

Ice Cream A Global History Edible

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 fillers made it the drink of choice for poor eighteenth-century Londoners. Eventually replaced by the sweetened Old Tom style and later 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.

Chill out with the fascinating history behind ice cream, the first in a fact-tastic Level 3 Ready-to-Read nonfiction series about the history of food stuff! Did you know that immigrants to Ellis Island were served ice cream as part of their first meal in America? Or that George Washington spent more than \$200 on ice cream during the summer of 1790? Learn all about the cool history of everyone's favorite frozen treat in this fun, fact-filled Level 3 reader. A special section at the back of the book includes relevant info on subjects like geography and science, and there's even a fun quiz so you can test yourself to see what you've learned!

Milk—"It does a body good." It's difficult to deny the truth of the American Dairy Council's former advertising campaign. From birth milk is a sustaining and essential food of all mammals. It is the first food we ever taste. And yet, despite that natural relationship to milk, the majority of the world's population cannot digest it in the form most often available to adults—cow's milk. In *Milk*, Hannah Velten explores the myths and misconceptions surrounding the ubiquitous drink. Modern milk processing produces a safe, clean beverage that is very different from pasteurized milk straight from the cow. Nonetheless, there are many advocates of raw milk that long for the days before pasteurization, homogenization, and standardization. Yet milk in the time before these scientific processes was even less natural than today—known then as the white drink, it was bacteria-ridden, mixed with additives to make it look like milk after the cream was removed, filled with chemicals to promote its shelf life, and extremely watered down. Now that milk is considered a staple of a healthy and balanced diet, Velten investigates how and why our conceptions of milk have shifted in the public consciousness, from the science of nutrition to the dairy industry's advertising campaigns. This highly illustrated exploration of one of the most fundamental foods and drinks also includes recipes for ice-cream, milkshakes, and even milk paint. *Milk* will surprise and entertain in equal measure.

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, rices, and 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 Ch

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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.

Edible Flowers

Avocado

N'ice Cream

The Scoop on Ice Cream

Pineapple

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 G üzey 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.

Chocolate, Strawberry, and Vanilla traces the evolution of ice cream from a rarity to an everyday indulgence. It covers the genesis of ice cream in America, the invention of the hand-cranked ice cream freezer, the natural ice industry, the beginnings of wholesale ice cream manufacturing, and the origins of the ice cream soda, sundae, cone, sandwich, and bar. It also recounts the histories of many brands, including Dairy Queen, Good Humor, Eskimo Pie, Ben and Jerry's, Baskin-Robbins, and Haagen-Dazs. In short, this history of ice cream describes how a borrowed European elite consumable evolved through entrepreneurialism and demand in America into a democratized treat for all classes. It simultaneously reflects and reveals changes in social customs, diet and nutrition, class distinctions, leisure activities, and everyday life.

Though tiny, the herring has played an enormous role in history. Battles have been waged over it. International economic alliances have formed over it. Major cities owe their prosperity to it. Political powers have risen and fallen with herring's own rise and fall in population. How can this all be attributed to this unassuming little animal? In *Herring: A Global History*, Kathy Hunt looks at the environmental, historical, political, and culinary background of this prolific and easily caught fish. Over the centuries, herring have sustained populations in times of war and hardship, and the fish's rich flavor, delicate texture, and nutritious meat have made it a culinary favorite. Its ease of preparation—just grill, broil, fry, pickle, salt, or smoke and serve—have won it further acclaim. Engaging and informative, the book features fifteen mouth-watering recipes. It will appeal to food lovers, history buffs, and anyone who has ever enjoyed a British kipper, German Bismarck, Dutch matjes, or Jewish chopped-herring.

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.

Milk

Corn

A History of Desserts (A Graphic Novel)

Pizza

Mushroom

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.

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Where would eggs benedict be without hollandaise, spaghetti without Bolognese, tortilla chips without salsa, or French fries without ketchup? A world without sauces is a dull and dry world indeed. But what exactly are sauces? How did they become a crucial element in every country's cuisine? Maryann Tebben answers these questions in this flavorful history, giving sauces their due as a highly debatable but essential part of our culinary habits. Tebben begins in fifth-century China with its many fermented sauces, then follows them along trade routes from East to West as they become a commodity and helped seafarers add flavor to their rations. Tracing the evolution of food technology, she explores the development of the art of sauce creation and examines the foams, ices, and smokes—barely recognizable as sauces—that are found in the increasingly popular world of molecular gastronomy. Tebben also investigates the many controversies that have sprung up around sauces—how salsa has overtaken ketchup in popularity in the United States, and how British Worcestershire sauce actually originated in India—and offers tantalizing historical comparisons such as

that between ketchup and Tabasco. A charming look at the source of soy sauce, mole, beurre blanc, and more, Sauces will please expert chefs and novice sauciers alike.

