CONTENTS

	Introduction	6
	A New History of Cuisine PAUL FREEDMAN	
1	Hunter-Gatherers and the First Farmers	33
	The Evolution of Taste in Prehistory ALAN K. OUTRAM	
2	The Good Things that Lay at Hand	62
	Tastes of Ancient Greece and Rome VERONIKA GRIMM	
3	The Quest for Perfect Balance	93
	Taste and Gastronomy in Imperial China JOANNA WALEY-COHEN	
4	The Pleasures of Consumption	125
	The Birth of Medieval Islamic Cuisine H. D. MILLER	
5	Feasting and Fasting	146
	Food and Taste in Europe in the Middle Ages C. M. WOOLGAR	
6	New Worlds, New Tastes	174
	Food Fashions after the Renaissance BRIAN COWAN	
7	The Birth of the Modern Consumer Age	203
	Food Innovations from 1800 HANS J. TEUTEBERG	
8	Chefs, Gourmets and Gourmands	232
	French Cuisine in the 19th and 20th Centuries ALAIN DROUARD	
9	Dining Out	263
	The Development of the Restaurant ELLIOTT SHORE	
10	Novelty and Tradition	293
	The New Landscape for Gastronomy PETER SCHOLLIERS	
	Further Reading	321
	Picture Credits	337
	List of Contributors	339
	Index	343