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A painting on the wall of an Egyptian tomb near Luxor displays a 4,000 year-old recipe for baking bread. Journalist William Sitwell's first book, A History of Food in 100 Recipes, tells the story

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A History of Food in 100 Recipes by William Sitwell

You can't really do the history of food in 100 recipes, or even 10,000. What you can do - and what this book does reasonably well - is tell some food stories, mostly centered around the evolution of British (and to a lesser extent American) cooking.

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A History of Food in 100 Recipes by William Sitwell

A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine. We all love to eat, and most people have a favorite ingredient or dish.

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If reading this recipe and knowing its history makes you happy, then A History of Food in 100 Recipes is the book for you. Quick Facts Who wrote it: William Sitwell

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A History of Food in 100 Recipes Uncrate

A History of Food in 100 Recipes You probably don't think about it when you're scarfing down a pound and a half burrito, but food has been around as long as we have and it's evolved alongside us.

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Mr. Sitwell's 100 recipes are not always yummy, but each is a window onto an important piece of food history. Whether examining the dieting trend of the post-war era through Jean Nidetch's unfortunate Weight Watchers recipes or discussing how a throwaway suggestion for the use of leftover meat became part of the "monolith" called Sandwich, the author applies scholarly research and analysis to

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