



Sauces

A Global History

Maryann Tebben

THE EDIBLE SERIES

Sauces A Global History Reaktion Books Edible

Kevin R. Kosar



Sauces A Global History Reaktion Books Edible:

Sauces Maryann Tebben, 2014-09-15 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

Edible Insects Gina Louise Hunter, 2021-09-16 From grasshoppers to grubs an eye opening look at insect cuisine around the world An estimated two billion people worldwide regularly consume insects yet bugs are rarely eaten in the West Why are some disgusted at the thought of eating insects while others find them delicious **Edible Insects A Global History** provides a broad introduction to the role of insects as human food from our prehistoric past to current food trends and even recipes On the menu are beetles butterflies grasshoppers and grubs of many kinds with stories that highlight traditional methods of insect collection preparation consumption and preservation But we not only encounter the culinary uses of creepy crawlies across many cultures We also learn of the potential of insects to alleviate global food shortages and natural resource overexploitation as well as the role of world class chefs in making insects palatable to consumers in the West

The Flint Coney Dave Liske, 2022-04-25 A Vehicle City Success Story The history of Flint s food culture has always been largely overshadowed by the stories of its industries But the origins and rapid expansion of the number of Macedonian Coney shops in Flint paralleled the explosive growth of the city s automotive industry throughout the twentieth century Born of an immigrant escaping the war torn Balkans in the early 1900s who combined his idea for one dish with the skills of butchering and meatpacking experts from Wisconsin and Germany the simple Flint Coney became an institution among the city s autoworkers tradespeople and families Mainstays such as Flint Original Coney Island Angelo s and Atlas were frequented by regular patrons for decades with others such as Capitol and Starlite carrying on those traditions today

Moonshine Kevin R. Kosar, 2017-04-15 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, peatree 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 tinkers 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.

Liqueur Lesley Jacobs Solmonson, 2024-07-06

A guide to the cultural history of liqueurs from a celebrated spirits journalist. The original recreational spirit, liqueurs traveled the Silk Road, awaited travelers at the Fountain of Youth, and traversed the globe from ancient times through the industrial revolution and beyond. In this thrilling exploration of liqueur's global history, Lesley Jacobs Solmonson describes how a bitter medicinal elixir distilled by early alchemists developed into a sugar and spice-fueled luxury for the rich, before garnishing a variety of cocktails the world over. The book invites readers on a multi-faceted journey through culinary history, driven by humanity's ages-long desire for pleasure.

Vanilla Rosa Abreu-Runkel, 2020-09-17

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.

Beans Natalie Rachel Morris, 2020-04-13

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

Tomato Clarissa Hyman, 2019-06-15

In the history of food, the tomato is a relative newcomer outside its ancestral home in Mesoamerica. And yet, as we devour pizza by the slice, dip French fries in ketchup, delight in a beautiful Bolognese sauce, or savor tomato curries, it would now be impossible to imagine

the food cultures of many nations without the tomato The journey taken by the tomato from its ancestral home in the southern Americas to Europe and back is a riveting story full of culinary discovery innovation drama and dispute Today the tomato is at the forefront of scientific advances in cultivation and the study of taste as well as a popular subject of heritage conservation heirloom tomato salad anyone But the tomato has also faced challenges every step of the way into our gardens and kitchens including that eternal question is it a fruit or a vegetable In this book Clarissa Hyman charts the eventful history of this ubiquitous everyday edible that is so often taken for granted Hyman discusses tomato soup and ketchup heritage tomatoes tomato varieties breeding and genetics nutrition tomatoes in Italy tomatoes in art and tomatoes for the future Featuring delicious modern and historical recipes such as the infamous man winning tomato salad once featured in Good Housekeeping this is a juicy and informative history of one of our most beloved foods *Cod* Elisabeth

Townsend,2022-10-24 From Viking fisheries to Portuguese bacalao and beyond a delectable and informative journey through cod fact cuisine and lore This is the first culinary history of a truly remarkable fish Elisabeth Townsend follows cod around the globe showing how its pursuit began with the Vikings and exploring its influence on human affairs ever since The book looks at the different ways cod has been caught cooked and eaten often by the descendants of explorers enslaved people and traders Cod examines the fish in the myths and legends of the North Atlantic the West Indies South America West and Southeast Africa and across the Indian Ocean to the Far East It is a fascinating journey through cod fact and lore and features delectable historical and contemporary recipes that showcase the myriad ways cod can be consumed Herring

