

## **Drinking History Fifteen Turning Points In The Making Of American Beverages Arts And Traditions Of The Table Perspectives On Culinary History**

To some, food allergies seem like fabricated cries for attention. To others, they pose a dangerous health threat. Food allergies are bound up with so many personal and ideological concerns that it is difficult to determine what is medical and what is myth. Another Person's Poison parses the political, economic, cultural, and genuine health factors of a phenomenon that dominates our interactions with others and our understanding of ourselves. For most of the twentieth century, food allergies were considered a fad or junk science. While many physicians and clinicians argued that certain foods could cause a range of chronic problems, from asthma and eczema to migraines and hyperactivity, others believed that allergies were psychosomatic. This book traces the trajectory of this debate and its effect on public-health policy and the production, manufacture, and consumption of food. Are rising allergy rates purely the result of effective lobbying and a booming industry built on self-diagnosis and expensive remedies? Or should physicians become more flexible in their approach to food allergies and more careful in their diagnoses? Exploring the issue from scientific, political, economic, social, and patient-centered perspectives, this book is the first to engage fully with the history of a major modern affliction, illuminating society's troubled relationship with food, disease, nature, and the creation of medical knowledge.

Tracks the growth of the American beverage industry throughout the world. Popularized by Michael Pollan in his best-selling *In Defense of Food*, Gyorgy Scrinis's concept of nutritionism refers to the reductive understanding of nutrients as the key indicators of healthy food—an approach that has dominated nutrition science, dietary advice, and food marketing. Scrinis argues this ideology has narrowed and in some cases distorted our appreciation of food quality, such that even highly processed foods may be perceived as healthful depending on their content of "good" or "bad" nutrients. Investigating the butter versus margarine debate, the battle between low-fat, low-carb, and other weight-loss diets, and the food industry's strategic promotion of nutritionally enhanced foods, Scrinis reveals the scientific, social, and economic factors driving our modern fascination with nutrition. Scrinis develops an original framework and terminology for analyzing the characteristics and consequences of nutritionism since the late nineteenth century. He begins with the era of quantification, in which the idea of protective nutrients, caloric reductionism, and vitamins' curative effects took shape. He follows with the era of good and bad nutritionism, which set nutricentric dietary guidelines and defined the parameters of unhealthy nutrients; and concludes with our current era of functional nutritionism, in which the focus

has shifted to targeted nutrients, superfoods, and optimal diets. Scrinis's research underscores the critical role of nutrition science and dietary advice in shaping our relationship to food and our bodies and in heightening our nutritional anxieties. He ultimately shows how nutritionism has aligned the demands and perceived needs of consumers with the commercial interests of food manufacturers and corporations. Scrinis also offers an alternative paradigm for assessing the healthfulness of foods—the food quality paradigm—that privileges food production and processing quality, cultural-traditional knowledge, and sensual-practical experience, and promotes less reductive forms of nutrition research and dietary advice.

Though ancient rabbinic texts are fundamental to analyzing the history of Judaism, they are also daunting for the novice to read. Rabbinic literature presumes tremendous prior knowledge, and its fascinating twists and turns in logic can be disorienting. Rabbinic Drinking helps learners at every level navigate this brilliant but mystifying terrain by focusing on rabbinic conversations about beverages, such as beer and wine, water, and even breast milk. By studying the contents of a drinking vessel—including the contexts and practices in which they are imbibed—Rabbinic Drinking surveys key themes in rabbinic literature to introduce readers to the main contours of this extensive body of historical documents. Features and Benefits: Contains a broad array of rabbinic passages, accompanied by didactic and rich explanations and contextual discussions, both literary and historical Thematic chapters are organized into sections that include significant and original translations of rabbinic texts Each chapter includes in-text references and concludes with a list of both referenced works and suggested additional readings

Serving students and general readers alike, this encyclopedia addresses the myriad and profound ways foods have shaped the world we inhabit, from prehistory to the present.

- Overviews the foods that have changed the world from prehistory to the present
- Gives attention to the relationships between foods and religious movements, such as the connections between fish, bread, and wine and the rise of Christianity
- Enables readers to grasp the connections between the history of foods and the Columbian Exchange

The Chile Pepper in China

Social, Cultural, and Historical Perspectives

Italian Identity in the Kitchen, or Food and the Nation

The Science and Politics of Dietary Advice

Creamy and Crunchy

New York City

Thirty Turning Points in the Making of American Cuisine

Taste as Experience

This three-volume encyclopedia on the history of American food and beverages covers topics ranging from early American Indian foods to mandatory nutrition information at fast food restaurants.

