

Curry A Global History Edible

Although South Asian cookery and gastronomy has transformed contemporary urban foodscape all over the world, social scientists have paid scant attention to this phenomenon. *Curried Cultures*—a wide-ranging collection of essays—explores the relationship between globalization and South Asia through food, covering the cuisine of the colonial period to the contemporary era, investigating its material and symbolic meanings. *Curried Cultures* challenges disciplinary boundaries in considering South Asian gastronomy by assuming a proximity to dishes and diets that is often missing when food is a lens to investigate other topics. The book's established scholarly contributors examine food to comment on a range of cultural activities as they argue that the practice of cooking and eating matter as an important way of knowing the world and acting on it.

Chocolate layer cake. Fudge brownies. Chocolate chip cookies. Boxes of chocolate truffles. Cups of cocoa. Hot fudge sundaes. Chocolate is synonymous with our cultural sweet tooth, our restaurant dessert menus, and our idea of indulgence. Chocolate is adored around the world and has been since the Spanish first encountered cocoa beans in South America in the sixteenth century. It is seen as magical, addictive, and powerful beyond anything that can be explained by its ingredients, and in *Chocolate* Sarah Moss and Alec Badenoch explore the origins and growth of this almost universal obsession. Moss and Badenoch recount the history of chocolate, which from ancient times has been associated with sexuality, sin, blood, and sacrifice. The first Spanish accounts claim that the Aztecs and Mayans used chocolate as a substitute for blood in sacrificial rituals and as a currency to replace gold. In the eighteenth century chocolate became regarded as an aphrodisiac—the first step on the road to today's boxes of Valentine delights. *Chocolate* also looks at today's mass-production of chocolate, with brands such as Hershey's, Lindt, and Cadbury dominating our supermarket shelves. Packed with tempting images and decadent descriptions of chocolate throughout the ages, *Chocolate* will be as irresistible as the tasty treats it describes.

Curry is a dish that doesn't quite exist, but, as this wildly funny and sharp essay points out, a dish that doesn't properly exist can have infinite, equally authentic variations. By grappling with novels, recipes, travelogues, pop culture, and his own upbringing, Naben Ruthnum depicts how the distinctive taste of curry has often become maladroitness shorthand for brown identity. With the sardonic wit of Gita Mehta's *Karma Cola* and the refined, obsessive palette of Bill Buford's *Heat*, Ruthnum sinks his teeth into the story of how the beloved flavor calcified into an aesthetic genre that limits the imaginations of writers, readers, and eaters. Following in the footsteps of Salman Rushdie's *Imaginary Homelands*, *Curry* cracks open anew the staid narrative of an authentically Indian diasporic experience. Naben Ruthnum won the Journey Prize for his short fiction, has been a *National Post* books columnist, and has written books and cultural criticism for

the *Globe and Mail*, *Hazlitt*, and the *Walrus*. His crime fiction has appeared in *Ellery Queen's Mystery Magazine* and *Joyland*, and his pseudonym Nathan Ripley's first novel will appear in 2018. Ruthnum lives in Toronto.

An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the *Handbook of Spices, Seasonings, and Flavorings* combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

Eat your way around the world without leaving your home in this mouthwatering cultural history of 100 classic dishes. *Best Culinary Travel Book (U.K.)*, *Gourmand World Cookbook Awards Finalist for the Fortnum & Mason Food Book Award* "When we eat, we travel." So begins this irresistible tour of the cuisines of the world, revealing what people eat and why in forty cultures. What's the origin of kimchi in Korea? Why do we associate Argentina with steak? Why do people in Marseille eat bouillabaisse? What spices make a dish taste North African versus North Indian? What is the story behind the curries of India? And how do you know whether to drink a wine from Bourdeaux or one from Burgundy? Bubbling over with anecdotes, trivia, and lore—from the role of a priest in the genesis of Camembert to the Mayan origins of the word chocolate—*The World on a Plate* serves up a delicious mélange of recipes, history, and culinary wisdom to be savored by food lovers and armchair travelers alike.

A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the

near East through the corn and potato industries in America.

