



## A History of Cuisine

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### A history of the food through the ages

First by mastering fire and then the means of cooking, prehistoric humans discovered their taste for new foods. Later, each civilization went on to develop its own cuisine: Egyptians had 20 different kinds of bread, the Greeks grew grapes and olives, the Gauls adored smoked meats... Whether borne by beasts of burden or sailing ships, spices and recipes spread through the world, causing profound changes in how we eat. What would your favorite dishes be without tomatoes, potatoes, sugar from the East, or chocolate from the Americas? The great adventure of food unfurls in this epic work of nonfiction!

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