

Download Ebook An Edible History Of Humanity Tom Standage Pdf File Free

An Edible History of Humanity An Edible History of Humanity An Edible History of Humanity 97 Orchard Hummus Pizza Sugar Biscuits and Cookies An Edible History of Humanity Ice Cream The Truth about Baked Beans Corn Pineapple Bread Edible Flowers Edible Histories, Cultural Politics Coffee Cheese Edible Insects Edible Medicines The Story of Food America the Edible Avocado Borough Market: Edible Histories Banana Garlic, an Edible Biography A Brief History of Motion Seriously Curious Edible Colors Writing on the Wall Edible Oil Processing Food Anatomy Edible Inventions Beans Pancake Edible Coatings and Films to Improve Food Quality, Second Edition Edible Insects of the World Gin Eggs Mustard

Corn May 17 2022 Originating in Mesoamerica 9,000 years ago, maize—or, as we know it, corn—now grows in 160 countries. In the New World, indigenous peoples referred to corn as “Our Mother,” “Our Life,” and “She Who Sustains Us.” Today, the United States is the world’s leading producer of corn, and you can find more than 3,500 items in grocery stores that contain corn in one way or another—from puddings to soups, margarine to mayonnaise. In *Corn: A Global History*, Michael Owen Jones explores the origins of this humble but irreplaceable crop. The book traces corn back to its Mesoamerican roots, following along as it was transported to the Old World by Christopher Columbus, and then subsequently distributed throughout Europe, Africa, and Asia. Jones takes readers into the deliciously disparate culinary uses of corn, including the Chilean savory pie pastel de choclo, Japanese corn soup, Mexican tamales, a Filipino shaved ice snack, and the South African cracked hominy dish umngqusho, favored by Nelson Mandela. Covering corn’s controversies, celebrations, and iconic cultural status, Jones

interweaves food, folklore, history, and popular culture to reveal the vibrant story of a world staple.

An Edible History of Humanity Feb 26 2023 The bestselling author of *A History of the World in 6 Glasses* charts an enlightening history of humanity through the foods we eat. Throughout history, food has done more than simply provide sustenance. It has acted as a tool of social transformation, political organization, geopolitical competition, industrial development, military conflict and economic expansion. *An Edible History of Humanity* is an account of how food has helped to shape and transform societies around the world, from the emergence of farming in China by 7,500 BCE to today's use of sugar cane and corn to make ethanol. Food has been a kind of technology, a tool that has changed the course of human progress. It helped to found, structure, and connect together civilizations worldwide, and to build empires and bring about a surge in economic development through industrialization. Food has been employed as a military and ideological weapon. And today, in the culmination of a process that has been going on for thousands of years, the foods we choose in the supermarket connect us to global debates about trade, development and the adoption of new technologies. Drawing from many fields including genetics, archaeology, anthropology, ethnobotany and economics, the story of these food-driven transformations is a fully satisfying account of the whole of human history.

97 Orchard Jan 25 2023 “Social history is, most elementally, food history. Jane Ziegelman had the great idea to zero in on one Lower East Side tenement building, and through it she has crafted a unique and aromatic narrative of New York’s immigrant culture: with bread in the oven, steam rising from pots, and the family gathering round.” — Russell Shorto, author of *The Island at the Center of the World* *97 Orchard* is a richly detailed investigation of the lives and culinary habits—shopping, cooking, and eating—of five families of various ethnicities living at the turn of the twentieth century in one tenement on the Lower East Side of Manhattan. With 40 recipes included, *97*

Orchard is perfect for fans of Rachel Ray's Hometown Eats; anyone interested in the history of how immigrant food became American food; and "foodies" of every stripe.