Curry is one of the most widely used—and misused—terms in the culinary lexicon. Outside of India, the word curry is often used as a catchall to describe any Indian dish or Indian food in general, yet Indians rarely use it to describe their own cuisine. Curry answers the question, “What is curry?” by giving a lively historical and descriptive account of a dish that has many incarnations. In this global history, food writer Colleen Taylor Sen describes in detail the Anglo-Indian origins of curry and how this widely used spice has been adapted throughout the world. Exploring the curry universe beyond India and Great Britain, her chronicles include the elegant, complex curries of Thailand; the exuberant curry/rotis of the Caribbean; kari/raisu, Japan’s favorite comfort food; Indonesian gulais and rendang; Malaysia’s delicious Nonya cuisine; and exotic Western hybrids such as American curried chicken salad, German currywurst, and Punjabi-Mexican-Hindu pizza. Along the way, Sen unravels common myths about curry and Indian food and illuminates the world of curry with excerpts from popular songs, literary works, historical and modern recipes, and illustrations depicting curry dishes and their preparations. A vibrant, flavorful book about an increasingly popular food, Curry will find a wide audience of cooking enthusiasts and hungry fans of Indian food.

The global coffee industry, which fuels the livelihoods of farmers, entrepreneurs, and consumers around the world, rests on fragile ecological foundations. In *Coffee Is Not Forever*, Stuart McCook explores the transnational story of this essential crop through a history of one of its most devastating diseases, the coffee leaf rust. He deftly synthesizes agricultural, social, and economic histories with plant genetics and plant pathology to investigate the increasing interdependence of the world’s coffee-producing zones. In the process, he illuminates the progress and prognosis of the challenges—especially climate change—that pose an existential threat to a crop that global consumers often take for granted. And finally, in putting a tropical plant disease at the forefront, he has crafted the first truly global environmental history of coffee, pushing its study and the discipline in bold new directions.

Most of us can’t make it through morning without our cup (or cups) of joe, and we’re not alone. Coffee is a global beverage: it’s grown commercially on four continents and consumed enthusiastically on all seven—and there is even an Italian espresso machine on the International Space Station. Coffee’s journey has taken it from the forests of Ethiopia to the fincas of Latin America, from Ottoman coffee houses to “Third Wave” cafés, and from the simple coffee pot to the capsule machine. In *Coffee: A Global History*, Jonathan Morris explains both how the world acquired a taste for this humble bean, and why the beverage tastes so differently throughout the world. Sifting through the grounds of coffee history, Morris discusses the diverse cast of caffeinated characters who drank coffee, why and where they did so, as well as how it was prepared and what it tasted like. He identifies the regions and ways in which coffee has been grown, who worked the farms and who owned them, and how the beans were processed, traded, and transported. Morris also explores the businesses behind coffee—the brokers, roasters, and machine manufacturers—and dissects the geopolitics linking producers to consumers. Written in a style as invigorating as that first cup of Java, and

featuring fantastic recipes, images, stories, and surprising facts, Coffee will fascinate foodies, food historians, baristas, and the many people who regard this ancient brew as a staple of modern life.

An authoritative history of the foods of India, complete with recipes, ranges from the imperial kitchen of the Mughal invader Babur to the smoky cookhouse of the British Raj and includes information on the influence of various food traditions on the evolution of Indian specialties. For centuries herbs and spices have been an integral part of many of the world's great cuisines. But spices have a history of doing much more than adding life to bland foods. They have been the inspiration for, among other things, trade, exploration, and poetry. Priests employed them in worship, incantations, and rituals, and shamans used them as charms to ward off evil spirits. Nations fought over access to and monopoly of certain spices, like cinnamon and nutmeg, when they were rare commodities. Not only were many men's fortunes made in the pursuit of spices, spices at many periods throughout history literally served as currency. In *Culinary Herbs and Spices of the World*, Ben-Erik van Wyk offers the first fully illustrated, scientific guide to nearly all commercial herbs and spices in existence. Van Wyk covers more than 150 species—from black pepper and blackcurrant to white mustard and white ginger—detailing the propagation, cultivation, and culinary uses of each. Introductory chapters capture the essence of culinary traditions, traditional herb and spice mixtures, preservation, presentation, and the chemistry of flavors, and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor. Many of the herbs and spices van Wyk covers are familiar fixtures in our own spice racks, but a few—especially those from Africa and China—will be introduced for the first time to American audiences. Van Wyk also offers a global view of the most famous use or signature dish for each herb or spice, satisfying the gourmand's curiosity for more information about new dishes from little-known culinary traditions. People all over the world are becoming more sophisticated and demanding about what they eat and how it is prepared. *Culinary Herbs and Spices of the World* will appeal to those inquisitive foodies in addition to gardeners and botanists.