More than Mom's apple pie, peanut butter is the all-American food. With its rich, roasted-peanut aroma and flavor; caramel hue; and gooey, consoling texture, peanut butter is an enduring favorite, found in the pantries of at least 75 percent of American kitchens. Americans eat more than a billion pounds a year. According to the Southern Peanut Growers, a trade group, that's enough to coat the floor of the Grand Canyon (although the association doesn't say to what height). Americans spoon it out of the jar, eat it in sandwiches by itself or with its bread-fellow jelly, and devour it with foods ranging from celery and raisins (ants on a log) to a grilled sandwich with bacon and bananas (the classic Elvis). Peanut butter is used to flavor candy, ice cream, cookies, cereal, and other foods. It is a deeply ingrained staple of American childhood. Along with cheeseburgers, fried chicken, chocolate chip cookies (and apple pie), peanut butter is a consummate comfort food. In *Creamy and Crunchy* are the stories of Jif, Skippy, Peter Pan; the plight of black peanut farmers; the resurgence of natural or old-fashioned peanut butter; the reasons why Americans like peanut butter better than (almost) anyone else; the five ways that today's product is different from the original; the role of peanut butter in fighting Third World hunger; and the Salmonella outbreaks of 2007 and 2009, which threatened peanut butter's sacred place in the American cupboard. To a surprising extent, the story of peanut butter is the story of twentieth-century America, and Jon Krampner writes its first popular history, rich with anecdotes and facts culled from interviews, research, travels in the peanut-growing regions of the South, personal stories, and recipes.

New York City's first food biography showcases all the vibrancy, innovation, diversity, influence, and taste of this most-celebrated American metropolis. Its cuisine has developed as a lively potluck supper, where discrete culinary traditions have survived, thrived, and interacted. For almost 400 years New York's culinary influence has been felt in other cities and communities worldwide. New York's restaurants, such as Delmonico's, created and sustained haute cuisine in this country. Grocery stores and supermarkets that were launched here became models for national food distribution. More cookbooks have been published in New York than in all other American cities combined. Foreign and "fancy" foods, including hamburgers, pizza, hot dogs, Waldorf salad, and baked Alaska, were introduced to Americans through New York's colorful street vendors, cooks, and restaurateurs. As Smith shows here, the city's ever-changing culinary life continues to fascinate and satiate both natives and visitors alike.

An 'entertaining, informative and utterly depressing global history of an important commodity . . . By alerting readers to the ways that modernity's very origins are entangled with a seemingly benign and delicious substance, *How Sugar Corrupted the World* raises fundamental questions about our world.' Sven Beckert, the Laird Bell professor of American history at Harvard University and the author of *Empire of Cotton: A Global History*, in the New York Times 'A

brilliant and thought-provoking history of sugar and its ironies' Bee Wilson, Wall Street Journal 'Shocking and revelatory . . . no other product has so changed the world, and no other book reveals the scale of its impact.' David Olusoga 'This study could not be more timely.' Laura Sandy, Lecturer in the History of Slavery, University of Liverpool The story of sugar, and of mankind's desire for sweetness in food and drink is a compelling, though confusing story. It is also an historical story. The story of mankind's love of sweetness - the need to consume honey, cane sugar, beet sugar and chemical sweeteners - has important historical origins. To take a simple example, two centuries ago, cane sugar was vital to the burgeoning European domestic and colonial economies. For all its recent origins, today's obesity epidemic - if that is what it is - did not emerge overnight, but instead evolved from a complexity of historical forces which stretch back centuries. We can only fully understand this modern problem, by coming to terms with its genesis and history: and we need to consider the historical relationship between society and sweetness over a long historical span. This book seeks to do just that: to tell the story of how the consumption of sugar - the addition of sugar to food and drink - became a fundamental and increasingly troublesome feature of modern life. Walvin's book is the heir to Sidney Mintz's *Sweetness and Power*, a brilliant sociological account, but now thirty years old. In addition, the problem of sugar, and the consequent intellectual and political debate about the role of sugar, has been totally transformed in the years since that book's publication. Chinese cuisine without chile peppers seems unimaginable. Entranced by the fiery taste, diners worldwide have fallen for Chinese cooking. In China, chiles are everywhere, from dried peppers hanging from eaves to Mao's boast that revolution would be impossible without chiles, from the eighteenth-century novel *Dream of the Red Chamber* to contemporary music videos. Indeed, they are so common that many Chinese assume they are native. Yet there were no chiles anywhere in China prior to the 1570s, when they were introduced from the Americas. Brian R. Dott explores how the nonnative chile went from obscurity to ubiquity in China, influencing not just cuisine but also medicine, language, and cultural identity. He details how its versatility became essential to a variety of regional cuisines and swayed both elite and popular medical and healing practices. Dott tracks the cultural meaning of the chile across a wide swath of literary texts and artworks, revealing how the spread of chiles fundamentally altered the meaning of the term spicy. He emphasizes the intersection between food and gender, tracing the chile as a symbol for both male virility and female passion. Integrating food studies, the history of medicine, and Chinese cultural history, *The Chile Pepper in China* sheds new light on the piquant cultural impact of a potent plant and raises broader questions regarding notions of authenticity in cuisine.

