

Amazon.com Review

5.0 out of 5 stars The intimacies, culture, and history of sweet treats around the world: a food adventure

By [Gretchen Ruth](#) on December 23, 2014

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We like to use the green Michelin guides when we travel - it helps us learn about all of the intimacies, culture, and history of a place. This book is like a Michelin guide for, well, sweet treats around the world. It puts sweet treats in the context of all that is unique and interesting about a country, how things evolved, and why and how we eat the sweets we eat.

More than just an encyclopedia, it is an adventure. I find myself getting immersed in a country (e.g., the Netherlands) and learning about my favorite cookie, the "speculaas", and I have a big "aha!" moment. Then I jump into Australia and learn about the history of the beloved Pavlova (the meringue, cream, and strawberry dessert that I make in the springtime) and that it is named for dancer Anna Pavlova who visited in the 1920s, perhaps representing her tutu and her light as air style.

Very readable ... and so logical to approach sweet treats from an anthropological point of view. I have enjoyed learning about the foods of the places I've been and the places I hope to go. PLUS -- my eyes have been opened about American sweet treats, from Red Velvet cake to M&Ms. I think of myself as a foodie, and this sophisticated yet down-to-earth book is right up my alley (and yes, I have lots of little sticky tabs in the recipes

section. The first thing I'm going to make is the lemon souffle that Mrs. Sivertson brought from Norway.)

"Sweet Treats around the World" is a lovely combination of being extensively researched and at the same time, written from the heart. Both my husband and I are really enjoying the book.