



A History of Food in 100 Recipes

William Sitwell

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A riveting narrative history of food as seen through 100 recipes, from ancient Egyptian bread to modernist cuisine.

We all love to eat, and most people have a favorite ingredient or dish. But how many of us know where our much-loved recipes come from, who invented them, and how they were originally cooked? In **A HISTORY OF FOOD IN 100 RECIPES**, culinary expert and BBC television personality William Sitwell explores the fascinating history of cuisine from the first cookbook to the first cupcake, from the invention of the sandwich to the rise of food television. A book you can read straight through and also use in the kitchen, **A HISTORY OF FOOD IN 100 RECIPES** is a perfect gift for any food lover who has ever wondered about the origins of the methods and recipes we now take for granted.

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