Kathy Hunt,2017-10-15 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 **Shrimp** Yvette Florio Lane,2017-11-15 The small but mighty shrimp has lured diners to the table for centuries Whether served as the featured protein in a main dish or as a savory flavor in snacks shrimp are the world s most popular seafood These primordial looking creatures spend their short lives out of sight deep on the ocean floor yet they have inspired an immense passion in cultures across the world In this lively and entertaining book Yvette Florio Lane embarks on a lively historical tour of the production and consumption of Earth s beloved crustacean Over the centuries shrimp have been hailed as an indulgence a luxury and even an aphrodisiac They have been served to show hospitality

demonstrate status and celebrate special occasions They can also be culinary ambassadors inspiring novel cooking techniques and the introduction of new tastes around the world Demand for the creatures however has now exceeded supply Whether fished from the ocean with nets or deep sea trawlers or raised in modern aquaculture farms the world produces and eats more and cheaper shrimp than ever before but often at great cost Shrimp is a delicious fascinating and troubling history of a culinary favorite

Honey Lucy Long,2017-04-15 Whether drizzled into our tea or spread atop our terms of endearment there s one thing that is always true about honey it is sweet As Lucy M Long shows in this book while honey is definitely the natural sweetener par excellence it has a long history in our world as much more serving in different settings as a food tonic medicine and even preservative It features in many religions as a sacred food of the gods In this luscious history she traces the uses and meanings of honey in myriad cultures throughout time Long points to a crucial fact about honey it can be enjoyed with very little human processing which makes it one of the most natural foods we consume Its nutritional qualities and flavors dramatically reflect the surroundings in which it is produced and those who produce it bees are some of the most important insects in the world the chief pollinators of wild plants and domesticated crops alike Showing how honey has figured in politics religion economics and popular culture Long also directly explores its tastiest use in our food and drink offering a history of its culinary place in the world one sweetened with an assortment of delicious recipes Lively and engaged her account will give even the saltiest of us an insatiable sweet tooth

Red Sauce Ian MacAllen,2022-04-04 Tells the story of Italian food arriving in the United States and how your favorite red sauce recipes evolved into American staples In Red Sauce Ian MacAllentraces the evolution of traditional Italian American cuisine often referred to as red sauce Italian from its origins in Italy to its transformation in America into a new distinct cuisine It is a fascinating social and culinary history exploring the integration of red sauce food into mainstream America alongside the blending of Italian immigrant otherness into a national American identity The story follows the small parlor restaurants immigrants launched from their homes to large popular destinations and eventually to commodified fast food and casual dining restaurants Some dishes like fettuccine Alfredo and spaghetti alla Caruso owe their success to celebrities and Italian American cuisine generally has benefited from a rich history in popular culture Drawing on inspiration from Southern Italian cuisine early Italian immigrants to America developed new recipes and modified old ones Ethnic Italians invented dishes like lobster fra Diavolo spaghetti and meatballs and veal parmigiana and popularized foods like pizza and baked lasagna that had once been seen as overly foreign Eventually the classic red checkered table cloth Italian restaurant would be replaced by a new idea of what it means for food to be Italian even as red sauce became entrenched in American culture This booklooks at how and why these foods became part of the national American diet and focuses on the stories myths and facts behind classic and some not so classic dishes within Italian American cuisine

Coffee Jonathan Morris,2018-10-15 Most of us can t make it through morning without our cup or cups of joe and we re not alone Coffee is a global beverage it s grown commercially on four continents and consumed

enthusiastically on all seven and there is even an Italian espresso machine on the International Space Station Coffee's journey has taken it from the forests of Ethiopia to the fincas of Latin America from Ottoman coffee houses to Third Wave cafes and from the simple coffee pot to the capsule machine In *Coffee A Global History* Jonathan Morris explains both how the world acquired a taste for this humble bean and why the beverage tastes so differently throughout the world Sifting through the grounds of coffee history Morris discusses the diverse cast of caffeinated characters who drank coffee why and where they did so as well as how it was prepared and what it tasted like He identifies the regions and ways in which coffee has been grown who worked the farms and who owned them and how the beans were processed traded and transported Morris also explores the businesses behind coffee the brokers roasters and machine manufacturers and dissects the geopolitics linking producers to consumers Written in a style as invigorating as that first cup of Java and featuring fantastic recipes images stories and surprising facts *Coffee* will fascinate foodies food historians baristas and the many people who regard this ancient brew as a staple of modern life

Breakfast Cereal Kathryn Cornell Dolan, 2023-05-29 A global history of breakfast cereal from the first grain porridges to off brand Cheerios Simple healthy and comforting breakfast cereals are a perennially popular way to start the day This book examines cereal's long distinguished and surprising history dating back to when around 10 000 years ago the agricultural revolution led people to break their fasts with wheat rice and corn porridges Only in the second half of the nineteenth century did entrepreneurs and food reformers create the breakfast cereals we recognize today Kellogg's Corn Flakes Cheerios and Quaker Oats among others In this entertaining well illustrated account Kathryn Cornell Dolan explores the history of breakfast cereals including many historical and modern recipes that the reader can try at home

