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A Tale of Cooks and Conquerors Academic Press

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

Bread Houghton Mifflin Harcourt

There are some of us who can’t even stand to look at them—and others who can’t live without them: chillies have been searing tongues and watering eyes for centuries in innumerable global cuisines. In this book, Heather Arndt Anderson explores the many ways nature has attempted to take the roofs of our mouths off—from the deceptively vegetal-looking jalapeno to the fire-red ghost pepper—and the many ways we have gleefully risen to the challenge. Anderson tells the story of the spicy berry’s rise to prominence, showing that it was cultivated and venerated by the ancient people of Mesoamerica for millennia before Spanish explorers brought it back to Europe. She traces the chilli’s spread along trading routes to every corner of the globe, and she explores the many important spiritual and cultural links that we have formed with it, from its use as an aphrodisiac to, in more modern times, an especially masochistic kind of eating competition. Ultimately, she uses the chili to tell a larger story of global trade, showing how the spread of spicy cuisine can tell us much about the global exchange—and sometimes domination—of culture. Mixing history, botany, and cooking, this entertaining read will give your bookshelf just the kick it needs.

The Story of Food Reaktion Books

The scent of oregano immediately conjures the comforts of Italian food, curry is synonymous with Indian flavor, and the fire of chili peppers ignites the cuisine of Latin America. Spices are often the overlooked essentials that define our greatest eating experiences. In this global history of spices, Fred Czarra tracks the path of these fundamental ingredients from the trade routes of the ancient world to the McCormick’s brand’s contemporary domination of the global spice market. Focusing on the five premier spices—black pepper, cinnamon, nutmeg, cloves, and chili pepper—while also relating the story of many others along the way, Czarra describes how spices have been used in cooking throughout history and how their spread has influenced regional cuisines around the world. Chili peppers, for example, migrated west from the Americas with European sailors and spread rapidly in the Philippines and then to India and the rest of Asia, where the spice quickly became

essential to local cuisines. The chili pepper also traveled west from India to Hungary, where it eventually became the national spice—paprika. Mixing a wide range of spice fact with fascinating spice fable—such as giant birds building nests of cinnamon—Czarra details how the spice trade opened up the first age of globalization, prompting a cross-cultural exchange of culinary technique and tradition. This savory spice history will enliven any dinner table conversation—and give that meal an unforgettable dash of something extra.

A Global History Reaktion Books

From obscure Pre-Columbian beginnings in the Andes Mountains to global popularity today, the story of the potato is one of rags to riches. In *Potato*, esteemed culinary historian Andrew F. Smith reveals the captivating story of a once lowly vegetable that has changed—and continues to change—the world. First domesticated by prehistoric people in the Andes, the potato has since been adopted by cultures around the globe. For instance, the potato was aggressively adopted by cooks in India and China, where it has become a dietary staple. In fact, these two countries now stand as the world’s largest potato producers. Nonetheless, despite its popularity, in this era of both fast food and health consciousness, the potato is now suffering negative publicity regarding its low nutritional value. Its health benefits continue to be debated, especially considering that the potato is most often associated with the ubiquitous but high-calorie french fry. *Potato* is a captivating read that provides a concisely written but thoroughly researched account of the history, economy, politics, and gastronomy behind this beloved starch—as well as recipes. As loaded with goodies as a well-dressed baked potato, this book is comforting and satisfying.

Hot Dog Reaktion Books

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

A Global History Reaktion Books

From dal to samosas, paneer to vindaloo, dosa to naan, Indian food is diverse and wide-ranging—unsurprising when you consider India’s incredible range of climates, languages, religions,

