



Date : 26/04/2018

Pages : 238

Format cm : 23 x 22

Prix : 24.0

EAN : 9782271081414

A World Atlas of Food

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Publisher : CNRS Éditions

Category : Humanities and Non-Fiction

Genres : Geography/Demography - History

Keywords : Consumption - Production - Biodiversity - Sustainable city

Do we really know what we're eating, and where what's on our plate comes from? A delectable journey through our culinary practices.

"We are what we eat," Hippocrates said. Here is the astonishing world history of foods, cuisines, and flavors. et saveurs du monde. From the domestication of corn circa 4000 BCE to 21st-century alimentary biotechnologies, from the introduction of chocolate in Spain during the Age of Exploration to recent openings of Japanese in Europe, the history of culinary practices blends into histories of culture, trade, and climate, not to mention different food traditions around the world. For eating is not only a biological necessity, it is also a cultural act.

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Awards: Coup de Cœur du CFA Médéric (Prix Archange du Livre de Gastronomie 2018)