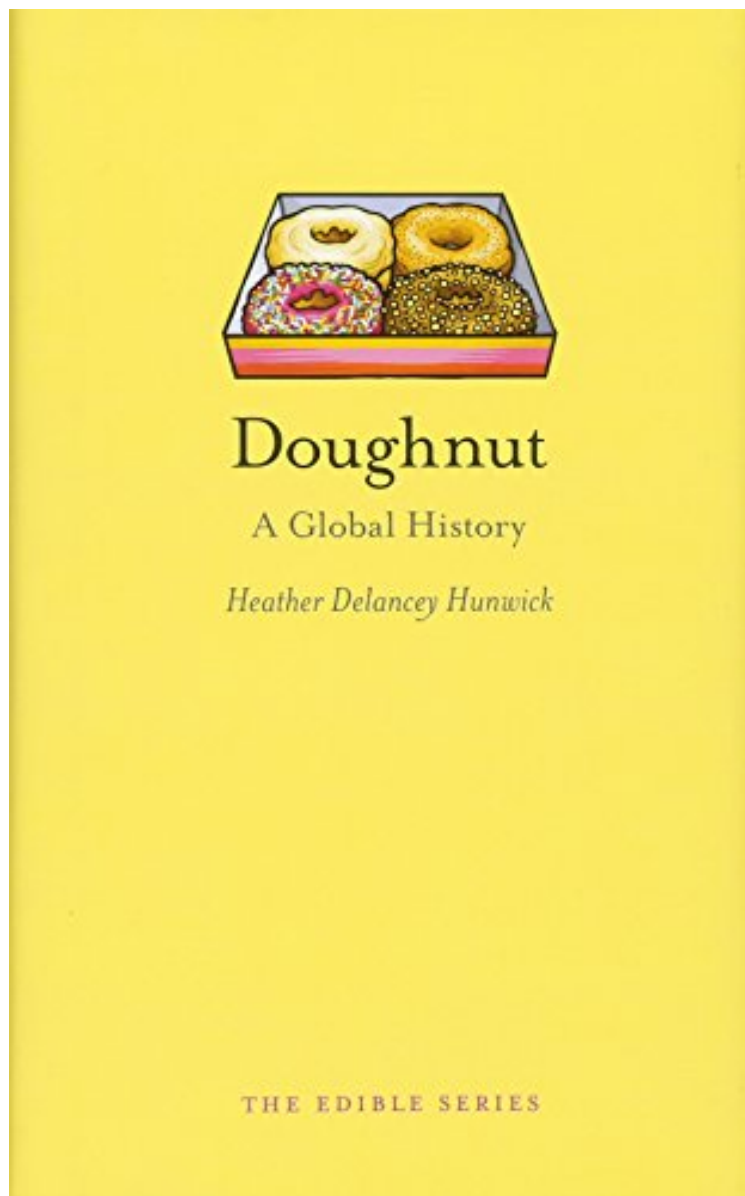


[Download free pdf] Doughnut: A Global History (Edible)

## Doughnut: A Global History (Edible)

*Heather Delancey Hunwick*  
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**Heather Delancey Hunwick : Doughnut: A Global History (Edible)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Doughnut: A Global History (Edible):

2 of 2 people found the following review helpful. Yes, the doughnut has a history, though there are possibly some holes in it. By lyndonbrecht The title, "Doughnut, a Global History" sounds like the title of a comedy skit, but the

doughnut does have a history. Hunwick's short book is nicely written and excellently illustrated. The definition is something of a problem, but this author says that deep frying is essential to the doughnut process as is forming, not pouring. Sweetness, a category many morning doughnut lovers would think of, is not required; there's a doughnut in India made with ground chickpea flour and there's a meat-filled doughnut in Finland. I think a reader might have other definitions and perhaps might start with the 20th century doughnut in its commercial form, with hot coffee--Hunwick does consider that at length, but using her definition there's a global cuisine out there. Her first chapter is "Doughnut Defined," concerned with just what the thing is. Chapter 2 considers the "Historical Doughnut." Chapter 3 discusses the "American Doughnut," which I think is the most interesting chapter. Chapter 4 is the "Imperial Doughnut," which refers to the march worldwide of American style doughnuts from vendors such as Krispy Kreme (so it's a sort of marketplace imperialism). Chapter 5 examines the "Cultural Doughnut" which includes the doughnut in film, children's books, art (think pop art)--the doughnut has become a symbol of the workaday morning. Among the nuggets of information about doughnuts are these. The historical doughnut is essentially a fried dough food. The first use of the word doughnut (or the alternative donut) goes back at least two centuries, and was mentioned in a Washington Irving story from 1809. The origin could be French, Spanish or Dutch (the American reader will note that cuisine from all these came over with their colonists). A key figure in the modern doughnut was Adolph Levitt, who invented a doughnut machine in 1900 (which formed and cooked them much faster). US doughnut consumption was 4 billion in 1939. Dunkin' Donuts and Krispy Kreme are part of the story this book tells. There's also a slight nationalist tinge; the author says that Canada's Tim Hortons franchises sell 80% of the doughnuts in Canada. The book has an appendix of about 20 pages of doughnut recipes; the devoutly doughnuttish might think the book is worth it for that alone. 0 of 0 people found the following review helpful. A must read for any doughnut lover. By Peter Rowe A fascinating read of the doughnut journey throughout the ages and across the globe. The wonderful illustrations and recipe collection make this book a must read for any doughnut lover .

Doughnuts, like hot dogs and apple pie, are widely seen as a quintessentially American food. But their story is much older, one that began in the Old World. *Doughnut: A Global History* reveals the long history and wide reach of these deep-fried dough delights. Heather Hunwick takes readers on an exciting ride from pre-history, to Ancient Egypt and Rome, through medieval and Renaissance Europe, and up to the New World. Here, doughnuts evolved from the open-hearth to the present, with its many old and familiar local favorites, popular commercial brands, and new waves of mouth-watering artisanal creations. It's a story that encompasses not just culinary history, but the doughnut's role in art and culture, health and social changes, and fad and fashion. So pour a cup of coffee and settle in for a great read, one sure to delight doughnut lovers and food historians alike.

What defines a doughnut? It's not such an easy question to answer. Must a doughnut be deep-fried or baked to truly be a doughnut? (answer: Deep-frying is as essential to the doughnut as it is to the French fry.) What sort of dough or batter must be used to make it a doughnut? Must a doughnut have a particular shape to qualify as a doughnut? And what's with the hole? . . . Hunwick explores the history and evolution of doughnuts, their role in pivotal historical events from European colonization of the Americas to the trenches of World War I. They continue to play a role today: a fascinating chapter explores "The Imperial Doughnut," and the corporate machinations which have given rise to today's doughnut empires. . . . Finally, Hunwick considers the cultural politics of the doughnut: from the novels of Harriet Beecher Stowe and the work of Marcel Proust, to the iconic Homer Simpson. ; nbsp;