Banana Apr 04 2021 Sweet but starchy, soft but toothsome—and so easy to peel they just beg to be devoured—bananas are one of our favorite foods, found everywhere from gas station counters to Michelin star restaurants. Yet for as versatile and ubiquitous as this fruit is today, its history is a turbulent one, entangled in colonial domination, capitalist exploitation, sexual politics, and even horrific violence. Delving into the banana's past, this book traces the complex circumstances of global modernity that perfectly aligned to grant us, often at tremendous costs, a treat we all now take for granted. Beginning with the banana's origins in New Guinea, Lorna Piatti-Farnell follows its pathways to South East Asia, Africa, the Caribbean, and the Americas, binding together a millennium of history into one digestible bunch. Focusing especially on the banana's recent past, she shows how it rose from a regional staple to a global commodity, on par with coffee and sugar. She examines the ways it has been advertised, sold, and incorporated into popular culture, moving from nineteenth-century medical manuals to cookbooks, songs, slapstick comedy, and problematic figures like Miss Chiquita. Wide-ranging but pocket-sized, *Banana* is a culinary and cultural account of a peculiar little fruit that is at once the icon of exoticism and one of the most familiar foods we eat.

Edible Colors Nov 30 2020 Teach children how to eat their colors in this bold, artful concept book about the world of unusual fruits and vegetables! Carrots are ORANGE. They are also PURPLE. Look what else can be PURPLE! With a combination of unusual foods and a kaleidoscope of colors, this concept book shows that not all foods have to look the same way. A banana can be red, broccoli can be purple, and cherries can be yellow and still taste just as delicious. Inspire picky eaters of all ages with *Edible Colors*, a book that shows how familiar tasty foods can look different, and new ones can be similar to ones they've already tried.

Beans Jun 25 2020 Beans are considered a basic staple in most kitchen cupboards, yet these unassuming foodstuffs have a very long history: there is evidence that beans have been eaten for 9,000 years. Whether dried, frozen, or canned, beans have substantial nutritional and environmental benefits, and can easily be made into a wholesome, satisfying meal. From garbanzos to lentils, and from favas to soybeans, *Beans: A Global History* brings to life the rich story of these small yet mighty edibles. Featuring historic and modern recipes that celebrate the wide variety of bean cuisines, this book speaks to the modern trend for healthy eating, taking readers on a vivid journey through the gastronomical, botanical, cultural, and political history of beans.

Edible Histories, Cultural Politics Jan 13 2022 Based on findings from menus, cookbooks, government documents, advertisements, media sources, oral histories, memoirs, and archival collections, *Edible Histories* offers a veritable feast of original research on Canada's food history and its relationship to culture and politics. This exciting collection explores a wide variety of topics, including urban restaurant culture, ethnic cuisines, and the controversial history of margarine in Canada. It also covers a broad time-span, from early contact between European settlers and First Nations through the end of the twentieth century.

The Truth about Baked Beans Jun 18 2022 Forages through New England's most famous foods for the truth behind the region's culinary myths Meg Muckenhoupt begins with a simple question: When did Bostonians start making Boston Baked Beans? Storekeepers in Faneuil Hall and Duck Tour guides may tell you that the Pilgrims learned a recipe for beans with maple syrup and bear fat from Native Americans, but in fact, the recipe for Boston Baked Beans is the result of a conscious effort in the late nineteenth century to create New England foods. New England foods were selected and resourcefully reinvented from fanciful stories about what English colonists cooked prior to the American revolution—while pointedly ignoring the foods cooked by contemporary New

Englanders, especially the large immigrant populations who were powering industry and taking over farms around the region. *The Truth about Baked Beans* explores New England's culinary myths and reality through some of the region's most famous foods: baked beans, brown bread, clams, cod and lobster, maple syrup, pies, and Yankee pot roast. From 1870 to 1920, the idea of New England food was carefully constructed in magazines, newspapers, and cookbooks, often through fictitious and sometimes bizarre origin stories touted as time-honored American legends. This toothsome volume reveals the effort that went into the creation of these foods, and lets us begin to reclaim the culinary heritage of immigrant New England—the French Canadians, Irish, Italians, Portuguese, Polish, indigenous people, African-Americans, and other New Englanders whose culinary contributions were erased from this version of New England food. Complete with historic and contemporary recipes, *The Truth about Baked Beans* delves into the surprising history of this curious cuisine, explaining why and how “New England food” actually came to be.