From Flips & Rattle-Skulls to Switchel & Spruce Beer  
Brunch

Culinary History  
Eating History

What Beverages Teach Us About Rabbinic Literature

Fifteen Turning Points in the Making of American Beverages

A History

How the Evolution of Science Transformed the Art of Cooking

Note-by-Note Cooking

*In this global collaboration of essays, chefs and scientists test various hypotheses and theories concerning the physical and chemical properties of food. Using traditional and cutting-edge tools, ingredients, and techniques, these pioneers create--and sometimes revamp--dishes that respond to specific desires, serving up an original encounter with gastronomic practice. From grilled cheese sandwiches, pizzas, and soft-boiled eggs to Turkish ice cream, sugar glasses, and jellified beads, the essays in *The Kitchen as Laboratory* cover a range of culinary creations and their history and culture. They consider the significance of an eater's background and dining atmosphere and the importance of a chef's methods, as well as strategies used to create a great diversity of foods and dishes. Contributors end each essay with their personal thoughts on food, cooking, and science, thus offering rare insight into a professional's passion for experimenting with food. 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. Over the past decade, the popularity of cocktails has returned with gusto. Amateur and professional mixologists alike have set about recovering not just the craft of the cocktail, but also its history, philosophy, and culture. *The Shaken and the Stirred* features essays written by distillers, bartenders and amateur mixologists, as well as scholars, all examining the so-called 'Cocktail Revival' and cocktail culture. Why has the cocktail returned with such force? Why has the cocktail always acted as a cultural indicator of class, race, sexuality and politics in both the real and the fictional world? Why has the*

cocktail revival produced a host of professional organizations, blogs, and conferences devoted to examining and reviving both the drinks and habits of these earlier cultures?

When it comes to food, there has never been another city quite like New York. The Big Apple--a telling nickname--is the city of 50,000 eateries, of fish wriggling in Chinatown baskets, huge pastrami sandwiches on rye, fizzy egg creams, and frosted black and whites. It is home to possibly the densest concentration of ethnic and regional food establishments in the world, from German and Jewish delis to Greek diners, Brazilian steakhouses, Puerto Rican and Dominican bodegas, halal food carts, Irish pubs, Little Italy, and two Koreatowns (Flushing and Manhattan). This is the city where, if you choose to have Thai for dinner, you might also choose exactly which region of Thailand you wish to dine in. *Savoring Gotham* weaves the full tapestry of the city's rich gastronomy in nearly 570 accessible, informative A-to-Z entries. Written by nearly 180 of the most notable food experts--most of them New Yorkers--*Savoring Gotham* addresses the food, people, places, and institutions that have made New York cuisine so wildly diverse and immensely appealing. Reach only a little ways back into the city's ever-changing culinary kaleidoscope and discover automats, the precursor to fast food restaurants, where diners in a hurry dropped nickels into slots to unlock their premade meal of choice. Or travel to the nineteenth century, when oysters cost a few cents and were pulled by the bucketful from the Hudson River. Back then the city was one of the major centers of sugar refining, and of brewing, too--48 breweries once existed in Brooklyn alone, accounting for roughly 10% of all the beer brewed in the United States. Travel further back still and learn of the Native Americans who arrived in the area 5,000 years before New York was New York, and who planted the maize, squash, and beans that European and other settlers to the New World embraced centuries later. *Savoring Gotham* covers New York's culinary history, but also some of the most recognizable restaurants, eateries, and culinary personalities today. And it delves into more esoteric culinary realities, such as urban farming, beekeeping, the Three Martini Lunch and the Power Lunch, and novels, movies, and paintings that memorably depict Gotham's foodscapes. From hot dog stands to haute cuisine, each borough is represented. A foreword by Brooklyn Brewery Brewmaster Garrett Oliver and an extensive bibliography round out this sweeping new collection.

*For God, Country and Coca-Cola* is the unauthorized history of the great American soft drink and the company that makes it. From its origins as a patent medicine in Reconstruction Atlanta through its rise as the dominant consumer beverage of the American century, the

*story of Coke is as unique, tasty, and effervescent as the drink itself. With vivid portraits of the entrepreneurs who founded the company—and of the colorful cast of hustlers, swindlers, ad men, and con men who have made Coca-Cola the most recognized trademark in the world—this is business history at its best: in fact, “The Real Thing.”*  
*For God, Country, and Coca-Cola*

*The Land of the Five Flavors*

*Food in America: The Past, Present, and Future of Food, Farming, and the Family Meal [3 volumes]*