'A delight to read' RACHEL KHOO Shortlisted for the 2015 Fortnum & Mason Food Book Award Winner of UK's Best Culinary Travel Book in the Gourmand World Cookbook Awards 2015 'When we eat, we travel.' So begins *The Edible Atlas*. Mina Holland takes you on a journey around the globe, demystifying the flavours, ingredients and techniques at the heart of thirty-nine cuisines. What's the origin of kimchi in Korea? Why do we associate Argentina with steak? What's the story behind the curries of India? Weaving anecdotes and history - from the role of a priest in the genesis of camembert to the Mayan origins of the word 'chocolate' - with recipes and tips from food experts such as Yotam Ottolenghi, Jos Pizarro and Giorgio Locatelli, *The Edible Atlas* is an irresistible tour of the cuisines of the world for food lovers and armchair travellers alike.

Offers more than one hundred curry recipes from Thailand, India, Malaysia, Jamaica, Africa, and the United States, and includes basic recipes for curry pastes and powders

It is difficult to think of a food more basic, more essential, and more universal than bread. Common to the diets of both the rich and the poor, bread is one of our oldest foods. Loaves and rolls have been found in ancient Egyptian tombs, and wheat has been found in pits where human settlements flourished 8,000 years ago. Many anthropologists argue that the ability to sow and reap cereals, the grains necessary for making bread, could be one of the main reasons why man settled in communities, and even today the concept of "breaking bread together" is a lasting symbol of the uniting power of a meal. Bread is an innovative mix of traditional history, cultural history, travelogue, and cookbook. William Rubel begins with the amazing invention of bread approximately 20,000 years ago in the Fertile Crescent and ends by speculating on the ways in which cultural forces and advances in biotechnology may influence the development of bread in the twenty-first century. Rubel shows how simple

choices, may be responsible for the widespread preference for wheat over other bread grains and for the millennia-old association of elite dining with white bread. He even provides an analysis of the different components of bread, such as crust and crumb, so that readers may better understand the breads they buy. With many recipes integrated with the text and a glossary covering one hundred breads, *Bread* goes well beyond the simple choice of white or wheat. Here, general readers will find an approachable introduction to the history of bread and to the many forms that bread takes throughout the world, and bread bakers will discover a history of the craft and new ways of thinking that will inspire experimentation.

The scent of oregano immediately conjures the comforts of Italian food, curry is synonymous with Indian flavor, and the fire of chili peppers ignites the cuisine of Latin America. Spices are often the overlooked essentials that define our greatest eating experiences. In this global history of spices, Fred Czarra tracks the path of these fundamental ingredients from the trade routes of the ancient world to the McCormick's brand's contemporary domination of the global spice market. Focusing on the five premier spices—black pepper, cinnamon, nutmeg, cloves, and chili pepper—while also relating the story of many others along the way, Czarra describes how spices have been used in cooking throughout history and how their spread has influenced regional cuisines around the world. Chili peppers, for example, migrated west from the Americas with European sailors and spread rapidly in the Philippines and then to India and the rest of Asia, where the spice quickly became essential to local cuisines. The chili pepper also traveled west from India to Hungary, where it eventually became the national spice—paprika. Mixing a wide range of spice fact with fascinating spice fable—such as giant birds building nests of cinnamon—Czarra details how the spice trade opened up the first age of globalization, prompting a cross-cultural exchange of culinary technique and tradition. This savory spice history will enliven any dinner table conversation—and give that meal an unforgettable dash of something extra.

Round, thin, and made of starchy batter cooked on a flat surface, it is a food that goes by many names: flapjack, crêpe, and okonomiyaki, to name just a few. The pancake is a treasured food the world over, and now Ken Albala unearths the surprisingly rich history of pancakes and their sizzling goodness. *Pancake* traverses over centuries and civilizations to examine the culinary and cultural importance of pancakes in human history. From the Russian blini to the Ethiopian injera, Albala reveals how pancakes have been a perennial source of sustenance from Greek and Roman eras to the Middle Ages through to the present day. He explores how the pancake has gained symbolic currency in diverse societies as a comfort food, a portable victual for travelers, a celebratory dish, and a breakfast meal. The book also features a number of historic and modern recipes—tracing the first official pancake recipe to a sixteenth-century Dutch cook—and is accompanied by a rich selection of illustrations. *Pancake* is a witty and erudite history of a well-known favorite and will ensure that the pancake will never be flattened under the shadow of better known foods.