A Brief History of Motion Feb 02 2021 'Speckled with anecdotes, insights and surprises. It is great fun - and utterly timely' Sunday Times 'Standage writes with a masterly clarity' New York Times 'The product of deep research, great intelligence and burnished prose . . . It is rare that I encounter a non-fiction author whose prose is so elegant that it is worth reading for itself. Standage is a writer of this class' Wall Street Journal Beginning around 3,500 BC with the wheel, and moving through the eras of horsepower, trains and bicycles, Tom Standage puts the rise of the car - and the future of urban transport - into a broader historical context. Our society has been shaped by the car in innumerable ways, many of which are so familiar that we no longer notice them. Why does red mean stop and green mean go? Why do some countries drive on the left, and some on the right? How did cars, introduced only a little over a century ago, change the way the world was administered, laid out and policed, along with experiences like eating and shopping? And what might travel in a

post-car world look like? As social transformations from ride-sharing to the global pandemic force us to critically re-examine our relationship with personal transportation, *A Brief History of Motion* is an essential contribution to our understanding of how the modern world came to be.

Edible Medicines Sep 09 2021 "In this wide-ranging book, Nina Etkin reveals the medicinal properties of foods in the specific cultural contexts in which they are used. Incorporating co-evolution with a biocultural perspective, she addresses some of the physiological effects of foods across cultures and through history while taking into account both the complex dynamics of food choice and the blurred distinctions between food and medicine. Showing that food choice is more closely linked to health than is commonly thought, she helps us to understand the health implications of people's food-centered actions in the context of real-life circumstances."--Jacket.

Edible Flowers Feb 14 2022 Most of us like to look at them, but why on earth would anyone want to eat them? As Constance L. Kirker and Mary Newman show in this book, however, flowers have a long history as a tasty ingredient in a variety of cuisines. The Greeks, Romans, Persians, Ottomans, Mayans, Chinese, and Indians all knew how to cook with them for centuries, and today contemporary chefs use them to add something special to their dishes. *Edible Flowers* is the fascinating history of how flowers have been used in cooking, from ancient Greek dishes to the today's molecular gastronomy and farm-to-table restaurants. Looking at flowers' natural qualities: their unique and beautiful appearance, their pungent fragrance, and their surprisingly good taste, Kirker and Newman proffer a bouquet of dishes—from soups to stews to desserts to beverages—that use them in interesting ways. Tying this culinary history into a larger cultural one, they show how flowers' cultural, symbolic, and religious connotations have added value and meaning to dishes in daily life and special occasions. From fried squash blossoms to marigold dressings, this book rediscovers the flower not just as something beautiful but as something absolutely delicious.

The Story of Food Aug 08 2021 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.

Sugar Oct 22 2022 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.

Mustard Dec 20 2019 Whether grainy or smooth, spicy or sweet, Dijon, American, or English, mustard accompanies our food and flavors our life around the globe. It has been a source of pleasure, health, and myth from ancient times to the present day, its tiny seed a symbol of faith and its pungent flavor a testimony to refined taste. There are stories of mustard plasters used to treat melancholy, runners eating mustard to prevent cramps, and Christians spreading mustard seeds along pilgrimage trails. In this delightful global history of all things Grey Poupon and gleaming yellow, Demet Güzey takes readers on a tour of the ubiquitous mustard, exploring its origins, its use in medicine and in the kitchen, its place in literature, language, and religion, and its strong symbolism of sharpness, perseverance, and strength. Packed with entertaining mustard facts and illustrations as well as a selection of historic and modern recipes, this surprising history of one of the world's most loved condiments will appeal to all food history aficionados.

Seriously Curious Jan 01 2021 Some questions you never think to ask. Others, you didn't know you didn't know. And some facts are so surprising they cry out for answers. What can a president actually do? Why do cities sink into the ground? Why is Australia seemingly invulnerable to recessions? Why do people in couples do more housework than singletons? The brilliant minds of the Economist collect these questions. Individually, they might seem bite-sized and inconsequential, but taken together they can reveal a whole new world.