*The Year's Work in Cocktail Culture*

*Rabbinic Drinking*

*Savoring Gotham*

*Before the Refrigerator*

*The Philosophy and Aesthetics of Food*

Note-by-Note Cooking is a landmark in the annals of gastronomy, liberating cooks from the constraints of traditional ingredients and methods through the use of pure molecular compounds. 1-Octen-3-ol, which has a scent of wild mushrooms; limonene, a colorless liquid hydrocarbon that has the smell of citrus; sotolon, whose fragrance at high concentrations resembles curry and at low concentrations, maple syrup or sugar; tyrosine, an odorless but flavorful amino acid present in cheese—these and many other substances, some occurring in nature, some synthesized in the laboratory—make it possible to create novel tastes and flavors in the same way that elementary sound waves can be combined to create new sounds. Note-by-note cooking promises to add unadulterated nutritional value to dishes of all kinds, actually improving upon the health benefits of so-called natural foods. Cooking with molecular compounds will be far more energy efficient and environmentally sustainable than traditional techniques of cooking. This new way of thinking about food heralds a phase of culinary evolution on which the long-term survival of a growing human population depends. Hervé This clearly explains the properties of naturally occurring and synthesized compounds, dispels a host of misconceptions about the place of chemistry in cooking, and shows why note-by-note cooking is an obvious—and inevitable—extension of his earlier pioneering work in molecular gastronomy. An appendix contains a representative selection of recipes, vividly illustrated in color. New England food and drinks writer Corin Hirsch explores the origins and taste of the favorite potations of early Americans and offers some modern-day recipes to revive them today. Colonial New England was awash in ales, beers, wines, cider and spirits. Everyone from teenage farmworkers to our founding fathers imbibed heartily and often. Tipples at breakfast, lunch, teatime and dinner were the norm, and low-alcohol hard cider was sometimes even a part of children's lives. This burgeoning cocktail culture reflected the New World's abundance of raw materials: apples, sugar and molasses, wild berries and hops. This plentiful drinking sustained a slew of smoky taverns and inns--watering holes that became vital meeting places and the nexuses of unrest as the Revolution brewed. Food expert and celebrated food historian Andrew F. Smith recounts in delicious detail the creation of contemporary American cuisine. The diet of the modern American wasn't always as corporate, conglomerated, and corn-rich as it is today, and the style of American cooking, along with the ingredients that compose it, has never been fixed. With

## Read Online Drinking History Fifteen Turning Points In The Making Of American Beverages Arts And Traditions Of The Table Perspectives On Culinary History

a cast of characters including bold inventors, savvy restaurateurs, ruthless advertisers, mad scientists, adventurous entrepreneurs, celebrity chefs, and relentless health nuts, Smith pins down the truly crackerjack history behind the way America eats. Smith's story opens with early America, an agriculturally independent nation where most citizens grew and consumed their own food. Over the next two hundred years, however, Americans would cultivate an entirely different approach to crops and consumption. Advances in food processing, transportation, regulation, nutrition, and science introduced highly complex and mechanized methods of production. The proliferation of cookbooks, cooking shows, and professionally designed kitchens made meals more commercially, politically, and culturally potent. To better understand these trends, Smith delves deeply and humorously into their creation. Ultimately he shows how, by revisiting this history, we can reclaim the independent, locally sustainable roots of American food.

**Entrepreneurial Communities and Ecosystems: Case Study Insights** aims to provide applied examples that embody the theories, principles, and processes that contribute to empowering everyday entrepreneurial communities and ecosystems. Relying on a diversity of narratives from a wide range of entrepreneurial communities, entrepreneurial ecosystems, and organizations, this book presents a collection of case studies that take the reader inside the minds of leaders who are working to empower entrepreneurs and build entrepreneurial ecosystems and entrepreneurial communities—sometimes from scratch. The book features research and stories from entrepreneurs, development agencies, entrepreneurial support and assistance organizations (i.e. feeders and supports), governments, and involved citizens and local leaders in their quest to make their communities more entrepreneuring. The book presents an analytic frame through which the case studies are cross-analyzed, providing "meta-guidelines" for pursuing a broad range of strategies for supporting local and regional entrepreneurial action. This research volume is equally useful as an undergraduate or graduate text on the sociology of entrepreneurs and entrepreneurship as it is a field guide for ecosystem builders, policy makers, nonprofits, and entrepreneurship and social researchers worldwide.

This volume recounts the individuals, ingredients, corporations, controversies, and myriad events responsible for America's diverse and complex beverage scene. Smith revisits colonization, the American Revolution, the Whiskey Rebellion, the temperance movement, Prohibition and its repeal and tracks the growth of the American beverage industry throughout the world. The result is an intoxicating encounter with an often overlooked aspect of American culture and global influence.

From Commodities Markets to Supermarkets

A Food Lover's Companion to New York City

How We Used to Get Ice

Another Person's Poison

How Coke Became Kosher and Other Tales of Modern Food

Soda and Fizzy Drinks

Chow Chop Suey

Three Squares

Taste as Experience puts the pleasure of food at the center of human experience. It shows how the sense of taste informs our preferences for and relationship to nature, pushes us toward ethical practices of consumption, and impresses upon us the



importance of aesthetics. Eating is often dismissed as a necessary aspect of survival, and our personal enjoyment of food is considered a quirk. Nicola Perullo sees food as the only portion of the world we take in on a daily basis, constituting our first and most significant encounter with the earth. Perullo has long observed people's food practices and has listened to their food experiences. He draws on years of research to explain the complex meanings behind our food choices and the thinking that accompanies our gustatory actions. He also considers our indifference toward food as a force influencing us as much as engagement. For Perullo, taste is value and wisdom. It cannot be reduced to mere chemical or cultural factors but embodies the quality and quantity of our earthly experience.