When students gathered in a London coffeehouse and smoked tobacco; when Yorkshire women sipped sugar-infused tea; or when a Glasgow family ate a bowl of Indian curry, were they aware of the mechanisms of imperial rule and trade that made such goods readily available? In *Eating the Empire*, Troy Bickham unfolds the extraordinary role that food played in shaping Britain during the long eighteenth century (circa 1660–1837), when such foreign goods as coffee, tea, and sugar went from rare luxuries to some of the most ubiquitous commodities in Britain—reaching even the poorest and remotest of households. Bickham reveals how trade in the empire's edibles underpinned the emerging consumer economy, fomenting the rise of modern retailing, visual advertising, and consumer credit, and, via taxes, financed the military and civil bureaucracy that secured, governed, and spread the British Empire.

Wild plants are not only beautiful, but they can also be an affordable and sustainable way to

add flavor and nutrition to your diet. *Edible Wild Plants for Beginners* provides you with the essential information and guidance to begin foraging for edible wild plants and including them in your diet. *Edible Wild Plants for Beginners* provides profiles of common edible wild plants and includes information on dangerous look-alikes, the best time to harvest, where to find each type of wild plant, and how to cultivate your own garden. From natural remedies to delectable dishes and exotic cocktails, *Edible Wild Plants for Beginners* provides more than 95 ways for you to use these newfound ingredients. *Edible Wild Plants for Beginners* will help you explore the world of edible wild plants and teach you how to use them in your home and kitchen, with:

- More than 95 easy-to-follow edible wild plants recipes and remedies, including Amaranth Vegetable Curry, Pickled Jerusalem Artichokes, Chamomile Cookies, and a Purslane Martini
- Tips for foraging, harvesting, and cultivating edible wild plants
- Techniques for serving, preserving, and cooking with edible wild plants
- 31 edible wild plant profiles, including descriptions, distinguishing features, preparation and collection tips, and common uses
- 10 simple steps to making tinctures
- A guide to identifying edible wild plants and avoiding common poisonous plants

With *Edible Wild Plants for Beginners*, you'll be able to start living sustainably, saving money, and adding variety to your diet the way nature intended.

Char-grilled or boiled? Sauerkraut or chili? Mustard or ketchup? Vienna Beef or Sabrett? Only these questions could be raised about one of the world's favorite backyard, picnic, ballgame, and street foods—the hotdog. Though nearly two billion hot dogs are consumed by Americans annually in the month of July alone, there is absolutely no consensus on which is the right way to serve up a hotdog. In *Hot Dog*, well known food historian Bruce Kraig recounts the history of this popular “tube steak” from the origin of the sausage 20,000 years ago to its central place in American culture today. Kraig discusses the many brands, including Hebrew National, Pearl, Sabrett, and Vienna Beef, and the regional variations that go along with them—like kosher-style New York dogs loaded with mustard and sauerkraut, New England dogs with Boston Baked Beans, and fully-loaded Chicago style hotdogs, complete with mustard, onion, relish, sport peppers, a dill pickle spear, a dash of celery salt, and tomato slices (but never, ever ketchup). *Hot Dog* covers the other international sausages, like bologna and bockwurst, as well, and explores some of the apocryphal tales of the hotdog in history—like the origin of its name and whether Queen Elizabeth II was truly served hotdogs on a visit to the White House. Packed with tasty facts and recipes, *Hot Dog* reveals the rich history and passionate opinions about this seemingly ordinary food.

An alphabetical listing of Indian food materials, cuisines and recipes of India, and the health aspects of the foods, which makes reference to the literature, archaeology, historical writing, botany and genetics of India.