“Ice cream perfection in a word: Jeni’s.” –Washington Post James Beard Award Winner: Best Baking and Dessert Book of 2011! At last, addictive flavors, and a breakthrough method for making creamy, scoopable ice cream at home, from the proprietor of Jeni’s Splendid Ice Creams, whose artisanal scooperies in Ohio are nationally acclaimed. Now, with her debut cookbook, Jeni Britton Bauer is on a mission to help foodies create perfect ice creams, yogurts, and sorbets—ones that are every bit as perfect as hers—in their own kitchens. Frustrated by icy and crumbly homemade ice cream, Bauer invested in a \$50 ice cream maker and proceeded to test and retest recipes until she devised a formula to make creamy, sturdy, lickable ice cream at home. Filled with irresistible color photographs, this delightful cookbook contains 100 of Jeni’s jaw-droppingly delicious signature recipes—from her Goat Cheese with Roasted Cherries to her Queen City Cayenne to her Bourbon with Toasted Buttered Pecans. Fans of easy-to-prepare desserts with star quality will scoop this book up. How cool is that?

A History of American Ice Cream

Moonshine

Sauces

Saucy Stories & Frozen Treats: Going All the Way with Ice Cream: A Cookbook

Yoghurt

Few ingredients inspire more soaring praise and provoke greater outrage than foie gras. Literally meaning “fat liver,” foie gras is traditionally produced by force-feeding geese or ducks, a process which has become the object of widespread controversy and debate. In Foie Gras: A Global History, Norman Kolpas strives to provide a balanced account of this luxurious ingredient’s history and production from ancient Egypt to modern times. Kolpas also explores how foie gras has inspired famous writers, artists, and musicians including Homer, Herman Melville, Isaac Asimov, Claude Monet, and Gioachino Antonio Rossini. The book includes a guide to purchasing, preparing, and serving foie gras, as well as ten easy recipes, from classic dishes to contemporary treats.

You might think moonshine only comes from ramshackle stills hidden away in the Appalachian Mountains, but the fact of the matter is we’ve been improvising spirits all around the world for centuries. No matter where you go, there is a local bootleg liquor, whether it’s bathtub gin, peatreek, or hjemmebrent. In this book, Kevin R. Kosar tells the colorful and, at times, blinding history of moonshine, a history that’s always been about the people: from crusading lawmen and clever tinkerers to sly smugglers and ruthless gangsters, from pontificating poets and mountain men to beleaguered day-laborers and foolhardy frat boys. Kosar

first surveys all the things we've made moonshine from, including grapes, grains, sugar, tree bark, horse milk, and much more. But despite the diversity of its possible ingredients, all moonshine has two characteristics: it is extremely alcoholic, and it is, in most places, illegal. Indeed, the history of DIY distilling is a history of criminality and the human ingenuity that has prevailed out of officials' sights: from cleverly designed stills to the secret smuggling operations that got the goods to market. Kosar also highlights the dark side: completely unregulated, many moonshines are downright toxic and dangerous to drink. Spanning the centuries and the globe, this entertaining book will appeal to any food and drink lover who enjoys a little mischief.

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.

*A Manhattan or a Sazerac; neat, on the rocks, or with a splash of soda—no matter how it's served up, whiskey is synonymous with the poet's inspiration and the devil's spirit. Be it bourbon, rye, corn, Irish, or Scotch, whiskey has an infamous and celebrated history from a sometimes lethal, herb-infused concoction to a high-quality, meticulously crafted liquor. In *Whiskey*, Kevin R. Kosar delivers an informative, concise narrative of the drink's history, from its obscure medieval origins to the globally traded product that it is today. Focusing on three nations—Scotland, Ireland, and America—Kosar charts how the technique of distillation moved from ancient Egypt to the British Isles. Contrary to popular claims, there were no good old days of whiskey: before the twentieth century, consumers could never be sure just what was being poured in their cup—unscrupulous profiteers could distill anything into booze and pawn it off as whiskey. Eventually, government and industry established legal definitions of what whiskey is and how it could be made, allowing for the distinctive styles of whiskey known today. *Whiskey* explains what whiskey is, how it is made, and how the types of whiskey differ. With a list of suggested brands and classic cocktail recipes for the thirsty reader, this book is perfect for drink and food enthusiasts and history lovers alike.*