James Beard award-winning author Adrian Miller vividly tells the stories of the African Americans who worked in the presidential food service as chefs, personal cooks, butlers, stewards, and servers for every First Family since George and Martha Washington. Miller brings together the names and words of more than 150 black men and women who played remarkable roles in unforgettable events in the nation's history. Daisy McAfee Bonner, for example, FDR's cook at his Warm Springs retreat, described the president's final day on earth in 1945, when he was struck down just as his lunchtime cheese souffle emerged from the oven. Sorrowfully, but with a cook's pride, she recalled, "He never ate that souffle, but it never fell until the minute he died." A treasury of information about cooking techniques and equipment, the book includes twenty recipes for which black chefs were celebrated. From Samuel Fraunces's "onions done in the Brazilian way" for George Washington to Zephyr Wright's popovers, beloved by LBJ's family, Miller highlights African Americans' contributions to our shared American foodways. Surveying the labor of enslaved people during the antebellum period and the gradual opening of employment after Emancipation, Miller highlights how food-related work slowly became professionalized and the important part African Americans played in that process. His chronicle of the daily table in the White House proclaims a fascinating new American story.

The Definitive Guide to Insects as a Sustainable Food Source In The Insect Cookbook, two entomologists and a chef make the case for insects as a sustainable source of protein for humans and a necessary part of our future diet. They provide consumers and chefs with the essential facts about insects for culinary use, with recipes simple enough to make at home yet boasting the international flair of the world's most chic dishes. "Invite politicians to dinner and let them tell the world how delicious

it is.... They will proudly go around and say, 'I ate crickets, I ate locusts, and they were delicious.'"—Kofi Annan The Insect Cookbook features delicious recipes and interviews with top chefs, insect farmers, political figures, and nutrition experts, including chef René Redzepi, whose establishment was elected three times as "best restaurant of the world"; Kofi Annan, former secretary-general of the United Nations; and Daniella Martin of Girl Meets Bug. The book contains all you need to know about cooking with insects, where to buy them, which ones are edible, and how to store and prepare them at home and in commercial spaces.

How to harvest ice -- How to manufacture ice -- How ice (and the perishable food it preserved) make it to consumers -- How ice changed the American diet and American life -- How household refrigerators changed the ice market forever

American diners began to flock to Chinese restaurants more than a century ago, making Chinese food the first mass-consumed cuisine in the United States. By 1980, it had become the country's most popular ethnic cuisine. Chop Suey, USA offers the first comprehensive interpretation of the rise of Chinese food, revealing the forces that made it ubiquitous in the American gastronomic landscape and turned the country into an empire of consumption. Engineered by a politically disenfranchised, numerically small, and economically exploited group, Chinese food's tour de America is an epic story of global cultural encounter. It reflects not only changes in taste but also a growing appetite for a more leisurely lifestyle. Americans fell in love with Chinese food not because of its gastronomic excellence but because of its affordability and convenience, which is why they preferred the quick and simple dishes of China while shunning its haute cuisine. Epitomized by chop suey, American Chinese food was a forerunner of McDonald's, democratizing the once-exclusive dining-out experience for such groups as marginalized Anglos, African Americans, and Jews. The rise of Chinese food is also a classic American story of immigrant entrepreneurship and perseverance. Barred from many occupations, Chinese Americans successfully turned Chinese food from a despised cuisine into a dominant force in the restaurant market, creating a critical lifeline for their community.

Chinese American restaurant workers developed the concept of the open kitchen and popularized the practice of home delivery. They streamlined certain Chinese dishes, such as chop suey and egg foo young, turning them into nationally recognized brand names.

Kosher USA

Reflections on the Science of Food and Cooking

The Story of Chinese Food in America

# Read Online Drinking History Fifteen Turning Points In The Making Of American Beverages Arts And Traditions Of The Table Perspectives On Culinary History

## Umami

Food and the Chinese American Journey

Unlocking the Secrets of the Fifth Taste

An Informal History of Peanut Butter, the All-American Food

Foods that Changed History: How Foods Shaped Civilization from the Ancient World to the Present

*Kosher USA follows the fascinating journey of kosher food through the modern industrial food system. It recounts how iconic products such as Coca-Cola and Jell-O tried to become kosher; the contentious debates among rabbis over the incorporation of modern science into Jewish law; how Manischewitz wine became the first kosher product to win over non-Jewish consumers (principally African Americans); the techniques used by Orthodox rabbinical organizations to embed kosher requirements into food manufacturing; and the difficulties encountered by kosher meat and other kosher foods that fell outside the American culinary consensus. Kosher USA is filled with big personalities, rare archival finds, and surprising influences: the Atlanta rabbi Tobias Geffen, who made Coke kosher; the lay chemist and kosher-certification pioneer Abraham Goldstein; the kosher-meat magnate Harry Kassel; and the animal-rights advocate Temple Grandin, a strong supporter of shechita, or Jewish slaughtering practice. By exploring the complex encounter between ancient religious principles and modern industrial methods, Kosher USA adds a significant chapter to the story of Judaism's interaction with non-Jewish cultures and the history of modern Jewish American life as well as American foodways.*