McDonald's founder Ray Kroc once said, “It requires a certain kind of mind to see beauty in a hamburger bun.” The hamburger has been a staple of American culture for the last century, both a source of gluttonous joy and a recurrent obstacle to healthy eating. Now the full beauty of the burger in all its forms is explored in *Hamburger*, a debut title in Reaktion Books' new Edible series. Andrew F. Smith traces the trajectory of hamburger history, from its humble beginnings as a nineteenth-century street food sold by American vendors, from which it soon spread to the menus of diners and restaurants. The sandwich came into its own with the 1921 opening of the first hamburger chain, White Castle, and subsequent successful food chains such as McDonald's and Wendy's ensured the burger's success in the United States and around the world. The hamburger irrevocably changed American life, Smith argues, as the sandwich propelled the rise of fast food over home-cooked meals in Americans' eating habits. At the same time, burgers were making inroads in American culture, as well as becoming a rich symbol in paintings, television, and movies. Smith also discusses the darker nutritional, economic, and cultural conflicts raised by the hamburger, such as the “McDonaldization” of international cultures. A juicy and richly illustrated read, *Hamburger* will stimulate the taste

buds of carnivores the world over.

The Chicago Food Encyclopedia is a far-ranging portrait of an American culinary paradise. Hundreds of entries deliver all of the visionary restaurateurs, Michelin superstars, beloved haunts, and food companies of today and yesterday. More than 100 sumptuous images include thirty full-color photographs that transport readers to dining rooms and food stands across the city. Throughout, a roster of writers, scholars, and industry experts pays tribute to an expansive--and still expanding--food history that not only helped build Chicago but fed a growing nation. Pizza. Alinea. Wrigley Spearmint. Soul food. Rick Bayless. Hot Dogs. Koreatown. Everest. All served up A-Z, and all part of the ultimate reference on Chicago and its food.

From chai to oolong to sencha, tea is one of the world's most popular beverages. Perhaps that is because it is a unique and adaptable drink, consumed in many different varieties by cultures across the globe and in many different settings, from the intricate traditions of Japanese teahouses to the elegant tearooms of Britain to the verandas of the deep South. In *Tea* food historian Helen Saberi explores this rich and fascinating history. Saberi looks at the economic and social uses of tea, such as its use as a currency during the Tang Dynasty and 1913 creation of a tea dance called "Thé Dansant" that combined tea and tango. Saberi also explores where and how tea is grown around the world and how customs and traditions surrounding the beverage have evolved from its legendary origins to its present-day popularity. Featuring vivid images of teacups, plants, tearooms, and teahouses as well as recipes for both drinking tea and using it as a flavoring, *Tea* will engage the senses while providing a history of tea and its uses.

A culture of food and friendship flows through my veins. This is the culture of the subcontinent, where a curry leaf tree grows in the garden of just about every home.' Acclaimed chef, author and TV presenter Peter Kuruvita shares over 100 vegetarian and vegan recipes that take us on a culinary journey of discovery through the subcontinent - from Bhutan, Nepal and Afghanistan to India, Pakistan, Bangladesh and his home country of Sri Lanka. All the dishes in this deeply personal collection, spiced with the flavours of Peter's life and travels, reflect the diversity of the regions, their legendary hospitality, their energy and excitement, extraordinary landscapes and rich history. Peter explores a goldmine of plant-based flavours in recipes for street foods; pulses and legumes; salads; dairy-based dishes; curries, stir-fries and stews; rice; soups; chutneys; and sauces. They are supported by detailed glossaries of ingredients, as well as advice on setting up a subcontinental pantry, tempering and blending spices, and adapting authentic regional cooking methods for the home kitchen. This book is a reflection of the changing dialogue about what we eat, as the world embraces the idea of a meal where flesh is not the main event. *Lands of the Curry Leaf* is a celebration of all things vegetable and their growing prominence at our tables. Showing that vegetables, grains and pulses can be culinary stars, Peter takes simple, honest, health-giving ingredients, adds a host of exciting spices, and transforms them into a complete and joyous meal.

CurryA Global History Reaktion Books

Though tiny, the herring has played an enormous role in history. Battles have been waged over it. International economic alliances have formed over it. Major cities owe their prosperity to it. Political powers have risen and fallen with herring's own rise and fall in population. How can this all be attributed to this unassuming little animal? In *Herring: A Global History*, Kathy Hunt looks at the environmental, historical, political, and culinary background of this prolific and easily caught fish. Over the centuries, herring have sustained populations in times of war and hardship, and the fish's rich flavor, delicate texture, and nutritious meat have made it a culinary favorite. Its ease of preparation—just grill, broil, fry, pickle, salt, or smoke and serve—have won it further

acclaim. Engaging and informative, the book features fifteen mouth-watering recipes. It will appeal to food lovers, history buffs, and anyone who has ever enjoyed a British kipper, German Bismarck, Dutch matjes, or Jewish chopped-herring.

