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Female Nomad and Friends: Tales of Breaking Free and Breaking Bread Around the World

Rita Golden Gelman

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In 1987, Rita, newly divorced, set out to live her dream. She sold all her possessions and became a nomad. She wrote a book about her ongoing journey and, in 2001, insisted on putting her personal e-mail address in the last chapter—against all advice. It turned out to be a fortuitous decision. She has met thousands of readers, stayed in their homes, and sat around kitchen tables sharing stories and food and laughter.

In this essay collection, Gelman includes her own further adventures, as well as those of writers and readers telling tales of the shared humanity they experienced in their travels. The stories are funny and sad, poignant and tender, familiar and bizarre. They will make you laugh and cry and maybe even send you off on your own adventure. Also included are fabulous international recipes such as vegetarian dolmades (stuffed grape leaves), chiles en nogada (stuffed poblano chiles topped with a white cream sauce with walnuts and a sprinkle of pomegranate seeds), and ho mok (an extraordinary fish-coconut custard from Thailand). Happy reading—and bon appétit, selamat makan, buen provecho!

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