*In the West, we have identified only four basic tastes—sour, sweet, salty, and bitter—that, through skillful combination and technique, create delicious foods. Yet in many parts of East Asia over the past century, an additional flavor has entered the culinary lexicon: umami, a fifth taste impression that is savory, complex, and wholly distinct. Combining culinary history with recent research into the chemistry, preparation, nutrition, and culture of food, Mouritsen and Styrbæk encapsulate what we know to date about the concept of umami, from ancient times to today. Umami can be found in soup stocks, meat dishes, air-dried ham, shellfish, aged cheeses, mushrooms, and ripe tomatoes, and it can enhance other taste substances to produce a transformative gustatory experience. Researchers have also discovered which substances in foodstuffs bring out umami, a breakthrough that allows any casual cook to prepare delicious and more nutritious meals with less fat, salt, and sugar. The implications of harnessing umami are both sensuous and social, enabling us to become more intimate with the subtleties of human taste while making better food choices for ourselves and our families. This volume, the product of an ongoing collaboration between a chef and a scientist, won the Danish national Mad+Medier-Prisen (Food and Media Award) in the category of academic food communication. One morning while reading Barron's, Kara Newman took note of a casual bit of advice offered by famed commodities trader Jim Rogers. "Buy breakfast," he told investors, referring to the increasing value of pork belly and frozen orange juice futures. The statement inspired Newman to take a closer look at agricultural commodities, from the iconic pork belly to the obscure peppercorn and nutmeg. The results of her investigation, recorded in this fascinating history, show how contracts*

listed on the Chicago Mercantile Exchange can read like a menu and how market behavior can dictate global economic and culinary practice. *The Secret Financial Life of Food* reveals the economic pathways that connect food to consumer, unlocking the mysteries behind culinary trends, grocery pricing, and restaurant dining. Newman travels back to the markets of ancient Rome and medieval Europe, where vendors first distinguished between "spot sales" and "sales for delivery." She retraces the storied spice routes of Asia and recounts the spice craze that prompted Christopher Columbus's journey to North America, linking these developments to modern-day India's bustling peppercorn market. Newman centers her history on the transformation of corn into a ubiquitous commodity and uses oats, wheat, and rye to recast America's westward expansion and the Industrial Revolution. She discusses the effects of such mega-corporations as Starbucks and McDonalds on futures markets and considers burgeoning markets, particularly "super soybeans," which could scramble the landscape of food finance. The ingredients of American power and culture, and the making of the modern world, can be found in the history of food commodities exchange, and Newman connects this unconventional story to the how and why of what we eat.

Massimo Montanari draws readers into the far-flung story of how local and global influences came to flavor Italian identity. The fusion of ancient Roman cuisine—which consisted of bread, wine, and olives—with the barbarian diet—rooted in bread, milk, and meat—first formed the basics of modern eating across Europe. From there, Montanari highlights the importance of the Italian city in the development of gastronomic taste in the Middle Ages, the role of Arab traders in positioning the country as the supreme producers of pasta, and the nation's healthful contribution of vegetables to the fifteenth-century European diet. Italy became a receiving country with the discovery of the New World, absorbing corn, potatoes, and tomatoes into its national cuisine. As disaster dispersed Italians in the nineteenth century, new immigrant stereotypes portraying Italians as "macaroni eaters" spread. However, two world wars and globalization renewed the perception of Italy and its culture as unique in the world, and the production of food constitutes an important part of that uniqueness.

Alcohol consumption goes to the very roots of nearly all human societies. Different countries and regions have become associated with different sorts of alcohol, for instance, the "beer culture" of Germany, the "wine culture" of France, Japan and saki, Russia and vodka, the Caribbean and rum, or the "moonshine culture" of Appalachia. Wine is used in religious rituals, and toasts are used to seal business deals or to celebrate marriages and state dinners. However, our relation with alcohol is one of love/hate. We also regulate it and tax it, we pass laws about when and where it's appropriate, we crack down severely on drunk driving, and the United States and other countries tried the failed "Noble Experiment" of Prohibition. While there are many encyclopedias on alcohol, nearly all approach it as a substance of abuse, taking a clinical, medical perspective (alcohol, alcoholism, and treatment). The SAGE Encyclopedia of Alcohol examines the history of alcohol worldwide and goes beyond the historical lens to examine alcohol as a cultural and social phenomenon, as well—both for good and for ill—from the earliest days of humankind.