So long as humans have been raising animals, they have been eating lamb. In this engaging history, Brian Yarvin tells the story of how we've raised, cooked, and eaten lamb over the centuries and the place it's established in a wide range of cuisines and cultures worldwide. Starting with the earliest days of lamb and sheep farming in the ancient Middle East, Yarvin traces the spread of lamb to cooks in ancient Rome and Greece. He details the earliest recorded meals involving lamb in the Zagros Mountains of Iraq and Iran, explores its role in Renaissance banquets in Italy, and follows its path to China, India, and even Navajo tribes in America. Taking his story up to the present, Yarvin considers the growing locavore movement, one that has found in lamb a manageable, sustainable source of healthy—and tasty—protein. Richly illustrated and peppered with recipes, *Lamb* will be the perfect accompaniment to your next grilled chop or braised shank.

When Americans think of brunch, they typically think of Sunday mornings swelling into early afternoons; mimosas and bloody Marys; eggs Benedict and coffee cake; bacon and bagels; family and friends. This book presents a modern history of brunch not only as a meal, but also as a cultural experience. Relying on diverse sources, from historic cookbooks to Twitter and television, *Brunch: A History* is a global and social history of the meal including brunch in the United States, Western Europe, South Asia and the Middle-East. *Brunch* takes us on a tour of a modern meal around the world. While brunch has become a modern meal of leisure, its history is far from restful; this meal's past is both lively and fraught with tension. Here, Farha Ternikar explores the gendered and class-based conflicts around this meal, and provides readers with an enlightening glimpse into the dining rooms, verandas, and kitchens where brunches were prepared, served, and enjoyed.

From the fish that started a war to the pope poisoned with chocolate, discover the fascinating stories behind the origins, traditions, and uses of our food. Explore the tales, symbolism, and traditions that come wrapped up in the food on our plates - food that not only feeds our bodies but also makes up our culture. *The Story of Food* is a sumptuously illustrated exploration of our millennia-old relationship with nearly 200 foods. A true celebration of food in all its forms, this book explores the early efforts of humans in their quest for sustenance through the stories of individual foods. Covering all food types including nuts and grains, fruit and vegetables, meat and fish, and herbs and spices, this fascinating reference provides the facts on all aspects of a food's history. Discover how foods have become a part of our culture, from their origins and how they are eaten to their place in world cuisine today.

Take a slice of bread. It's perfectly okay in and of itself. Maybe it has a nice, crisp crust or the scent of sourdough. But really, it's kind of boring. Now melt some cheese on it—a sharp Vermont cheddar or a flavorful Swiss Gruyere. Mmm, delicious. Cheese—it's the staple food, the accessory that makes everything better, from the hamburger to the ordinary sandwich to a bowl of macaroni. Despite its many uses and variations, there has never before been a global history of cheese, but here at last is a succinct, authoritative account, revealing how cheese was invented and where, when, and even why. In bite-sized chapters well-known food historian Andrew Dalby tells the true and

savory story of cheese, from its prehistoric invention to the moment of its modern rebirth. Here you will find the most ancient cheese appellations, the first written description of the cheese-making process, a list of the luxury cheeses of classical Rome, the medieval rule-of-thumb for identifying good cheese, and even the story of how loyal cheese lover Samuel Pepys saved his parmesan from the great Fire of London. Dalby reveals that cheese is one of the most ancient of civilized foods, and he suggests that our passion for cheese may even lay behind the early establishment of global trade. Packed with entertaining cheese facts, anecdotes, and images, *Cheese* also features a selection of historic recipes. For those who crave a pungent stilton, a creamy brie, or a salty pecorino, *Cheese* is the perfect snack of a book.

It's no surprise that sugar has been on our minds for millennia. First cultivated in New Guinea around 8,000 B.C.E., this addictive sweetener has since come to dominate our appetites—whether in candy, desserts, soft drinks, or even pasta sauces—for better and for worse. In this book, Andrew F. Smith offers a fascinating history of this simultaneously beloved and reviled ingredient, holding its incredible value as a global commodity up against its darker legacies of slavery and widespread obesity. As Smith demonstrates, sugar's past is chockfull of determined adventurers: relentless sugar barons and plantation owners who worked alongside plant breeders, food processors, distributors, and politicians to build a business based on our cravings. Exploring both the sugarcane and sugar beet industries, he tells story after story of those who have made fortunes and those who have met demise all because of sugar's simple but profound hold on our palates. Delightful and surprisingly action-packed, this book offers a layered and definitive tale of sugar and the many people who have been caught in its spell—from barons to slaves, from chefs to the countless among us born with that insatiable devil, the sweet tooth.