with audio recording

Sandwich

Yummy

Whiskey

80+ Recipes for Healthy Homemade Vegan Ice Creams: A Cookbook

You can squeeze it, zest it, slice it, juice it, pickle it, or even take a bite out of it as Sicilians do. Adding freshness and flavor to food and drinks, this versatile sour fruit, also known for resolving diverse health and household troubles, has long been considered vital to Mediterranean and European cookery and cuisine. *Lemon: A Global History* tells the story of the remarkable adventure of the lemon, starting with its fragrant and mysterious ancestor, the citron, adored by the Greeks and Romans for its fine perfume and sacred to many of the world's great religions. The lemon traveled with Arabs along ancient trade routes, came of age in Sicily and Italy, and sailed to the New World with Columbus. It was an exotic luxury in seventeenth-century Europe and later went on to save the lives of thousands of sailors in the British Royal Navy after being recognized as a cure for scurvy. The last century saw the lemon's rise to commercial success in a California citrus empire as well as the discovery of new varieties. This book also includes delicious recipes for sweet and savory dishes and beverages.

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.

In *Dates*, Nawal Nasrallah draws on her experience of growing up in the lands of ancient Mesopotamia, where the date palm was first cultivated, to explore the history behind the fruit. Dates have an important role in their arid homeland of the Middle East, where they are a dietary staple and can be consumed fresh or dried, as a snack or a dessert, and are even thought to have aphrodisiac qualities. In this history, Nasrallah describes the central role the date palm has played in the economy of the Middle East. This informative account of the date palm's story follows its journey from its land of origin to the far-flung regions where it is cultivated today. Along the way, Nasrallah weaves many fascinating and humorous anecdotes that explore the etymology, history, culture, religion, myths, and legends surrounding dates. For example, she explains how the tree came to be a symbol of the Tree of Life and associated with the fiery phoenix bird,

the famous ancient goddess Ishtar, and the moon, and how the medjool date acquired its name. This delightful and unusual book is generously illustrated with many beautiful images, and supplemented with more than a dozen delicious date recipes for savory dishes, sweets, and wine.

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.

Vanilla

Eggs

The Delicious History

Biscuits and Cookies

Of Sugar and Snow

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

over.

Intoxicating and evocative, vanilla is so much more than a spice rack staple. It is a flavor that has defined the entire world—and its roots reach deep into the past. With its earliest origins dating back seventy million years, the history of vanilla begins in ancient Mesoamerica and continues to define and enhance today's traditions and customs. It has been used by nearly every culture as a spice, a perfume, and even a potent aphrodisiac, while renowned figures from Louis XIV to Casanova and Thomas Jefferson have been captivated by its aroma and taste. Featuring recipes, facts, and fables, *Vanilla* unravels the delightfully rich history, mystery, and essence of a flavor that reconnects us to our own heritage.

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.

Welcome to *Big Gay Ice Cream's* debut cookbook, a yearbook of ice cream accomplishments—all the recipes you need to create delicious frozen treats. ■ New to making ice cream at home? Never fear—freshman year starts off simple with store-bought toppings and shopping lists for the home ice cream parlor. ■ Sophomore year kicks it up a notch with tasty sauces and crunchy toppings. ■ Junior year puts your new skills to work with shakes, floats, and sundaes inspired by some of *Big Gay Ice Cream's* top-selling treats, including, of course, the Salty Pimp. ■ In Senior year, get serious with outrageously delicious sorbets and ice cream recipes. Along the way, you can enjoy Bryan and Doug's stranger-than-fiction stories, cheeky humor, vibrant photography and illustrations, and plenty of culinary and celebrity cameos (including an introduction by Headmaster Anthony Bourdain).

Pancake

A Global History

I Want Ice Cream!

Chocolate

The Scoop on Ice Cream!

Dig in! Vanilla may be a favorite, but there are thousands of ice cream flavors. Read more to get the scoop on this icy dish. Check out the recipe at the end of the book too!

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.

