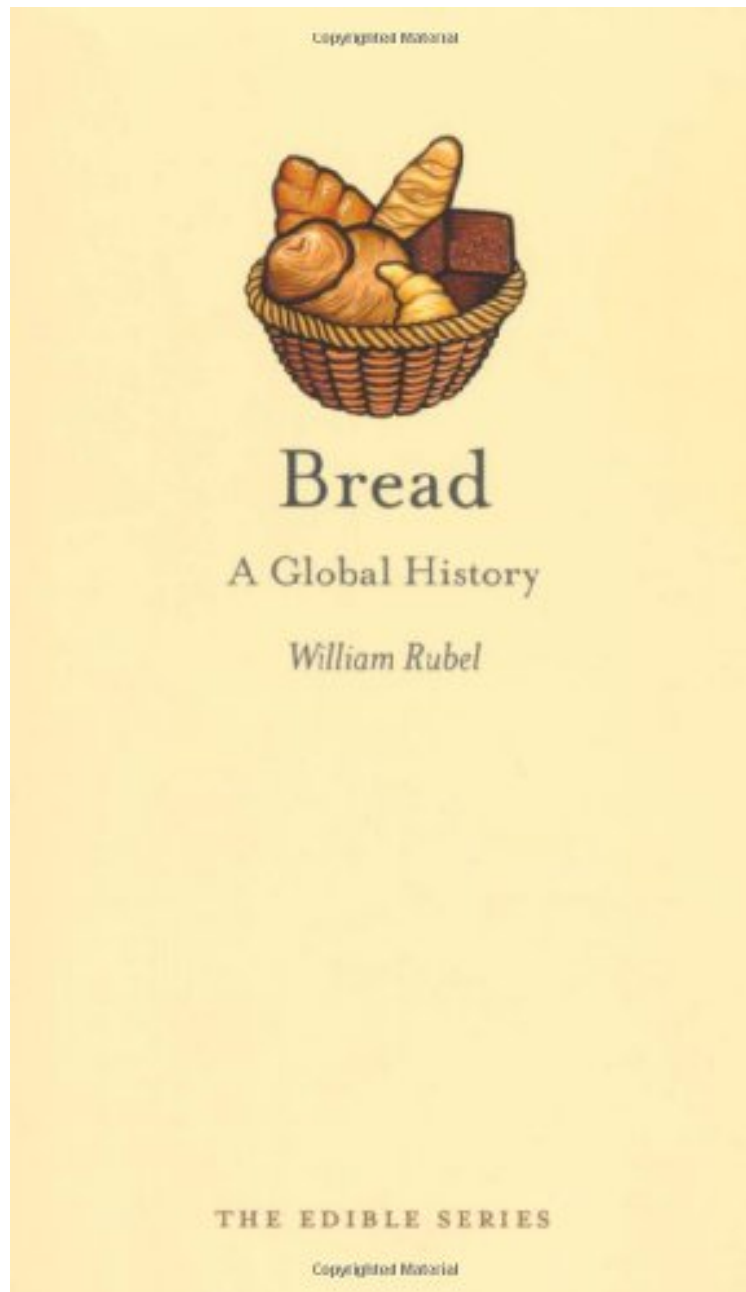


[Download] Bread: A Global History (Edible)

## Bread: A Global History (Edible)

*William Rubel*

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**William Rubel : Bread: A Global History (Edible)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Bread: A Global History (Edible):

15 of 15 people found the following review helpful. The History of Bread By Mercy Ingraham Bread: A Global History begins with ancient history in the fertile crescent of the Red Sea. The use of wild grains in bread-making probably predated agriculture and the domestication of animals. This book, which is the 24th in a series of edible histories, is ably edited by Andrew F. Smith. The primary thesis is that bread is more than merely a food or a summary of ingredients: it is also a concept. Mr. Rubel strives to enlarge the way we think about bread by taking us on a bread tour across time and through international space. He is a serious food historian, excellent cook and baker, and the author of The Magic of Fire--an encyclopedic book of fire cooking, which is sadly now out of print. As culture develops, bread becomes a social marker--the whiter the bread, the more desirable it is. The poor consumed a more primitive loaf--darker and less desirable. Fashions in food are generally guided by a wish to imitate what is eaten by the wealthy. This still tends to be true. Although the history of bread can be seen as a steady march toward whiter and finer flour, today consumers are being drawn to more primitive ingredients and techniques because of our awareness of the enhanced flavors and healthy characteristics of whole grains. The book emphasizes leavened, kneaded dough, but also includes relevant information on flatbreads, pancakes and shortbreads. Mr. Rubel dispels the myth that cooking over a fire is a "primitive" activity. He appreciates that the campfire provides an "infinitely nuanced oven" for baking breads at different levels of heat. If the baker knows how to manage a fire properly, he has a far greater range of temperatures available to him than he does in the modern conventional oven. Recipes for 7 different kinds of historic breads are included, as well as a glossary defining ninety-nine different kinds of bread. My only complaint about the book is that it is too small, which makes it difficult to see the detail in the excellent photographs and prints. This is a fascinating book to read, and has succeeded in changing the way I experience a loaf of bread. I think that's what the author had in mind. Mercy Ingraham 2 of 2 people found the following review helpful. Excellent book. By Hunter Crainshaw This book came along at the perfect time for me. I am preparing to teach a course at a School of Divinity about the Lord's Supper. I wanted to know more about bread--its history and varied uses and meanings over time. Rubel provided me with just the sort of foundation I needed. His writing is clear and engaging and stretched my knowledge about bread and bread-making. I am grateful for a well-researched book that provided me with the knowledge I sought and invited me to read more. 0 of 0 people found the following review helpful. Well written history on bread By UpState NYer Think you know everything about bread? Try this book. Its and eye opener. Good for the foodie history buff.

It is difficult to think of a food more basic, more essential, and more universal than bread. Common to the diets of both the rich and the poor, bread is one of our oldest foods. Loaves and rolls have been found in ancient Egyptian tombs, and wheat has been found in pits where human settlements flourished 8,000 years ago. Many anthropologists argue that the ability to sow and reap cereals, the grains necessary for making bread, could be one of the main reasons why man settled in communities, and even today the concept of "breaking bread together" is a lasting symbol of the uniting power of a meal.

"A fun, smartly written series appropriate for a popular audience that likes to eat . . . the Edible series books provide level-headed and enjoyable overviews of food culture . . . These will create a little library that any foodie will be proud to show off . . . aesthetically pleasing volumes with decent content that would make good presents." --Winterthur Portfolio, on the Edible series