

**DECANTER (May 2010)**

**Through the Eyes of an American**

The Food and Wine Lover's Guide to Hungary is the Bible of people in love with Hungarian wine and food. The author is Carolyn Bánfalvi, an American lady living in Hungary who in addition is a trained chef. In the first half of the book you will find Hungarian delicacies like női szeszély, Rigó Jancsi or Lúdláb cake with a number of places listed where you can sample these dishes. In the restaurant reviews we can find places with traditional, Hungarian, Indian, kosher, Chinese, French, German, Indonesian or Italian kitchen as well as wine restaurants. The book also gives a detailed list and description of specialized food stores, markets, organic store and food markets. Food festivals and catering museums are not left out either. At the beginning of each chapter you will find Hungarian proverbs with appropriate, straight forward translations, such as olcsó húsnak híg a leve, üres gazdának bolond a gazdasszonya, nem erőszak a disznótor, or borban az igazság... The wine scene is also discussed in the book. We can read about Hungarian wine regions, wine makers and the aszú making process is also described in an easy to understand way, but the author also introduces kisfröccs, nagyfröccs and Krúdy fröccs preparation too. The English – Hungarian, Hungarian – English food glossary, comprising of more than 1000 words, at the end of the book can also be useful for people working in the industry. (Park Kiadó: 6500 Ft)

—*Csilla Gógh*