Cake is delicious and comics are awesome: this exciting non-fiction graphic novel for kids combines both! Explore the history of desserts through a fun adventure with facts, legends, and recipes for readers to try at home. Have you ever wondered who first thought to freeze cream? Or when people began making sweet pastry shells to encase fruity fillings? Food sprite Peri is excited to show you the delicious history of sweets while taking you around the world and back! The team-up that made ice cream cones! The mistake that made brownies! Learn about and taste the true stories behind everyone’s favorite treats, paired with fun and easy recipes to try at home. After all, sweets—and their stories—are always better when they’re shared!

Other than that it tastes delicious with butter, what do you know about the knobbily-armoured, scarlet creature staring back at you from your fancy dinner plate? Food writer Elisabeth Townsend here charts the global rise of the lobster as delicacy. Part of the *Edible Series*, *Lobster: A Global History* explores the use and consumption of the lobster from poor man’s staple to cultural icon. From coastal fishing in the Middle Ages to the Industrial Revolution and modern times, Townsend describes the social history of the consumption of lobsters around the world. As well, the book includes beautiful images of rarely seen lobsters and both old and contemporary lobster recipes. Whether you want to liberate lobsters from their supermarket tanks or crack open their claws, this is an essential read, describing the human connection to the lobster from his ocean home to the dinner table.

Big Gay Ice Cream

Hamburger

Banana

Chocolate, Strawberry, and Vanilla

Herring

Complemented by famous recipes, an all-encompassing history of ice cream traces its evolution and culture, sharing a wealth of facts, anecdotes, and lore ranging from ice harvest ventures in ancient China to Andy Warhol's paintings in the twentieth century.

The humble peanut butter and jelly or bologna and cheese or corned beef on rye—no matter your cooking expertise, chances are you’ve made and eaten countless sandwiches in your lifetime. It’s quick, it’s simple, and

it's open to infinite variety and inventiveness. If there's something bread- or bun-like in your cupboard, there is a sandwich waiting to happen. Though sandwiches are a near-universal food, their origin can be traced to a very precise historical figure: John Montagu, the Fourth Earl of Sandwich, who, sometime before 1762 being too busy to stop for dinner, asked for some cold beef to be brought to him between two slices of bread. In *Sandwich*, award-winning food writer Bee Wilson unravels the mystery of how the Earl invented this most elementary but delicious way of eating. Wilson explores what sandwiches might have been like before the eighteenth century, why the name sandwich stuck, and how the Earl's invention took off so quickly around the globe. Wilson brings together a wealth of material to trace how the sandwich has evolved, looking at sandwiches around the world, from the decadent meatball hoagie to the dainty cucumber tea sandwich. Loved the world over, this popular food has surprisingly never before been the subject of a book-length history until now.

Was ice cream invented in Philadelphia? How about by the Emperor Nero, when he poured honey over snow? Did Marco Polo first taste it in China and bring recipes back? In this first book to tell ice cream's full story, Jeri Quinzio traces the beloved confection from its earliest appearances in sixteenth-century Europe to the small towns of America and debunks some colorful myths along the way. She explains how ice cream is made, describes its social role, and connects historical events to its business and consumption. A diverting yet serious work of history, *Of Sugar and Snow* provides a fascinating array of recipes, from a seventeenth-century Italian lemon sorbet to a twentieth-century American strawberry mallobet, and traces how this once elite status symbol became today's universally available and wildly popular treat.

Yoghurt: A Global History is a fascinating look at the rich history of yoghurt, from its earliest awakenings in Neolithic times to the modern-day culinary phenomenon it has become. The book delves into its nutritious properties, analyzes worldwide consumption, and explores the new developments in yoghurts, including non-dairy varieties, on-the-go options, and its impact in China, Europe, and North America. Highlighting scientific studies and offering practical guidance, June Hersh helps us better understand the plethora of yoghurt products available. She also provides step by step instructions on how to make foolproof homemade yoghurt, as well as mouthwatering international recipes.

Olive

Pickles

Lemon

Mustard

From Saveur Award-winning Finnish author Virpi Mikkonen and Tuulia Talvio, a gorgeous book of decadent, easy--and