Read Online Drinking History Fifteen Turning Points In The Making Of  
American Beverages Arts And Traditions Of The Table Perspectives On  
Culinary History  
A Global History

*How Foods Shaped Civilization from the Ancient World to the Present*

*Case Study Insights*

*Forgotten Drinks of Colonial New England*

*Alcohol*

*Nutritionism*

*The Kitchen as Laboratory*

*The Winemaker's Hand*

**This three-volume work examines all facets of the modern U.S. food system, including the nation's most important food and agriculture laws, the political forces that shape modern food policy, and the food production trends that are directly impacting the lives of every American family. • Examines a breadth of contemporary food controversies and offers diverse viewpoints on them, placing these perspectives fairly into a broader historical context • Presents a multidisciplinary approach to the subject of food that highlights related issues in transportation, business, diet and nutrition, public health, the environment, and public policy • Includes primary documents that illuminate important laws, policies, and perspectives on the environmental, public health, and economic impact of food • Provides readers with the latest information about food controversies as well as extensive resources for further study on major food controversies**

**Cooking food is one of the activities that makes humanity unique. It's not just about what tastes good: advances in cooking technology have been a constant part of our progress, from the ability to control fire to the emergence of agriculture to modern science's understanding of what happens at a molecular level when we apply heat to food. Mastering new ways of feeding ourselves has resulted in leaps in longevity and explosions in population—and the potential of cooking science is still largely untapped. In *Cook, Taste, Learn*, the food scientist and best-selling author Guy Crosby offers a lively tour of the history and science behind the art of cooking, with a focus on achieving a healthy daily diet. He traces the evolution of cooking from its earliest origins, recounting the innovations that have unraveled the mysteries of health and taste. Crosby explains why both home cooks and professional chefs should learn how to apply cooking science, arguing that we can improve the nutritional quality and gastronomic**

delight of everyday eating. Science-driven changes in the way we cook can help reduce the risk of developing chronic diseases and enhance our quality of life. The book features accessible explanations of complex topics as well as a selection of recipes that illustrate scientific principles. Cook, Taste, Learn reveals the possibilities for transforming cooking from a craft into the perfect blend of art and science.

### Drinking History Fifteen Turning Points in the Making of American Beverages

An effervescent exploration of the global history and myriad symbolic meanings of carbonated beverages. More than eighty years before the invention of Coca-Cola, sweet carbonated drinks became popular around the world, provoking arguments remarkably similar to those they prompt today. Are they medicinally, morally, culturally, or nutritionally good or bad? Seemingly since their invention, they have been loved—and hated—for being cold or sweet or fizzy or stimulating. Many of their flavors are international: lemon and ginger were more popular than cola until about 1920. Some are local: tarragon in Russia, cucumber in New York, red bean in Japan, and chinotto (exceedingly bitter orange) in Italy. This book looks not only at how something made from water, sugar, and soda became big business, but also how it became deeply important to people—for fizzy drinks' symbolic meanings are far more complex than the water, gas, and sugar from which they are made.

Chinese food first became popular in America under the shadow of violence against Chinese aliens, a despised racial minority ineligible for United States citizenship. The founding of late-nineteenth-century "chop suey" restaurants that pitched an altered version of Cantonese cuisine to white patrons despite a virulently anti-Chinese climate is one of several pivotal events in Anne Mendelson's thoughtful history of American Chinese food. Chow Chop Suey uses cooking to trace different stages of the Chinese community's footing in the larger white society. Mendelson begins with the arrival of men from the poorest district of Canton Province during the Gold Rush. She describes the formation of American Chinatowns and examines the curious racial dynamic underlying the purposeful invention of hybridized Chinese American food,

historically prepared by Cantonese-descended cooks for whites incapable of grasping Chinese culinary principles. Mendelson then follows the eventual abolition of anti-Chinese immigration laws and the many demographic changes that transformed the face of Chinese cooking in America during and after the Cold War. Mendelson concludes with the post-1965 arrival of Chinese immigrants from Taiwan, Southeast Asia, and many regions of mainland China. As she shows, they have immeasurably enriched Chinese cooking in America but tend to form comparatively self-sufficient enclaves in which they, unlike their predecessors, are not dependent on cooking for a white clientele.

**The Story of the African Americans Who Have Fed Our First Families, from the Washingtons to the Obamas**

**Sugar**

**Food for a Sustainable Planet**

**Food and Drink in American History**

**Cook, Taste, Learn**

**A Cultural History of Chinese Cuisine**

**A Cultural Biography**

**Christian Heurich and His Brewery, 1842–1956**

Translation of: Schlafender Lotos, trunkenes Huhn.

? Christian Heurich (1842–1945) was not only Washington D.C.'s most successful brewer, he was the world's oldest, with 90 years' experience. He walked across central Europe learning his craft, survived a shipboard cholera epidemic, recovered from malaria and worked as a roustabout on a Caribbean banana boat—all by age 30. Heurich lived most of his life in Washington, becoming its largest private landowner and opening the city's largest brewery. He won a "beer war" against his rivals and his beers won medals at World's Fairs. He was trapped in Europe while on vacation at the start of both World Wars, once sleeping through an air raid, and was accused of being a German spy plotting to assassinate Woodrow Wilson. A notably odd episode: when they began to tear down his old brewery to build the Kennedy Center, the wrecking ball bounced off the walls. Drawing on family papers and photos, the author chronicles Heurich's life and the evolving beer industry before and after Prohibition.

