



Contents

LIST OF FIGURES	vii
LIST OF RECIPES	xi
A NOTE ON THE RECIPES	xix
INTRODUCTION A THEORY OF GASTRONOMY	1
CHAPTER 1 HISTORICAL BACKGROUND	29
CHAPTER 2 TECHNOLOGY, TECHNIQUES, AND UTENSILS	65
CHAPTER 3 GRAINS AND STARCHES	101
CHAPTER 4 VEGETABLES	149
CHAPTER 5 FRUITS AND NUTS	177
CHAPTER 6 MEAT, POULTRY, AND DAIRY PRODUCTS	205
CHAPTER 7 FISH AND SHELLFISH	261
CHAPTER 8 FATS AND FLAVORINGS	283
CHAPTER 9 BEVERAGES	315
GLOSSARY	339
BIBLIOGRAPHY	347
INDEX	351
ABOUT THE AUTHOR	365