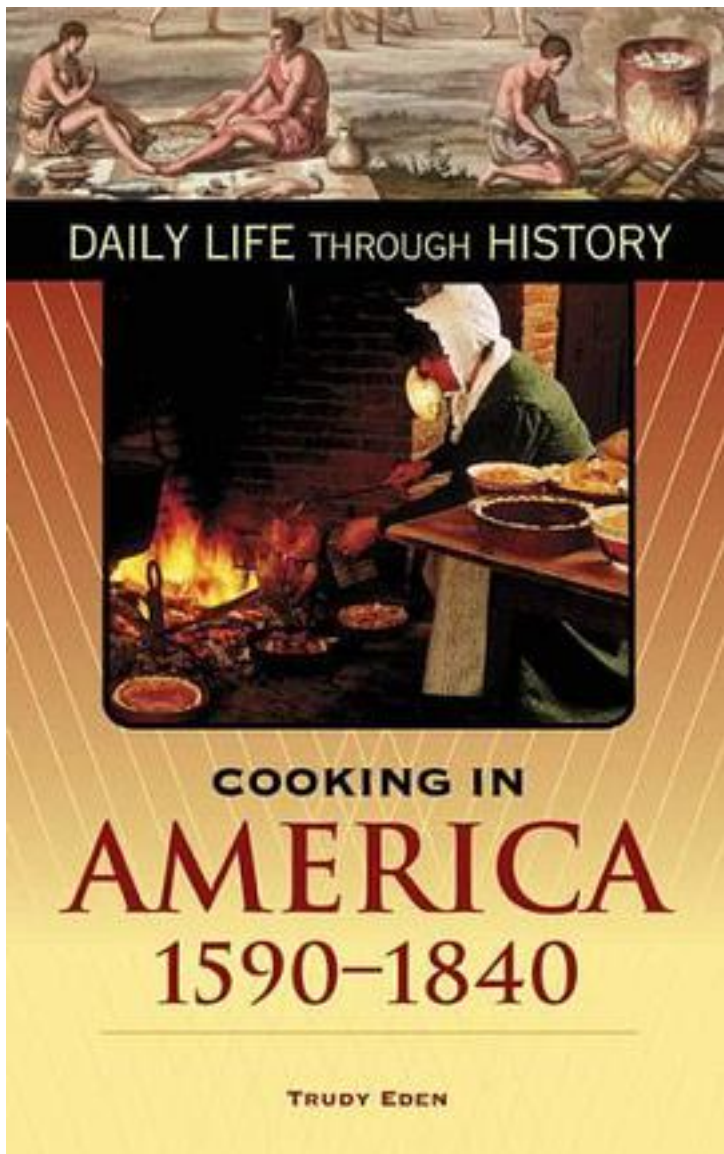


# Cooking in America, 1590-1840



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出版者:Greenwood Pub Group

出版时间:2006-8

装帧:HRD

isbn:9780313335679

This cookbook series, especially tailored to high school students in format and content, offers a wealth of fresh recipes to complement the most-studied historical periods. Each title includes a brief introduction to the period and then an overview of the type of foodstuffs, cuisine, and style of eating found in short bulleted list and then narrative form. Organization then is by course, typical meal, or food group. Each recipe is introduced and placed in its proper social context. Some recipes are included merely for historical interest. Food trivia are occasionally highlighted in between recipes. Each volume also includes an introduction, glossary, bibliography, appendices of recipes, index, and illustrations. There are no recipes for what the Indians ate in Colonial times, but this cookbook uses period quotations to detail what and how the foodstuffs were prepared. The bulk of the cookbook is devoted to what the European immigrants cooked and what evolved into more of an American cooking style. Americans at the end of the period ate far more beef and chicken than did the first colonists. They also ate more wheat in the form of breads, cakes, cookies, crackers, and cereals. Along with time came new customs, such as tea time, and, for men, socializing at coffeehouses.

作者介绍:

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