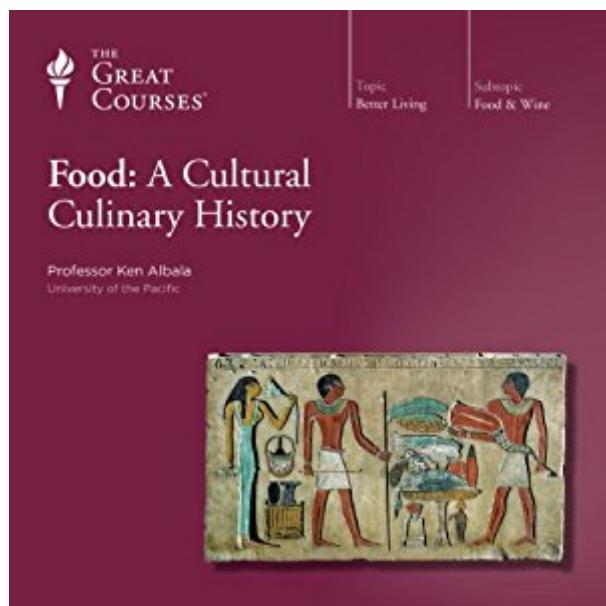


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# Food: A Cultural Culinary History



## Synopsis

Eating is an indispensable human activity. As a result, whether we realize it or not, the drive to obtain food has been a major catalyst across all of history, from prehistoric times to the present. Epicure Jean-Anthelme Brillat-Savarin said it best: "Gastronomy governs the whole life of man." In fact, civilization itself began in the quest for food. Humanity's transition to agriculture was not only the greatest social revolution in history, but it directly produced the structures and institutions we call "civilization." In 36 fascinating lectures, award-winning Professor Albala puts this extraordinary subject on the table, taking you on an enthralling journey into the human relationship to food. With this innovative course, you'll travel the world discovering fascinating food lore and culture of all regions and eras - as an eye-opening lesson in history as well as a unique window on what we eat today.

## Book Information

Audible Audio Edition

Listening Length: 18 hours and 22 minutes

Program Type: Audiobook

Version: Original recording

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Best Sellers Rank: #6 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #15 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > History #54 in Books > Audible Audiobooks > Religion & Spirituality > Christianity

## Customer Reviews

I have already recommended this DVD and book set informally, and am finally compelled to make it official. Professor Albala is a terrific communicator to general audiences. That's a rare and valuable trait in an academic. That Albala is so respected in his field (see his other books and accolades, folks!) makes this all the more impressive. His enthusiasm for culinary history is obvious here, not to mention contagious. And I am learning so much! Good thing I can watch the DVDs again, because the content is so rich I need to rewatch to remember it all! I appreciate Albala's willingness to qualify his generalizations, too, letting me know there is more to the story than he has time to point out in a survey of such ambitious (global) scope. All-around A+.

I have now listened to the Audible version of Food: A Cultural, Culinary History twice! I particularly enjoy the way Dr. Albala uses food and culinary tradition as the lens to bring the broad arc of human history into focus. He is fine storyteller and delivers compact little vignettes from around the world to illustrate how we humans can perhaps best be understood by what we had for dinner! I also recently read Michael Pollen's "Cooked" - which explores some common threads in the food/cooking narrative - a recommended companion. This Great Course is highly recommended - listen to it on your next road trip, or maybe in the kitchen while you prepare a great stew!

So far it has been a really interesting BoA. I love food history. I am very interested in how a food migrates from its original area to become something found all around the World.

So good. Very much a history of everything since food is so integral to civilization.

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