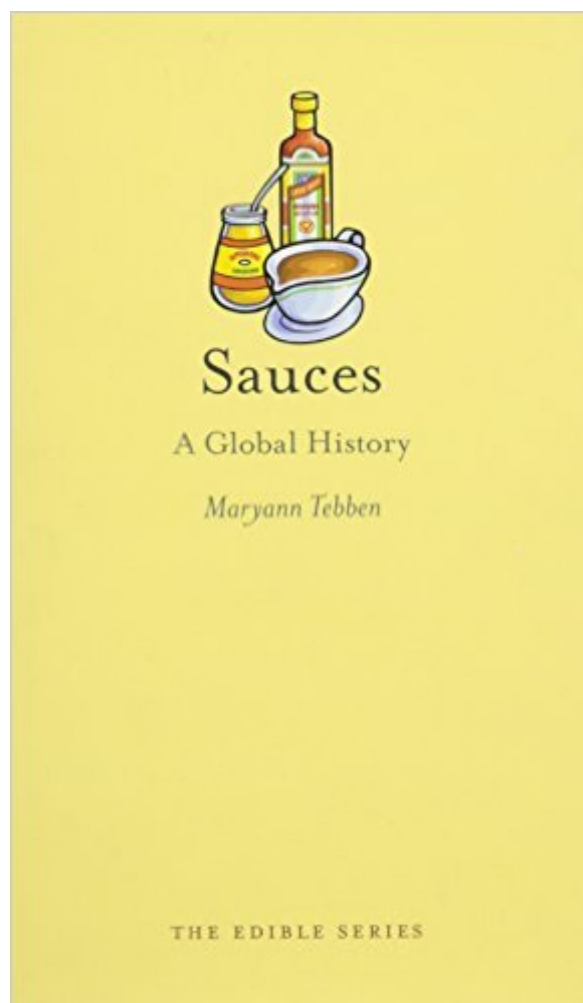


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# Sauces: A Global History (Reaktion Books - Edible)



## Synopsis

Where would eggs benedict be without hollandaise, spaghetti without Bolognese, tortilla chips without salsa, or French fries without ketchup? A world without sauces is a dull and dry world indeed. But what exactly are sauces? How did they become a crucial element in every country's cuisine? Maryann Tebben answers these questions in this flavorful history, giving sauces their due as a highly debatable but essential part of our culinary habits. Tebben begins in fifth-century China with its many fermented sauces, then follows them along trade routes from East to West as they become a commodity and helped seafarers add flavor to their rations. Tracing the evolution of food technology, she explores the development of the art of sauce creation and examines the foams, ices, and smokes—barely recognizable as sauces—that are found in the increasingly popular world of molecular gastronomy. Tebben also investigates the many controversies that have sprung up around sauces; how salsa has overtaken ketchup in popularity in the United States, and how British Worcestershire sauce actually originated in India; and offers tantalizing historical comparisons such as that between ketchup and Tabasco. A charming look at the source of soy sauce, mole, beurre blanc, and more, *Sauces* will please expert chefs and novice sauciers alike.

## Book Information

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## Customer Reviews

I read a lot about food in terms of cultural history, but as a cook can hardly boil water. I thought I

knew a little bit about sauces, but I was wrong. This slender book is full of information and I learned about sauces--a lot more interesting than I would have thought, helped by Tebben's excellent writing and a good selection of photographs. The structure of the book is simple. Chapter 1 looks at the origins of sauces--much of it started with simple vinegar. Chapter 2 looks at condiment sauces, often in meals built around rice, and typical of Asian cuisines. This has some information about fermented fish sauces, which it appears our Roman ancestors adored. Chapter 3 looks specifically at French sauces, and while I am not much interested in stereotypes of French cuisine, this chapter is, well, interesting. Chapter 4 examines gravy as a sauce for meat (with a usual base of meat drippings) and other kinds of gravies. Chapter 5 discusses odd sauces, such as the American cranberry sauce and chocolate sauce in a can, which I'd never thought of as odd before, Chapter 6 looks at global variations and sauces as part of national identity, as mole for Mexico and nuoc mam for Vietnam (that's the spelling the book uses). There are brief histories of various sauces and some fascinating details about several products. These include Worcestershire sauce, ketchup, fish sauces, mustard, horseradish, moles, and tabasco among others. I also found out that Welsh rarebit has nothing to do with Wales or rabbits--somehow I had thought it was a British thing of small game on toast. There is an appendix with some recipes.

No good recipes. I thought there would be a supply of sauce recipes.

Great info was a Saucier for years.

Love sauces! Good book

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