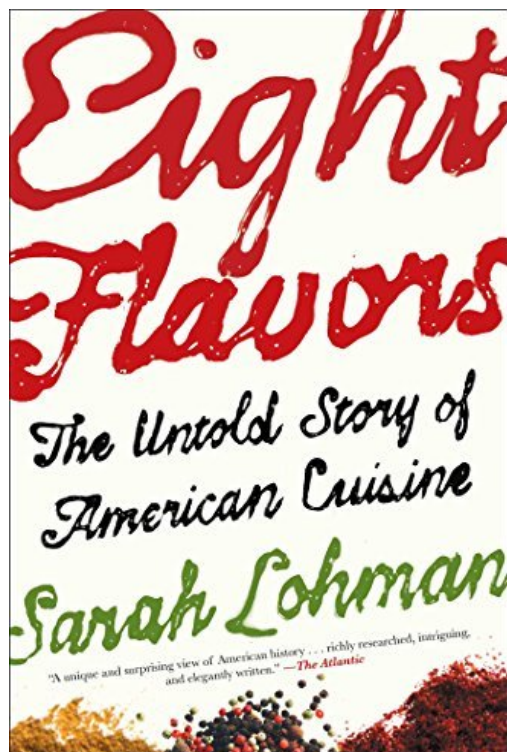


PDF/EPUB Eight Flavors: The Untold Story of American Cuisine Full Books



Author : Sarah Lohman
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Book Description

"Very cool...a breezy American culinary history that you didn't know you wanted" (Bon Appetit) reveals a fascinating look at our past and uses long-forgotten recipes to explain how eight flavors changed how we eat. The United States boasts a culturally and ethnically diverse population that makes for a continually changing culinary landscape. But a young historical gastronomist named Sarah Lohman discovered that American food is united by eight flavors: black pepper, vanilla, curry powder, chili powder, soy sauce, garlic, MSG, and Sriracha. In "a unique and surprising view of American history...richly researched, intriguing, and elegantly written" (The Atlantic), Lohman sets out to explore how these influential ingredients made their way to the American table. She begins in the archives, searching through economic, scientific, political, religious, and culinary records. She pores over cookbooks and manuscripts, dating back to the eighteenth century, through modern standards like *How to Cook Everything* by Mark Bittman. Lohman discovers when each of these eight flavors first appear in American kitchens—then she asks why. "A fresh, original perspective to American culinary history" (The Christian Science Monitor), *Eight Flavors* takes you on a journey through the past to tell us something about our present, and our future. We meet John Crowninshield a New England merchant who traveled to Sumatra in the 1790s in search of black pepper. And Edmond Albius, a twelve-ye