes of use. More details on specific food-uses are provided in separate chapters analysing dynamics of changes of the importance of wild plants within the specific food category.

**Estonian Tastes & Traditions** - Karin Annus Karner 2015-03-01

The cuisine of Estonia, the northernmost of the Baltic nations, is little known outside the country's borders. Simple and satisfying, the cuisine is based on such staples as potatoes, pork, preserved fish, and dark bread. Sauces are made from milk, sour cream, or cottage cheese and the main flavorings are salt and pepper, onions, and fresh herbs. This comprehensive book contains 248 traditional and modern recipes, all designed for the modern kitchen with readily available ingredients.

**Sweet Treats around the World: An Encyclopedia of Food and Culture** - Timothy G. Roufs Ph.D. 2014-07-29

From apple pie to baklava, cannoli to gulab jamun, sweet treats have universal appeal in countries around the world. This encyclopedia provides a comprehensive look at global dessert culture. • Discusses iconic desserts and sweet treats in their cultural and historical contexts in North and Latin America; the Caribbean; Europe; North Africa and the Middle East; Sub-Saharan Africa; Central, South, and East Asia; and the Pacific • Feeds into the World Geography database and allows students of geography, social studies, language, and anthropology to examine cultural trends and make cross-cultural connections • Looks at regional desserts across the United States • Includes a selection of contributed family recipes from around the world to provide hands-on learning • Features sidebars of interesting, fun facts and anecdotes relating to desserts and sweet treats

**Estonia** - Michael Spilling 2010

This book provides comprehensive information on the geography, history, wildlife, governmental structure, economy, cultural diversity, peoples, religion, and culture of Estonia. All books of the critically-acclaimed Cultures of the World(R) series ensure an immersive experience by offering vibrant photographs with descriptive nonfiction narratives, and interactive activities such as creating an authentic traditional dish from an easy-to-follow recipe. Copious maps and detailed timelines present the past and present of the country, while exploration of the art and architecture help your readers to understand why diversity is the spice of Life.

**Ethnic American Food Today** - Lucy M. Long 2015-07-17

Ethnic American Food Today is the first encyclopedia to illuminate the variety and complexity of ethnic food cultures in this country and to address their place within the larger American culture.

**The Food and Cooking of Estonia, Latvia and Lithuania** - Silvena Johan Lautu 2009

Explore the delights of the traditional cuisines of Estonia, Latvia and Lithuania with this collection of 60 recipes. The book offers a history of the region's culinary traditions, and a guide to the local ingredients, from beetroot and horseradish to black pudding and elderberries.

**Mama Nazima's Jewish-Iraqi Cuisine** - Rivka Goldman 2006

When the Jews fled Iraq for Israel, they could not take their material possessions with them, but did take their rich cuisine. Delicious dishes like Smack ab Thum oo Rihan (Garlic and Basil Fish) and Burekas im Gevina veh Tered (Feta and Spinach Pie) are included in this unique book. Jewish Iraqi aphorisms and beautiful photographs complete this presentation of the foods of the Iraqi Jews. As the saying goes, Man

yakle al ein au el'thum (Who desires the food, the eyes or the mouth?).

**The Politics of Taste in Antebellum Charleston** - Maurie D. McInnis 2015-12-01

At the close of the American Revolution, Charleston, South Carolina, was the wealthiest city in the new nation, with the highest per-capita wealth among whites and the largest number of enslaved residents. Maurie D. McInnis explores the social, political, and material culture of the city to learn how--and at what human cost--Charleston came to be regarded as one of the most refined cities in antebellum America. While other cities embraced a culture of democracy and egalitarianism, wealthy Charlestonians cherished English notions of aristocracy and refinement, defending slavery as a social good and encouraging the growth of southern nationalism. Members of the city's merchant-planter class held tight to the belief that the clothes they wore, the manners they adopted, and the ways they designed house lots and laid out city streets helped secure their place in social hierarchies of class and race. This pursuit of refinement, McInnis demonstrates, was bound up with their determined efforts to control the city's African American majority. She then examines slave dress, mobility, work spaces, and leisure activities to understand how Charleston slaves negotiated their lives among the whites they served. The textures of lives lived in houses, yards, streets, and public spaces come into dramatic focus in this lavishly illustrated portrait of antebellum Charleston. McInnis's innovative history of the city combines the aspirations of its would-be nobility, the labors of the African slaves who built and tended the town, and the ambitions of its architects, painters, writers, and civic promoters.

**Estonia, Latvia, Lithuania, and Poland** - Triin Edovald 2010

*Estonia, Latvia & Lithuania* - John Noble 1997

Covering the Baltic States and Kalningrad, this Travel Survival Kit includes a new post-independence history section, information for all budgets on what to see and do, and tips on dining and accommodations. Includes sections on the Baltic languages and Russian. in color. 60 maps.

Joyce in the Belly of the Big Truck; Workbook - Joyce A. Cascio 2005-05

Spoonfuls of Germany - Nadia Hassani 2004

This book goes beyond the sauerkraut and knackwurst stereotype to unveil the often overlooked diversity of German cuisine. 170 regional recipes range from classic dishes, such as spaetzle with cheese and

sauerbraten to forgotten delicacies like Westfalian pumpernickel pudding. Numerous profiles, anecdotes, and food lore complete the book.

*Estonian Customs and Traditions* - Ülo Tedre 1991

**The SAGE International Encyclopedia of Music and Culture** - Janet Sturman 2019-02-26

The SAGE Encyclopedia of Music and Culture presents key concepts in the study of music in its cultural context and provides an introduction to the discipline of ethnomusicology, its methods, concerns, and its contributions to knowledge and understanding of the world's musical cultures, styles, and practices. The diverse voices of contributors to this encyclopedia confirm ethnomusicology's fundamental ethos of inclusion and respect for diversity. Combined, the multiplicity of topics and approaches are presented in an easy-to-search A-Z format and offer a fresh perspective on the field and the subject of music in culture. Key features include: Approximately 730 signed articles, authored by prominent scholars, are arranged A-to-Z and published in a choice of print or electronic editions Pedagogical elements include Further Readings and Cross References to conclude each article and a Reader's Guide in the front matter organizing entries by broad topical or thematic areas Back matter includes an annotated Resource Guide to further research (journals, books, and associations), an appendix listing notable archives, libraries, and museums, and a detailed Index The Index, Reader's Guide themes, and Cross References combine for thorough search-and-browse capabilities in the electronic edition

*Nutritional and Health Aspects of Food in Eastern Europe* - Tetiana Golikova 2021-09-19

Nutritional and Health Aspects of Food in Eastern Europe provides an analysis of traditional and ethnic foods from Eastern Europe, including selections from Russia, Belarus, Ukraine, Estonia, Latvia and Lithuania. The book addresses history of use, origin, composition and preparation, ingredient origin, nutritional aspects, and the effects on health for various foods and food products in each of these countries. In addition, it presents both local and international regulations, while also providing suggestions on how to harmonize these regulations to promote global availability of these foods. Analyzes nutritional and health claims relating to Eastern European foods Includes traditional and ethnic foods from Russia, Belarus, Ukraine, Estonia, Latvia and Lithuania Explores both scientific and anecdotal diet-based health claims Examines if foods meet regulatory requirements and how to remedy non-compliance Reviews the influence of historical eating habits on today's diets

*The Family and Its Culture* - Manfred Biskup 1987