Pancake May 25 2020 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.

Bread Mar 15 2022 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.

Ice Cream Jul 19 2022 Be it soft-serve, gelato, frozen custard, Indian kulfi or Israeli glida, some form of cold, sweet ice cream treat can found throughout the world in restaurants and home freezers. Though ice cream was once considered a food for the elite, it has evolved into one of the most successful mass-market products ever developed. In *Ice Cream*, food writer Laura B. Weiss takes the reader on a vibrant trip through the history of ice cream from ancient China to modern-day Tokyo in order to tell the lively story of how this delicious indulgence became a global sensation. Weiss tells of donkeys wooed with ice cream cones, Good Humor-loving World War II-era German diplomats, and sundaes with names such as “Over the Top” and “George Washington.” Her account is populated with Chinese emperors, English kings, former slaves, women inventors, shrewd entrepreneurs, Italian immigrant hokey-pokey ice cream vendors, and gourmand American First Ladies. Today American brands dominate the world ice cream market, but vibrant dessert cultures like Italy’s continue to thrive, and new ones, like Japan’s, flourish through unique variations. Weiss connects this much-loved food with its place in history, making this a book sure to be enjoyed by all who are beckoned by the siren song of the ice cream truck.

Edible Oil Processing Sep 28 2020 Oils and fats are almost ubiquitous in food processing, whether naturally occurring in foods or added as ingredients that bring functional benefits. Whilst levels of fat intake must be controlled in order to avoid obesity and other health problems, it remains the fact that fats (along with proteins and carbohydrates) are one of the three macronutrients and therefore an essential part of a healthy diet. The ability to process oils and fats to make them acceptable as part of our food supplies is a key component in our overall knowledge of them. Without this ability, the food that we consume would be totally different, and much of the flexibility available to us as a result of the application of processing techniques would be lost. Obviously we need to know how

to process fatty oils, but we also need to know how best to use them once they have been processed. This second edition of *Edible Oil Processing* presents a valuable overview of the technology and applications behind the subject. It covers the latest technologies which address new environmental and nutritional requirements as well as the current state of world edible oil markets. This book is intended for food scientists and technologists who use oils and fats in food formulations, as well as chemists and technologists working in edible oils and fats processing.

Pizza Nov 23 2022 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.

Avocado Jun 06 2021 The avocado is arguably the most iconic food of the twenty-first century. In less than one-hundred years, it has gone from a little-known regional delicacy to global embrace and social media fame. This may seem like an astounding trajectory for a fruit that isn't sweet, that gets bitter when it is cooked, and has perhaps the oddest texture of any fruit or vegetable. But it is precisely the avocado's contradictions that have contributed to its

ascent: the idea that this rich and delicious fruit is also healthy despite being fatty and energy-dense grants it unicorn status with modern eaters, especially millennials. Through lively anecdotes, colorful pictures, and delicious recipes, Jeff Miller explores the meteoric rise of the avocado, from its coevolution with the megaherbivores of the Pleistocene to its acceptance by the Spanish conquistadors in Mexico, to its current dominance of food consumers' imaginations.

Edible Insects Oct 10 2021 From grasshoppers to grubs, an eye-opening look at insect cuisine around the world. An estimated two billion people worldwide regularly consume insects, yet bugs are rarely eaten in the West. Why are some disgusted at the thought of eating insects while others find them delicious? *Edible Insects: A Global History* provides a broad introduction to the role of insects as human food, from our prehistoric past to current food trends—and even recipes. On the menu are beetles, butterflies, grasshoppers, and grubs of many kinds, with stories that highlight traditional methods of insect collection, preparation, consumption, and preservation. But we not only encounter the culinary uses of creepy-crawlies across many cultures. We also learn of the potential of insects to alleviate global food shortages and natural resource overexploitation, as well as the role of world-class chefs in making insects palatable to consumers in the West.

