



## Delicious Myanmar: Discover Myanmar through its People and Food

By Juan Gallardo

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### **Delicious Myanmar: Discover Myanmar through its People and Food** By Juan Gallardo

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.

World 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 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 'hello' is 'have you eaten yet?' Juan's travels through Myanmar via it's 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 travelled 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 - Hush Hush Dining 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. And it's a way to understand a foreign country and the lives of its inhabitants. 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 unusua

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### **Editorial Review**

#### **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.

### **Users Review**

#### **From reader reviews:**

##### **James Bauer:**

Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a reserve. Beside you can solve your problem; you can add your knowledge by the e-book entitled Delicious Myanmar: Discover Myanmar through its People and Food. Try to make book Delicious Myanmar: Discover Myanmar through its People and Food as your friend. It means that it can to get your friend when you really feel alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know everything by the book. So , let me make new experience and also knowledge with this book.

##### **Roberto Fetter:**

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##### **Brenda Burrows:**

This book untitled Delicious Myanmar: Discover Myanmar through its People and Food to be one of several books that best seller in this year, this is because when you read this publication you can get a lot of benefit onto it. You will easily to buy that book in the book store or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Mobile phone. So there is no reason to you personally to past this guide from your list.

**Patricia Morales:**

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