healthy!--vegan ice cream recipes Just in time to beat the summer heat, N'ice Cream offers 80 decadent and healthy ice cream recipes made from all-natural, wholesome vegan ingredients like fruits, berries, and plant-based milks and nuts--as the authors say, "no weird stuff." Get ready to have your ice cream and eat it too. Award-winning Finnish author Virpi and coauthor Tuulia show that making your own ice cream can be easy and good for you at the same time. These recipes can be made with or without an ice cream maker, and include foolproof instant ice creams that can be savored right away. As Tuulia and Virpi say, people deserve to eat goodies without feeling crappy afterwards, and now they can; all the recipes are dairy-free, gluten-free, and refined-sugar-free, and many are nut-free and raw as well. These delicious recipes include creamy ice creams, soft serves, and milkshakes; fresh sorbets and popsicles; party fare like ice cream cakes, sauces, and more. Enjoy light, summery treats like Coconut Water Coolers and Apple Avocado Mint Popsicles, or relish more decadent fare like the Dreamy Chocolate Sundae and Mint Chocolate Ice Cream Sandwiches. The book itself is gorgeously designed with mouth-watering photographs. Perfect for those who want to devour summer treats without guilt, N'ice Cream is about to make your summer a whole lot more delicious.

Ice CreamA Global HistoryReaktion Books

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

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.

Lobster

Gin

Jeni's Splendid Ice Creams at Home

Ice Cream

Dates

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.

Known as the meat of the vegetable world, mushrooms have their ardent supporters as well as their fierce detractors. Hobbits go crazy over them, while Diderot thought they should be “sent back to the dung heap where they are born.” In Mushroom, Cynthia D. Bertelsen examines the colorful history of these divisive edible fungi. As she reveals, their story is fraught with murder and accidental death, hunger and gluttony, sickness and health, religion and war. Some cultures equate them with the rottenness of life while others delight in cooking and eating them. And then there are those “magic” mushrooms, which some people link to ancient religious beliefs. To tell this story, Bertelsen travels to the nineteenth century, when mushrooms entered the realm of haute cuisine after millennia of being picked from the wild for use in everyday cooking and medicine. She describes how this new demand drove entrepreneurs and farmers to seek methods for cultivating mushrooms, including experiments in domesticating the highly sought after but elusive truffles, and she explores the popular pastime of mushroom hunting and includes numerous historic and contemporary recipes. Packed with images of mushrooms from around the globe, this savory book will be essential reading for fans of this surprising, earthy fungus.

Olives are at once a mythical food—bringing to mind scenes from ancient Rome and the Bible—and an everyday food, given the ubiquity of olive oil in contemporary diets. In this succinct and engaging history, Fabrizia Lanza traces the olive's roots from antiquity, when olive oil was exalted for ritual purposes and used to anoint kings and athletes, to the sixteenth century, when Europeans brought the olive to the New World, to the present day, when, thanks to waves of immigration and the popularity of the healthy Mediterranean diet, the fruit has successfully conquered our palate. Lanza describes the role that olive trees, olives, and their oil have played in myths, legends, and literature, as well as in the everyday lives of people living throughout the Mediterranean. Also included is a global

selection of recipes featuring olives and olive oil that showcase the fruit's culinary diversity. A concise appendix of popular olive varieties, organized by country, rounds out this informative account. Featuring a wealth of historical detail, useful descriptions, and delicious recipes, this book will change how you think about that bottle of Extra Virgin Olive Oil you reach for out of habit and swirl into the pan.

From the fiery kimchi of Korea to American dill spears; from the spicy achar of India to the ceviche of Latin America; from Europe's sauerkraut to brined herrings and chutneys, pickles are unquestionably a global food. They are also of the moment. Growing interest in naturally fermented vegetables—pickles by another name—means that today, in the early twenty-first century, we are seeing a renaissance in the making and consumption of pickles. Across continents and throughout history, humans have relied upon pickling to preserve foods and add to their flavor. Both a cherished food of the elite and a staple of the masses, pickles have also acquired new significance in our health-conscious times: traditionally fermented pickles are probiotic and said to possess anti-aging and anti-cancer properties, while pickle juice is believed to prevent muscle cramps in athletes and reduce sugar spikes in diabetics. Nota bene: It also cures hangovers. In *Pickles*, Jan Davison explores the cultural and gastronomic importance of pickles from the earliest civilizations' brine-makers to twenty-first-century dilettantes of dill. Join Davison and discover the art of pickling as mastered by the ancient Chinese; find out why Korean astronaut Yi So-yeon took pickled cabbage into space in 2008; learn how the Japanese pickle the deadly puffer fish; and uncover the pickling provenance of that most popular of condiments, tomato ketchup. A compulsively consumable, globe-trotting tour sure to make you pucker, Davison's book shows us how pickles have been omnipresent in humanity's common quest not only to preserve foods, but to create them—with relish.

A History of Ice Cream Making

Foie Gras