Hummus Dec 24 2022 Complete with recipes, a mouthwatering look at the complicated origins and rise of the world's favorite garbanzo bean spread and dip. This is a global history of hummus bi-tahina, the delicious combination of chickpeas, tahini, lemon, and garlic that we know and love as hummus. The story begins in the medieval kitchens of the Near and Middle East and culminates with hummus's rise in popularity in the Western world at the end of the twentieth century. This book also addresses the international controversy over ownership of the dish and illustrates the extent to which hummus has been embraced by Western food culture today. Though other Mediterranean dishes have become popular in the

West, none can be compared to hummus, which can be found in any supermarket and in vast numbers of eating establishments. Hummus has become a global phenomenon and our very favorite dip.

Edible Coatings and Films to Improve Food Quality, Second Edition Apr 23 2020 Since the publication of the first edition of this text, ever-increasing coatings research has led to many developments in the field. Updated and completely revised with the latest discoveries, *Edible Coatings and Films to Improve Food Quality, Second Edition* is a critical resource for all those involved in buying, selling, regulating, developing, or using coatings to improve the quality and safety of foods. Topics discussed in this volume include: The materials used in edible coatings and films The chemical and physical properties of coatings and how the coating or film ingredients affect these properties How coatings and films present barriers to gases and water vapors How coatings and films can improve appearance, or conversely, result in discoloration and cause other visual defects, as well as how to avoid these problems The use of coatings and films on fresh fruit and vegetables, fresh-cut produce, and processed foods How to apply coatings to various commodities How coatings can function as carriers of useful additives, including color, antioxidants, and flavorings Regulation of coatings and coating ingredients by various governing bodies The information contained in this volume is destined to encourage further advances in this field for food and pharmaceutical products. Aggressive research into these products can help to reduce plastic waste, improve applications, lead to greater efficacy, and make regulatory decisions easier in a global climate—ultimately resulting in economical, heightened quality of food and pharmaceutical products.

An Edible History of Humanity Apr 28 2023 Throughout history, food has done more than simply provide sustenance. It has acted as a tool of social transformation, political organization, geopolitical competition, industrial development, military conflict and economic expansion. In *An Edible History of Humanity* Tom Standage serves up

a hugely satisfying account of ways in which food has, indirectly, helped to shape and transform societies around the world. It is a dazzling account of gastronomic revolutions from pre-history to the present.

An Edible History of Humanity Aug 20 2022 The bestselling author of "A History of the World in 6 Glasses" brilliantly charts how foods have transformed human culture through the ages.

Cheese Nov 11 2021 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.

Biscuits and Cookies Sep 21 2022 What's your favorite cookie (or biscuit, for any British baking show buffs)? Chocolate chip, ginger spice, or Oreo? Oatmeal-and-raisin, black-and-white, digestive, or florentine? Or do you just prefer the dough? Our choice biscuits and

cookies are as diverse as the myriad forms and flavors these chewy treats take, and well they should be. These baked delights have a history as rich as their taste: evidence of biscuit-making dates back to around 4000 BC. In *Biscuits and Cookies*, Anastasia Edwards explores the delectable past of these versatile snacks, from their earliest beginnings through Middle Eastern baking techniques, to cookies of Northern Europe in the Middle Ages, and on into the New World. From German lebkuchen to the animal cracker (more than half a billion of which are produced each year in the United States alone), from brownies and sugar cookies in the United States to shortbread and buttery tea biscuits in the United Kingdom, to Anzac and Girl-Guide biscuits in New Zealand and Australia, this book is crammed with biscuit and cookie facts, stories, images, and recipes from around the world and across time. And there's no need to steal from the cookie jar.

Food Anatomy Aug 28 2020 Get your recommended daily allowance of facts and fun with *Food Anatomy*, the third book in Julia Rothman's best-selling *Anatomy* series. She starts with an illustrated history of food and ends with a global tour of street eats. Along the way, Rothman serves up a hilarious primer on short order egg lingo and a mouthwatering menu of how people around the planet serve fried potatoes — and what we dip them in. Award-winning food journalist Rachel Wharton lends her editorial expertise to this light-hearted exploration of everything food that bursts with little-known facts and delightful drawings. Everyday diners and seasoned foodies alike are sure to eat it up.

