

## Eat Your Worlds Istanbul Food & Travel Guide



Eat Your Worlds Istanbul Food & Travel Guide is the eighth in a series of eBook destination guides from Eat Your World that spotlights a regions best traditional dishes and drinks, and tells you where to find them. For this edition, readers are directed to 22 quintessential food experiences in Istanbul, Turkey. Given Turkeys epic history, you could spend years studying and sampling the cuisine of Istanbulbut if you dont have that luxury of time, this exclusive new guide is for you. Here, Eat Your World zeroes in on the most iconic of Istanbuls foods and drinks the greatest hits, you might say, from history and popular culture, from ancient boza (a fermented-bulgur drink) and everyday doner to street simit and late-night kokore?. Its your guide to the dizzying array of dishes known as Turkish breakfast (kahvalt?) and, later in the day, meze; here youll find the cultural significance of Turks favorite beverages ay, ayran, rak? explained. As with other Eat Your World books, names are named of kebab shops, meyhanes, bakeries, confectioners, lokantas and maps are provided. Eat and drink these 22 things and youll savor the citys essentials, meet its food producers/vendors, and wander through its myriad neighborhoods. In a word, youll really experience Istanbul in the best-tasting way possible. Within this comprehensive food and travel guide, youll find the following: --What to Eat: 22 quintessential Istanbul foods and drinks, with well-researched descriptions, historical/cultural context, and vivid photographs --Where to Eat: specific restaurant/vendor recommendations for each dish, including Google map links to locations --How to Burn It Off (tips for activities, including where to walk and bike) --Where to Stay (accommodation suggestions) --a restaurant guide for all featured dishes and drinks About Eat Your World: Eat Your World

(eatyourworld.com) is an original online guide to regional foods and drinks, currently covering more than 130 destinations around the globe. Launched in December 2011, the site identifies and contextualizes a destinations traditional, indigenous, and locavore foods and tells readers exactly where to find them, as well as How to Burn It Off (activity tips) and Where to Stay (hotel suggestions). Broader food and travel stories can be found on the EYW Blog, including recipes and trip narratives. Eat Your World also fosters a community of like-minded eaters and travelers by inviting readers to upload their own local-food photos and stories to the site.

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