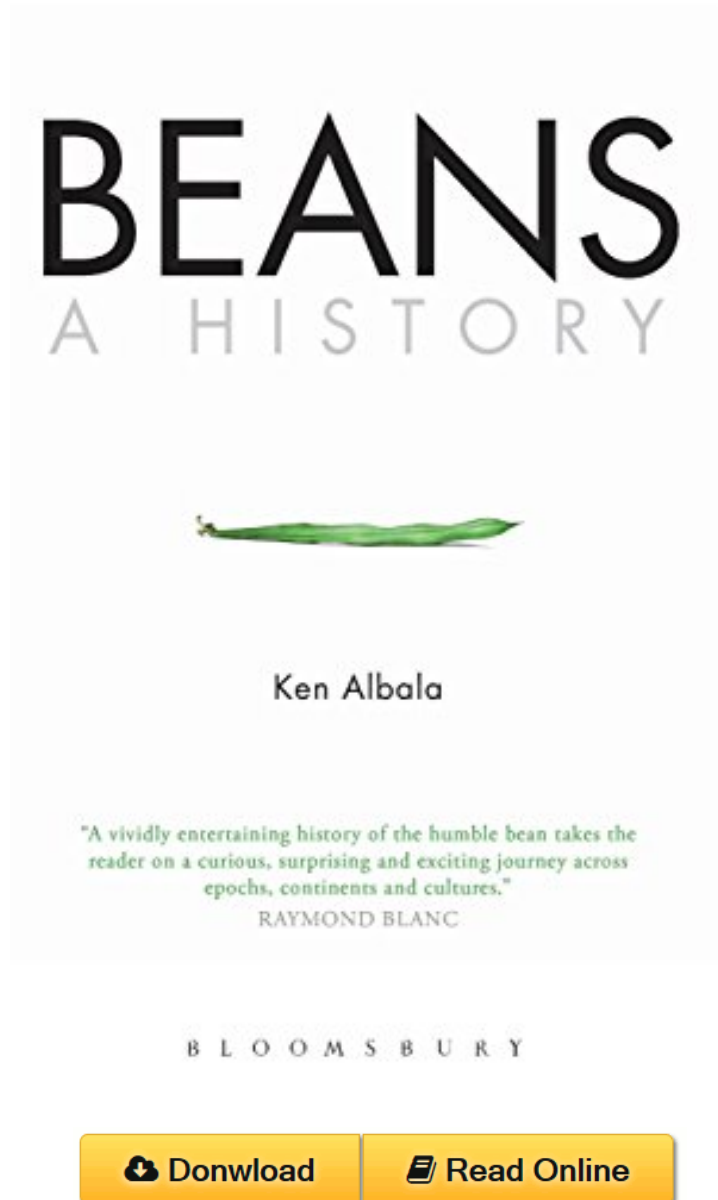


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Beans: A History

Ken Albala

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#1068763 in Books 2007-09-04 2007-09-04Original language:EnglishPDF # 1 228.60 x 17.45 x 6.00l, 1.00
#File Name: 1845204301256 pages | File size: 60.Mb

Ken Albala : Beans: A History before purchasing it in order to gage whether or not it would be worth my time, and all praised Beans: A History:

2 of 2 people found the following review helpful. What a hoot.By MartieWhat a hoot Ken is! I purchased on Audible his "History of Food" that is one of the "Great Courses." It is my all time favorite. I love it. He is such a gifted story teller and makes history fun to listen to. I bought this used from and was curious what he had learned about beans.

Reading it now. Fun author and great story teller. I wish he had more audible books and Great Courses. 2 of 2 people found the following review helpful. Wonderful Read--Loved it! By Dominique Jones I thought Ken Albala did a fantastic job putting together the stories of these amazing beans. The histories of how beans have been discovered and used throughout the world are fascinating. I learned a lot and was also entertained by this book in ways that delighted me. I eat a lot more beans now, and in many more varieties!! I had no idea there had ever been an underground Lentil market, either. That's just crazy!! Now I know how to tell a real lentil from a poison one in case there is ever a famine... 3 of 3 people found the following review helpful. Well written small book. By westevensr I wanted to know more about the history and use of beans. This gave me a good idea, and I recommend this for any serious cook that is researching their food origins. I would have liked more recipes and historical uses in it, but liked it as written.

Whether refried, baked, falafelled, or complementing a nice Chianti, the humble bean has long been a part of gourmet and everyday food culture around the globe. As Ken Albala shows, though, over its history the bean has enjoyed more controversy than its current ubiquity lets on. From the bean's status as seat of the soul (at least, that's what Pythagoras thought) to seed of sin (or so said St. Jerome, who forbade nuns to eat beans because they "tickle the genitals"), Beans is a ripping tale of a truly magical fruit.

Who ever knew that beans were so complicated and interesting. Told in fascinating detail by Ken Albala, Beans, A History, is an instructional book that reads like a novel. Chef Charlie Palmer [A] vividly entertaining history of the humble bean. Raymond Blanc, Saveur Lucky Beans, who have at last found their Homer. Who knew that the history of the Western world and parts of Asia, could be illumined through the evolution of the lowly bean in its multiple forms from fava to soy? No one is better equipped than this skilled historian to wrap history, science, legend, folklore and fakelore in an entertaining narrative that delights while it informs. This is the most digestible bean dish I've ever encountered and all I want is more. Betty Fussell, author of The Story of Corn and I Hear America Cooking: The Cooks and Recipes of American Regional Cuisine Beans is a lyrical book. It is a tale well told filled with unusual twists and turns with surprises popping up in almost every paragraph. Andrew F. Smith, editor of the Oxford Encyclopedia of Food and Drink in America Here is the first biography of beans, presented by Ken Albala in vivid prose. Gut-buster or aphrodisiac, lowly legume or savior of civilization, the bean is more significant than we ever realized. Darra Goldstein, the Editor in Chief, Gastronomica From the Publisher Publication cancelled About the Author Ken Albala is Professor of History at the University of the Pacific in Stockton, California. He is the author of many books on food including Eating Right in the Renaissance and The Banquet: Dining in the Great Courts of Late Renaissance Europe.