Eggs Jan 21 2020 Which came first, the chicken or the egg? In Hindu scripture, the world began as an egg. Laid by a swan floating on the waters of chaos, after a year the egg split into silver and gold halves, with the silver becoming the earth and the gold transforming into the sky. Throughout history, the egg has taken on numerous meanings outside of the famous philosophical dilemma: it was used for curing the evil eye by the Mayans, as protection against lightning in Greece, and to signify rebirth in Christian tradition. In *Eggs*, Diane Toops

offers a fascinating tour of egg history and lore, looking at how its significance has represented the preoccupations of the cultures that consume it. After explaining the many varieties of eggs and the places that favor them, Toops sketches a history of its uses from its origins until the present day, when it has become an integral part of modern cuisine. She explores how eggs are today marketed as a health food and discusses the debates over their nutritional status. Filled with appetizing recipes and beguiling images, this protein-packed book will enthrall anyone with an interest in cuisine or cultural history.

Borough Market: Edible Histories May 05 2021 One of The Times Books of the Year 2020 Shortlisted for The Fortnum & Mason Food & Drink Awards 2021, Debut Food Book _____ 'Fascinating and entertaining - a pleasure to read.' Claudia Roden Have you ever stopped to wonder how our most beloved foods came to be the way they are now? As a nation of food-lovers we have been munching on fruit and veg, drinking tea and coffee and adorning our dishes with oils and spices for generations, but how did this happen? What is the history of our favourite foodstuffs? In this series of enlightening and highly entertaining essays, award-winning food writer Mark Riddaway travels back through the centuries to tell the fascinating, surprising and often downright bizarre stories of some of the everyday ingredients found at London's Borough Market. Discover how the strawberries we eat today had their roots in a clandestine trip to South America by a French spy whose surname happened to be Strawberry, why three-quarters of Britain's late-18th-century intake of tea was sold on the black market, and what Sigmund Freud found so fascinating about eel genitalia. From the humble apples and onions that we've grown on these shores for centuries, to more exotic ingredients like cinnamon and bananas that travel from across the world to finesse our food, Borough Market: Edible Histories offers a chance to digest the charming stories behind every last morsel.

Writing on the Wall Oct 30 2020 Today we are endlessly connected: constantly tweeting, texting or e-mailing. This may seem

unprecedented, yet it is not. Throughout history, information has been spread through social networks, with far-reaching social and political effects. *Writing on the Wall* reveals how an elaborate network of letter exchanges forewarned of power shifts in Cicero's Rome, while the torrent of tracts circulating in sixteenth-century Germany triggered the Reformation. Standage traces the story of the rise, fall and rebirth of social media over the past 2,000 years offering an illuminating perspective on the history of media, and revealing that social networks do not merely connect us today - they also link us to the past.

Edible Inventions Jul 27 2020 Believe it or not, there's a lot of inventing going on in the kitchen. Unless you only eat fruits and veggies right off the plant, you are using tools and techniques invented by humans to make food more tasty and easier to digest. When you cook food, you start to break it down into a form your body can absorb. When you add chemicals to make it thicker, gooey-er, or puffy-er, you turn a bunch of boring ingredients into a mouth-watering snack. *Edible Inventions: Cooking Hacks and Yummy Recipes You Can Build, Mix, Bake, and Grow* will show you some unusual ways to create a meal, and help you invent some of your own. Projects include: 3D printing with food Chemical cuisine and molecular gastronomy Prepared foods like jellies and pickles at home Growing your own ingredients Cooking off the grid

Garlic, an Edible Biography Mar 03 2021 Featuring over 100 delicious, garlic-laden recipes, this culinary biography offers a tour through the colorful history of one of the world's most timeless ingredients Garlic is the Lord Byron of produce, a lusty rogue that charms and seduces you but runs off before dawn, leaving a bad taste in your mouth. Called everything from rustic cure-all to Russian penicillin, Bronx vanilla and Italian perfume, garlic has been loved, worshipped, and despised throughout history. No writer has quite captured the epic, roving story of garlic—until now. While this book does not claim that garlic saved civilization (though it might cure whatever ails you), it does take us on a grand tour of its fascinating

role in history, medicine, literature, and art; its controversial role in bigotry, mythology, and superstition; and its indispensable contribution to the great cuisines of the world. And just to make sure your appetite isn't slighted, Garlic offers over 100 recipes featuring the beloved ingredient.

