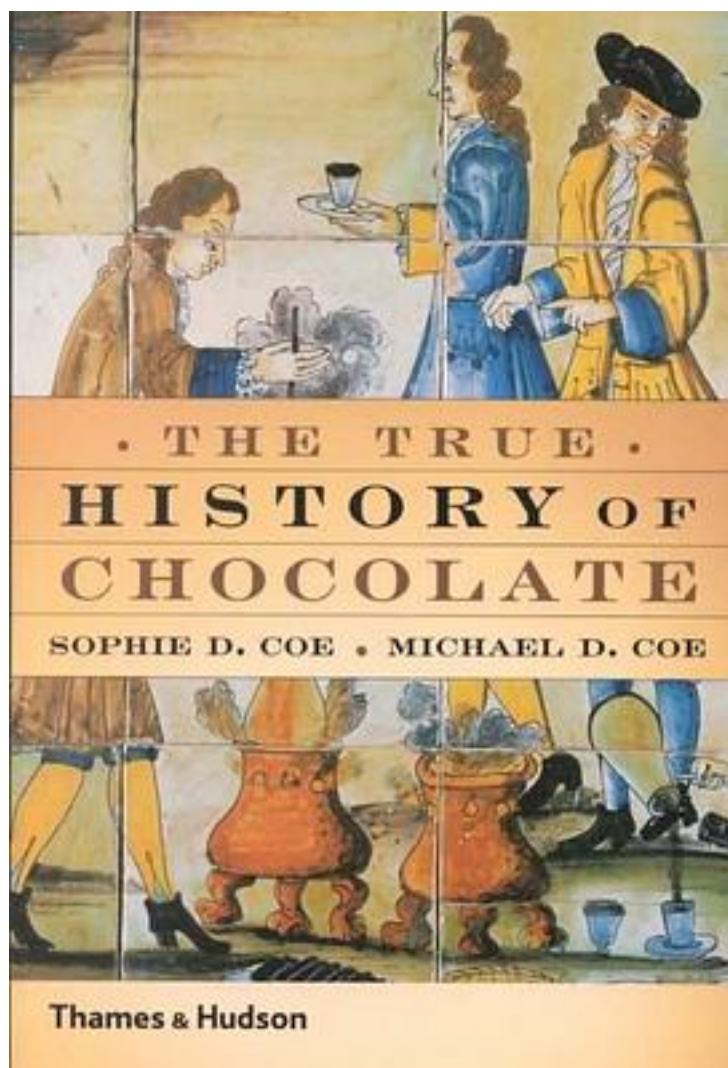


# The True History of Chocolate



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著者:Coe, Sophie D.

出版者:W W Norton & Co Inc

出版时间:2007-10

装帧:Pap

isbn:9780500286968

This delightful and best-selling tale of one of the world's favorite foods draws upon botany, archaeology, and culinary history to present a complete and accurate history of chocolate. The story begins some 3,000 years ago in the jungles of Mexico and Central America with the chocolate tree, Theobroma Cacao, and the complex processes necessary to transform its bitter seeds into what is now known as chocolate. This was centuries before chocolate was consumed in generally unsweetened liquid form and used as currency by the Maya, and the Aztecs after them. The Spanish conquest of Central America introduced chocolate to Europe, where it first became the drink of kings and aristocrats and then was popularized in coffeehouses. Industrialization in the nineteenth and twentieth centuries made chocolate a food for the masses, and now, in our own time, it has become once again a luxury item. The second edition draws on recent research and genetic analysis to update the information on the origins of the chocolate tree and early use by the Maya and others, and there is a new section on the medical and nutritional benefits of chocolate.

作者介绍:

索菲·D.科 (Sophie D. Coe)，美国人类学家、食物历史学家。  
她的书《美国第一美食》1994 年出版，受到普遍好评。

麦克·D.科 (Michael D. Coe)，美国耶鲁大学人类学名誉教授。主要著作有《玛雅》《墨西哥》《打破玛雅守则》《吴哥和高棉文明》《解读玛雅铭文》等。

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标签

评论

故事不错  
加一大堆recipes是为了凑稿费吧。大家都是写过论文的人。。。你懂的。。。再次向玛雅人致意 令人惊叹的盛大文明。又及古欧洲体液医学论和中医挺像的  
对中医忽然有兴趣了。

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## 书评

在美国影片《浓情巧克力》里，朱丽叶·比诺什扮演风情万种、兰心蕙质的甜点师薇安。当年观看这部影片时，我的注意力几乎全集中于薇安和洛克斯（约翰尼·德普扮演）魅惑人心的情感故事。近读《巧克力：一部真实的历史》，回忆老电影，我有了更深的理解。这部作品平易好读，全方...

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第一章 “神食”之树 命名 瑞典科学家林奈为可可树命名为cacao 椰子是coco  
古柯是coca 种植

南北纬20度以外的可可树基本是结不出果实的。即使在上述纬度范围内，若海拔太高，导致温度降至60华氏度（约16摄氏度）以下，可可树也无法结果。此外，可可树全年需要充足水分，因此旱...

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