When you get right down to it, taking the intestine of an animal and stuffing it with the ground meat of that animal doesn't really seem all that intuitive an approach to food preparation. But, as Gary Allen shows in this rich and engaging history, people worldwide have been making sausage for thousands of years. A veritable alphabet of sausages, from the Cajun andouille—and its less spicy forerunner, a French saucisson of the same name—and Mexican chorizo all the way to the Italian zampone, Allen tells a story of relentless creativity and invention, as different cultures found countless delectable ways to transform these otherwise unappealing pieces of meat. Allen peppers his account with examples from all over the world, as well as antique posters and advertisements, artworks and cartoons; together, they build a picture of a food that has been beloved—even as it's scoffed at—throughout human history, and remains a spicy favorite today.

There are some of us who can't even stand to look at them—and others who can't live without them: chillies have been searing tongues and watering eyes for centuries in innumerable global cuisines. In this book, Heather Arndt Anderson explores the many ways nature has attempted to take the roofs of our mouths off—from the deceptively vegetal-looking jalapeno to the fire-red ghost pepper—and the many ways we have gleefully risen to the challenge. Anderson tells the story of the spicy berry's rise to prominence, showing that it was cultivated and venerated by the ancient people of Mesoamerica for millennia before Spanish explorers brought it back to Europe. She traces the chilli's spread along trading routes to every corner of the globe, and she

explores the many important spiritual and cultural links that we have formed with it, from its use as an aphrodisiac to, in more modern times, an especially masochistic kind of eating competition. Ultimately, she uses the chili to tell a larger story of global trade, showing how the spread of spicy cuisine can tell us much about the global exchange—and sometimes domination—of culture. Mixing history, botany, and cooking, this entertaining read will give your bookshelf just the kick it needs.

From dal to samosas, paneer to vindaloo, dosa to naan, Indian food is diverse and wide-ranging—unsurprising when you consider India's incredible range of climates, languages, religions, tribes, and customs. Its cuisine differs from north to south, yet what is it that makes Indian food recognizably Indian, and how did it get that way? To answer those questions, Colleen Taylor Sen examines the diet of the Indian subcontinent for thousands of years, describing the country's cuisine in the context of its religious, moral, social, and philosophical development. Exploring the ancient indigenous plants such as lentils, eggplants, and peppers that are central to the Indian diet, Sen depicts the country's agricultural bounty and the fascination it has long held for foreign visitors. She illuminates how India's place at the center of a vast network of land and sea trade routes led it to become a conduit for plants, dishes, and cooking techniques to and from the rest of the world. She shows the influence of the British and Portuguese during the colonial period, and she addresses India's dietary prescriptions and proscriptions, the origins of vegetarianism, its culinary borrowings and innovations, and the links between diet, health, and medicine. She also offers a taste of Indian cooking itself—especially its use of spices, from chili pepper, cardamom, and cumin to turmeric, ginger, and coriander—and outlines how the country's cuisine varies throughout its many regions. Lavishly illustrated with one hundred images, *Feasts and Fasts* is a mouthwatering tour of Indian food full of fascinating anecdotes and delicious recipes that will have readers devouring its pages.

This richly illustrated book applies the discoveries of the new generation of food historians to the pleasures of dining and the culinary accomplishments of diverse civilizations, past and present. Freedman gathers essays by French, German, Belgian, American, and British historians to present a comprehensive, chronological history of taste.

You can pick Chicago deep dish, Sicilian, or New York-style; pan crust or thin crust; anchovies or pepperoni. There are countless ways to create the dish called pizza, as well as a never-ending debate on the best way of cooking it. Now Carol Helstosky documents the fascinating history and cultural life of this chameleon-like food in *Pizza*. Originally a food for the poor in eighteenth-century Naples, the pizza is a source of national and regional pride as well as cultural identity in Italy, Helstosky reveals. In the twentieth century, the pizza followed Italian immigrants to America, where it became the nation's most popular dish and fueled the rise of successful fast-food corporations such as Pizza Hut and Domino's. Along the way, Helstosky explains, pizza has been adapted to local cuisines and has become a metaphor for cultural exchange. *Pizza* also features several recipes and a wealth of illustrations, including a photo of the world's largest and most expensive pizza—sprinkled with edible 24-karat gold shavings and costing over \$4000. Whether you love sausage and onions on your pizza or unadorned cheese, *Pizza* has enough offerings to satiate even the pickiest of readers.

