

# Contents

Introduction	7
1 The Early History of Bread	10
2 Bread as a Social Marker	39
3 Parameters of Taste	59
4 World of Bread: An Eccentric Travelogue	80
5 Bread in the Twenty-first Century	104
Recipes	119
Glossary	133
Select Bibliography	149
Websites and Associations	151
Acknowledgements	153
Photo Acknowledgements	154
Index	155