Brandy Becky Sue Epstein, 2014-09-15 Made from distilled wine brandy has a long noble tradition of refined consumption but it has also recently experienced a surge in popularity thanks to new cocktail trends *Brandy* chronicles the history of this very popular spirit traveling from medieval alchemists to present day drink mixologists and exploring brandy's production and consumption from the Middle Ages to today Delving into brandy's fascinating story Becky Sue Epstein reveals that many cultures have contributed to the history of the beverage from the Dutch calling the drink burnt wine to the Spanish colonials in Peru and California who produced the first brandies in the New World She also explores the distillation and aging processes and she discusses the spirit's many varieties including the elegant amber Cognac and the more overlooked Armagnac In addition Epstein offers advice on buying storing and serving brandy while also providing recipes for both classic and new cocktails Taken neat or mixed in a sidecar *Brandy* is a tasty book for both connoisseurs and first time drinkers to enjoy

Sausage Gary Allen, 2015-09-15 When you get right down to it taking the intestine of an animal and stuffing it with the ground meat of that animal doesn't really seem all that intuitive an approach to food preparation But as Gary Allen shows in this rich and engaging history people worldwide have been making sausage for thousands of years A veritable alphabet of sausages from the Cajun andouille and its less spicy forerunner a French saucisson of the same name and Mexican chorizo all

the way to the Italian zampone Allen tells a story of relentless creativity and invention as different cultures found countless delectable ways to transform these otherwise unappealing pieces of meat Allen peppers his account with examples from all over the world as well as antique posters and advertisements artworks and cartoons together they build a picture of a food that has been beloved even as it is scoffed at throughout human history and remains a spicy favorite today **Figs** David C. Sutton, 2014-09-15 Lusciously sweet and with a complex texture figs are both a nutritious culinary delicacy and an important symbol in religion and culture Associated with Christmas since the time of Charles Dickens not to mention Dionysus or the Garden of Eden the fig is steeped in history In this account of the festive fruit David C Sutton places the fig in its historical context examining its peculiar origins and the importance it has garnered in so many countries Sutton begins by describing the fig's strange biology botanically it is not a fruit but rather a cluster of ingrowing flowers then considers its Arabian origins including the possibility that the earliest seeds were transported from Yemen to Mesopotamia in the dung of donkeys Exploring the history of the fruit in fascinating detail Sutton postulates that the forbidden fruit eaten by Adam and Eve was not an apple but a fig and he discusses the role figs played for the Crusaders and guides readers toward the wonderful fig festivals held today Chock full of tasty recipes intriguing facts and bizarre stories Figs is a toothsome book of delights

Onions and Garlic Martha Jay, 2016-06-15 Look at any recipe for a savory dish and chances are it will start with this step fry onions in a pan over medium heat Onions and their allium family relatives shallots garlic chives and leeks are one of the most heavily used ingredients in cuisines all over the world You'll rarely find them in the spotlight though except for when they are fried into rings or used to repel vampires In this book Martha Jay gives alliums their due offering an illuminating history of these cherished plants that follows the trail of their aromas to every corner of the globe and from ancient times up to today Going back to the earliest recipes from ancient Mesopotamia Jay traces the spread of alliums along trade routes through Central Asia and into ancient Greece and Rome Likewise she follows their spread in East Asia where they have become indispensable and of course into Europe and the Americas where the onion and its odor gave rise to the name Chicago and the leek became the national symbol of Wales Celebrated denigrated prescribed and proscribed onions garlic and their relatives can be found as Jay lavishly demonstrates in the histories of peasants and kings in cuisine and art in tales of colonization and those of resistance and in medicinal cures and magical potions alike Her book is a welcome celebration of some of the most important ingredients in the world **Salad** Judith Weinraub, 2016-11-15 Light healthy and easily tossed together salads have been an herbaceous staple for as long as we have eaten food Sometimes bitter sometimes sweet ladled over with buttermilk dressings or gently dressed in oil and vinegar they come in an astonishing variety of forms and feature as both side and main dishes in a range of regional cuisines In this book Judith Weinraub celebrates the leafy life of the salad traveling from Europe to the Americas and on to Asia to explore the crisp and nutritious delights they offer all around the world As Weinraub shows salads started as a simple assemblage of wild plants gathered from the hillsides a necessary source

of calories and a pleasant contrast to the gamey meats that usually comprised a meal. It was only in later centuries that their nutritional value became known and they assumed their place as the quintessential health food. Over that time we learned to lavish them with oils, vinegars, juices, creams, cheeses, seeds, nuts, fruits, and proteins, and we learned to give them special names: chef cobb and caesar, not to mention ni oise, panzanella, and tabbouleh. Appetizingly written and freshly illustrated, this book will make a perfect accompaniment to any meal or a main course in itself.

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