In these fascinating interviews, winemakers from the United States and abroad clarify the complex process of converting grapes into wine, with more than forty vintners candidly

discussing how a combination of talent, passion, and experience shape the outcome of their individual wines. Each winemaker details their personal approach to the various steps required to convert grapes into wine. Natalie Berkowitz speaks to winemakers from different backgrounds who work in diverse wine-producing regions, including Chile, England, France, Germany, Greece, Israel, Italy, Portugal, Slovenia, Spain, and the United States. They talk about familiar and unfamiliar grape varieties, their struggles with local terroirs, and the vagaries of Mother Nature. Some represent small family wineries with limited production while others work for corporations producing hundreds of thousands of bottles. Each individual offers rare insight into how new technologies are revolutionizing historic winemaking practices. The interviews are supplemented with personal recipes and maps of winemaking regions. An aroma wheel captures the vast array of wine's complex flavors and aromas.

We are what we eat, as the saying goes, but we are also how we eat, and when, and where. Our eating habits reveal as much about our society as the food on our plates, and our national identity is written in the eating schedules we follow and the customs we observe at the table and on the go. In *Three Squares*, food historian Abigail Carroll upends the popular understanding of our most cherished mealtime traditions, revealing that our eating habits have never been stable—far from it, in fact. The eating patterns and ideals we've inherited are relatively recent inventions, the products of complex social and economic forces, as well as the efforts of ambitious inventors, scientists and health gurus. Whether we're pouring ourselves a bowl of cereal, grabbing a quick sandwich, or congregating for a family dinner, our mealtime habits are living artifacts of our collective history—and represent only the latest stage in the evolution of the American meal. Our early meals, Carroll explains, were rustic affairs, often eaten hastily, without utensils, and standing up. Only in the nineteenth century, when the Industrial Revolution upset work schedules and drastically reduced the amount of time Americans could spend on the midday meal, did the shape of our modern "three squares" emerge: quick, simple, and cold breakfasts and lunches and larger, sit-down dinners. Since evening was the only part of the day when families could come together,



dinner became a ritual—as American as apple pie. But with the rise of processed foods, snacking has become faster, cheaper, and easier than ever, and many fear for the fate of the cherished family meal as a result. The story of how the simple gruel of our forefathers gave way to snack fixes and fast food, *Three Squares* also explains how Americans' eating habits may change in the years to come. Only by understanding the history of the American meal can we help determine its future.

A companion to Andrew F. Smith's critically acclaimed and popular *Eating History: Thirty Turning Points in the Making of American Cuisine*, this volume recounts the individuals, ingredients, corporations, controversies, and myriad events responsible for America's diverse and complex beverage scene. Smith revisits the country's major historical moments—colonization, the American Revolution, the Whiskey Rebellion, the temperance movement, Prohibition, and its repeal—and he tracks the growth of the American beverage industry throughout the world. The result is an intoxicating encounter with an often overlooked aspect of American culture and global influence. Americans have invented, adopted, modified, and commercialized tens of thousands of beverages—whether alcoholic or nonalcoholic, carbonated or caffeinated, warm or frozen, watery or thick, spicy or sweet. These include uncommon cocktails, varieties of coffee and milk, and such iconic creations as Welch's Grape Juice, Coca-Cola, root beer, and Kool-Aid. Involved in their creation and promotion were entrepreneurs and environmentalists, bartenders and bottlers, politicians and lobbyists, organized and unorganized criminals, teetotalers and drunks, German and Italian immigrants, savvy advertisers and gullible consumers, prohibitionists and medical professionals, and everyday Americans in love with their brew. Smith weaves a wild history full of surprising stories and explanations for such classic slogans as "taxation with and without representation;" "the lips that touch wine will never touch mine;" and "rum, Romanism, and rebellion." He reintroduces readers to Samuel Adams, Thomas Jefferson, George Washington, and the colorful John Chapman (Johnny Appleseed), and he rediscovers America's vast literary and cultural engagement with beverages and their relationship to politics, identity, and health.

The Secret Financial Life of Food

The Nation's Capital Brewmaster

Drinking History

Chop Suey, USA

The President's Kitchen Cabinet

A Food Biography

The Future of Food

The world corrupted, from slavery to obesity

Whether as wine, beer, or spirits, alcohol has had a constant and often controversial role in social life. In his innovative book on the attitudes toward and consumption of alcohol, Rod Phillips surveys a 9,000-year cultural and economic history, uncovering the tensions between alcoholic drinks as healthy staples of daily diets and as objects of social, political, and religious anxiety. In the urban centers of Europe and America, where it was seen as healthier than untreated water, alcohol gained a foothold as the drink of choice, but it has been regulated by governmental and religious authorities more than any other commodity. As a potential source of social disruption, alcohol created volatile boundaries of acceptable and unacceptable consumption and broke through barriers of class, race, and gender. Phillips follows the ever-changing cultural meanings of these potent potables and makes the surprising argument that some societies have entered "post-alcohol" phases. His is the first book to examine and explain the meanings and effects of alcohol in such depth, from global and long-term perspectives.

The Insect Cookbook

The SAGE Encyclopedia of Alcohol

The Shaken and the Stirred

A History of Food Allergy

Empowering Entrepreneurial Communities and Ecosystems

Conversations on Talent, Technique, and Terroir

The Invention of the American Meal