Winner of the National Outdoor Book Award for Natural History "After reading Super

Fly, you will never take a fly for granted again. Thank you, Jonathan Balcombe, for reminding us of the infinite marvels of everyday creatures." —Sy Montgomery, Author of *How to Be a Good Creature* From an expert in animal consciousness, a book that will turn the fly on the wall into the elephant in the room. For most of us, the only thing we know about flies is that they're annoying, and our usual reaction is to try to kill them. In *Super Fly*, the myth-busting biologist Jonathan Balcombe shows the order Diptera in all of its diversity, illustrating the essential role that flies play in every ecosystem in the world as pollinators, waste-disposers, predators, and food source; and how flies continue to reshape our understanding of evolution. Along the way, he reintroduces us to familiar foes like the fruit fly and mosquito, and gives us the chance to meet their lesser-known cousins like the Petroleum Fly (the only animal in the world that breeds in crude oil) and the Chocolate Midge (the sole pollinator of the Cacao tree). No matter your outlook on our tiny buzzing neighbors, *Super Fly* will change the way you look at flies forever. Jonathan Balcombe is the author of four books on animal sentience, including the New York Times bestselling *What A Fish Knows*, which was nominated for the PEN/E.O. Wilson Award for Science Writing. He has worked for years as a researcher and educator with the Humane society to show us the consciousness of other creatures, and here he takes us to the farthest reaches of the animal kingdom. From jambalaya to risotto, curry to nasi kandar, few foods are as ubiquitous in our meals as rice. A dietary staple and indispensable agricultural product from Asia to the Americas, the grain can be found in Michelin restaurants and family kitchens alike. In this engaging culinary history, Renee Marton explores the role rice has played in society and the food economy as it journeyed from its beginnings in Asia and West Africa to global prominence. Examining the early years of rice's burgeoning popularity, Marton shows that trade of the grain was driven by profit from both high status export rice and the lower-quality versions that fed countless laborers. In addition to urbanization and the increase in marketing and advertising, she reveals that rice's rise to supremacy also came through its consumption by slave, indentured servant, and immigrant communities. She also considers the significance rice has in cultural rituals, literature, music, painting, and poetry. She even shows how the specific rice one consumes can have great importance in distinguishing one's identity within an ethnic group. Chock full of delicious recipes from across the globe, *Rice* is a fascinating look at how this culinary staple has defined us.

A 2017 IACP Award Finalist A beautifully photographed, innovative guide to edible seaweed and sea vegetables with vegan recipes—for your health and the planet's "One of the world's most sustainable and nutritious crops," according to *The New Yorker*, "seaweed could be a miracle food." It's also been called "the new kale" (CNBC) and a "climate warrior" (Atlantic). On the cutting edge of food and sustainability, seaweed and sea vegetables are good both for you and—with the potential to drastically reduce our carbon footprint—for the planet. Now, *Ocean Greens* is the all-in-one guide to the most kitchen-ready varieties of this remarkable superfood (overflowing with nutrients!)—wakame, kombu, agar, samphire, nori, and many others. Seaweed visionaries Lisette Kreischer (dubbed a "fitfluencer" by *Women's Health*) and Marcel Schuttelaar share insights on the nutrition, taste, and harvesting of each—as well as 50 irresistible vegan recipes that will have readers exclaiming, "I can't believe it's seaweed!" Pumpkin and Seaweed Pancakes Polenta Fries with Crunchy Sea Lettuce

and Asparagus Seaweed Gnocchi with Spinach and Cherry Tomatoes Chocolate Chip and 'Weed Cookies, and more!

The first fully-illustrated book to not only help readers cook with mushrooms, but also to help them forage for fungi in the wild, The Edible Mushroom Book is part field guide, part cookbook. Beginning in the kitchen, readers learn how to prepare wild fungi for cooking, then how to make sixty mouthwatering recipes from Scrambled Chanterelles to Baked Mushroom Polenta. Moving on to the field, The Edible Mushroom Book tells you where and when to forage, provides an identification guide, and includes information on more than fifty-five edible mushrooms.

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