Coffee Dec 12 2021 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.

Pineapple Apr 16 2022 Poet Charles Lamb described the pineapple as "too ravishing for moral taste . . . like lovers' kisses she bites—she is a pleasure bordering on pain, from fierceness and insanity of her relish." From the moment Christopher Columbus discovered it on a Caribbean island in 1493, the pineapple has seduced the world, becoming an object of passion and desire. Beloved by George

Washington, a favorite of kings and aristocrats, the pineapple quickly achieved an elite status among fruits that it retains today. Kaori O'Connor tells the story of this culinary romance in *Pineapple*, an intriguing history of this luscious fruit. O'Connor follows the pineapple across time and cultures, exploring how it was first transported to Europe, where it could only be grown at great expense in hothouses. The pineapple was the ultimate status symbol, she reveals—London society hostesses would even pay extravagantly to rent a pineapple for a single evening to be the centerpiece of a party. O'Connor explains that the fruit remained a seasonal luxury for the rich until developments in shipping and refrigeration allowed it to be brought to the major markets in Europe and America, and she illustrates how canning processes—and the discovery of the pineapple's ideal home in Hawaii—have made it available and affordable throughout the year. Packed with vivid illustrations and irresistible recipes from around the world, *Pineapple* will have everyone falling in love with this juicy tropical fruit.

America the Edible Jul 07 2021 Get ready to devour America. Adam Richman, the exuberant host of Travel Channel's *Man v. Food* and *Man v. Food Nation*, has made it his business to root out unique dining experiences from coast to coast. Now, he zeroes in on some of his top-favorite cities—from Portland, Maine, to Savannah, Georgia—to share his uproariously entertaining food travel stories, top finds, and some invaluable (and hilarious) cautionary tales. *America the Edible* also tells the story behind the menu, revealing the little-known reason why San Francisco's sourdough bread couldn't exist without San Francisco's fog; why Cleveland just might have some of the country's best Asian cuisine; and how to eat like a native on the Hawaiian island of Oahu. Unflaggingly funny, curious, and, of course, hungry, Richman captures the spectacular melting pot of American cuisine as only a true foodie and insatiable storyteller can.

Gin Feb 20 2020 *Mother's Milk, Mother's Ruin, and Ladies' Delight. Dutch Courage and Cuckold's Comfort.* These evocative nicknames

for gin hint that it has a far livelier history than the simple and classic martini would lead you to believe. In this book, Lesley Jacobs Solmonson journeys into gin's past, revealing that this spirit has played the role of both hero and villain throughout history. Taking us back to gin's origins as a medicine derived from the aromatic juniper berry, Solmonson describes how the Dutch recognized the berry's alcoholic possibilities and distilled it into the whiskey-like genever. She then follows the drink to Britain, where cheap imitations laced with turpentine and other caustic fillers made it the drink of choice for poor eighteenth-century Londoners. Eventually replaced by the sweetened Old Tom style and later by London Dry gin, its popularity spread along with the British Empire. As people today once again embrace classic cocktails like the gimlet and the negroni, gin has reclaimed its place in the world of mixology. Featuring many enticing recipes, Gin is the perfect gift for cocktail aficionados and anyone who wants to know whether it should be shaken or stirred.

Edible Insects of the World Mar 23 2020 The first book on entomophagy written in this manner, Edible Insects of the World is an enumeration of 2,141 species of edible insects. For the reader's convenience, insect names are arranged much like a dictionary, first by taxonomic group and then by country. In addition to taxonomic and location information, entries contain applicable details about the history of entomophagy, collecting, cooking, and medicinal uses.

An Edible History of Humanity Mar 27 2023 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.