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

[A Global History](#) Allen & Unwin

Take a slice of bread. It's perfectly okay in and of itself. Maybe it has a nice, crisp crust or the scent of sourdough. But really, it's kind of boring. Now melt some cheese on it—a sharp Vermont cheddar or a flavorful Swiss Gruyere. Mmm, delicious. Cheese—it's the staple food, the accessory that makes everything better, from the hamburger to the ordinary sandwich to a bowl of macaroni. Despite its many uses and variations, there has never before been a global history of cheese, but here at last is a succinct, authoritative account, revealing how cheese was invented and where, when, and even why. In bite-sized chapters well-known food historian Andrew Dalby tells the true and savory story of cheese, from its prehistoric invention to the moment of its modern rebirth. Here you will find the most ancient cheese appellations, the first written description of the cheese-making process, a list of the luxury cheeses of classical Rome, the medieval rule-of-thumb for identifying good cheese, and even the story of how loyal cheese lover Samuel Pepys saved his parmesan from the great Fire of London. Dalby reveals that cheese is one of the most ancient of civilized foods, and he suggests that our passion for cheese may even lay behind the early establishment of global trade. Packed with entertaining cheese facts, anecdotes, and images, *Cheese* also features a selection of historic recipes. For those who crave a pungent stilton, a creamy brie, or a salty pecorino, *Cheese* is the perfect snack of a book.

[A vegetarian food journey from Sri Lanka to Nepal](#) Reaktion Books

Embark on a global curry adventure! Top chefs and cooks known for their expertise in the curries of India, Pakistan, Sri Lanka, Thailand, the Caribbean - and anywhere with a curry tradition - share their recipes with you. Try Thai jungle curry, chicken adobo or South African bunny chow. All 200 recipes are authentic and written for the modern cook. Features add a further dimension, introducing you to the key spice combinations and ingredients that define each local cuisine. Break out and explore new boundaries. Or rely on this authentic resource for old favourites. *Observer Food Monthly* described these as "the best ever curries". Red-hot results are guaranteed every time!

Ocean Greens Bloomsbury Publishing USA

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

[A Global History](#) Reaktion Books

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

[Evolutionary History](#) Farrar, Straus and Giroux

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

[A Global History](#) Reaktion Books

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.

Rice Reaktion Books

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

Food and Society in Eighteenth-Century Britain Reaktion Books

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

ingredients, adds a host of exciting spices, and transforms them into a complete and joyous meal.

Pizza Reaktion Books

Edible is a revolutionary series of books that explores the rich history of cuisine. Ranging from Chocolate to Ice Cream, from Cocktails to Whiskey, from Caviar to Lobster, each book reveals the global history and culture of a particular food or beverage. Reaktion Books is delighted to announce a special, limited-time promotion for this highly acclaimed and bestselling series: purchase an entire set of 32 Edible titles and receive 25% discount off retail price. Offer available until 30 June 2013. Purchase twenty or more from the series to receive 20% discount. Contact University of Chicago Press for more details at marketing@press.uchicago.edu Titles include: Apple, Bread, Cake, Caviar, Champagne, Cheese, Chocolate, Cocktails, Curry, Dates, Gin, Hamburger, Herbs, Hot Dog, Ice Cream, Lemon, Lobster, Milk, Olive, Pancake, Pie, Pizza, Potato, Pork, Pudding, Rum, Sandwich, Soup, Spices, Tea, Vodka, Whiskey

Spices Reaktion Books

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

Uniting History and Biology to Understand Life on Earth Reaktion Books

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

Essential Oils in Food Preservation, Flavor and Safety Reaktion Books

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.

Bugs for Breakfast Reaktion Books

From chai to oolong to sencha, tea is one of the world’s most popular beverages. Perhaps that is

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

Around the World in Thirty-Nine Cuisines Reaktion Books

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Curry is a dish that doesn't quite exist, but, as this wildly funny and sharp essay points out, a dish that doesn't properly exist can have infinite, equally authentic variations. By grappling with novels, recipes, travelogues, pop culture, and his own upbringing, Naben Ruthnum depicts how the distinctive taste of curry has often become maladroit shorthand for brown identity. With the sardonic wit of Gita Mehta's *Karma Cola* and the refined, obsessive palette of Bill Buford's *Heat*, Ruthnum sinks his teeth into the story of how the beloved flavor calcified into an aesthetic genre that limits the imaginations of writers, readers, and eaters. Following in the footsteps of Salman Rushdie's *Imaginary Homelands*, Curry cracks open anew the staid narrative of an authentically Indian diasporic experience. Naben Ruthnum won the Journey Prize for his short fiction, has been a *National Post* books columnist, and has written books and cultural criticism for the *Globe and Mail*, *Hazlitt*, and the *Walrus*. His crime fiction has appeared in *Ellery Queen's Mystery Magazine* and *Joyland*, and his pseudonym Nathan Ripley's first novel will appear in 2018. Ruthnum lives in Toronto.