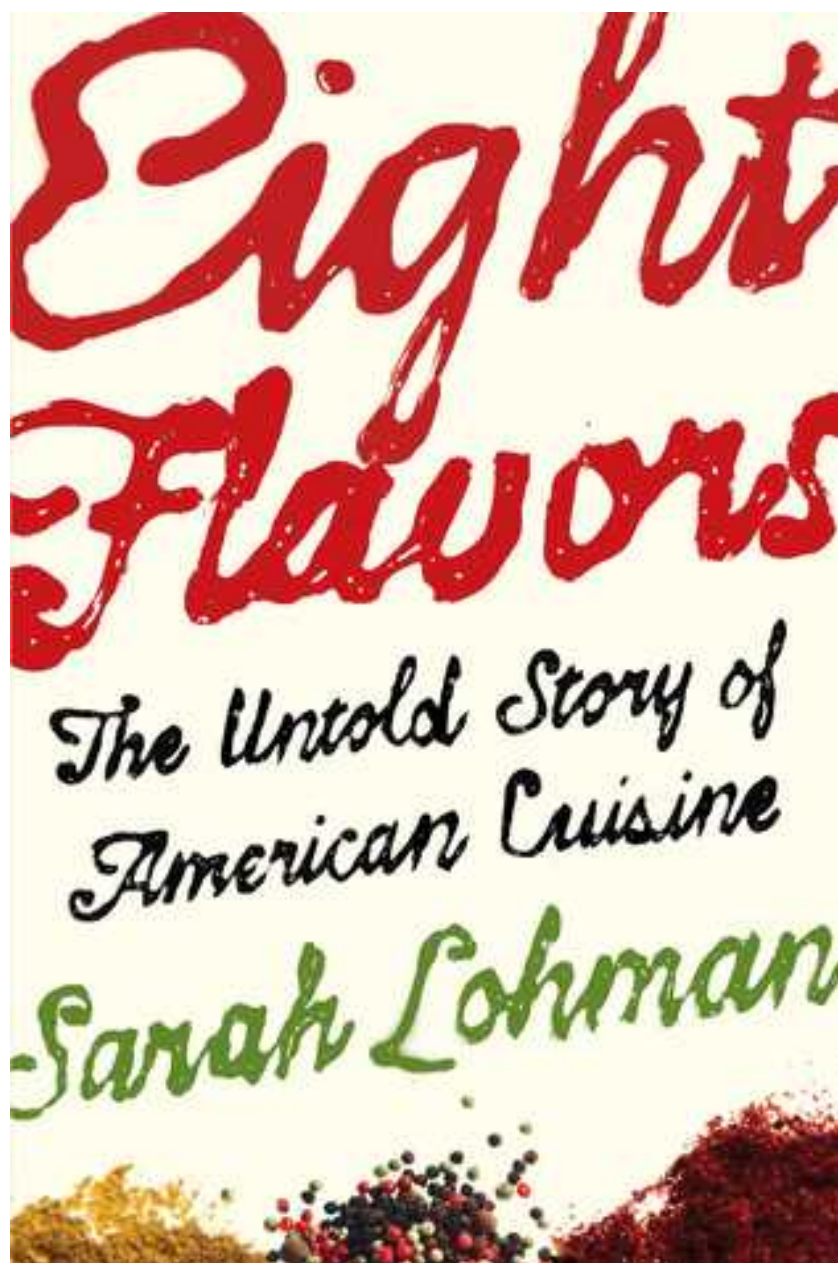


Eight Flavors: The Untold Story of American Cuisine Book PDF Download



**By:
Sarah Lohman**

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Sarah Lohman's

offers an eclectic and thought-provoking survey into American culinary culture and palettes. She traces our culinary roots and, through professional and personal experience, as well as meticulous research, offers up the history of eight spices that can be found in modern American kitchens today. But where did these spices come from, and how did they become so commonly used in our culture? These are the questions that Lohman probes

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Lohman diversifies the research she offers up with anecdotes of her own history with food—including the summers that she worked in an outdoor historical museum, making historically accurate dishes for audiences. With that, there's something for everyone here in this survey on the American palette. Included within this book are also a slew of recipes so that readers can step back into history themselves, making this read as interactive as it is entertaining and informative. From historical unearthings to 200-year-old recipes heaped in historic truth, Lohman's

is a read for true foodies and novice culinary explorers alike. 4 stars ****

*I was given a copy of this book by the publisher, Simon & Schuster, via Netgalley in exchange for an honest review.

*For more reviews, go to The Navi Review at

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John

Every time the author mentioned some of her friends, I grew more envious that I am not one of them. I think she has to be one of the most

writers I've run across. In addition to writing, she gives food-related courses (lectures) regarding herbs and spices, which probably fill up within minutes of registration.

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What to expect? Each of the eight chapters serves as a jumping off point for a segment on American history along with a botanical examination of the spice itself. Thinking about it, her style reminds a bit of Sarah Vowell in terms of the former. Without (too much) rehashing, which my loyal fans know I despise, here are my brief impressions of the contents, bearing in mind I read them over a couple of weeks, and have returned the book, so cannot refer to it for details:

- 1) black pepper - strong start, focusing on an early spice's roots from the time of the U. S. as an early nation. No travel to Indonesia involved here.
- 2) vanilla - travel to a farm in Mexico, with extensive historical botanical detail as well. This one was, perhaps, my least preferred chapter.
- 3) curry powder - I had thought that in the States this spice was fairly unknown until after World War II, but not so! We get a curry crawl in NYC as the travel aspect, along with historical background of Indians in America. As it's a spice blend, not as much on the botanical front.
- 4) chili powder - focus on the Southwest as the spice was considered regional until the later 20th century. Trip to Texas, featuring San Antonio "chili queens" as independent Latino businesswomen in days of racism and sexism; her food truck friend in drag serves as a modern Chili Queen example.

Patty

A nonfiction book about the history of American cooking. Lohman organizes the book around eight popular flavors, arranged chronologically as to their appearance in mainstream American food: black

pepper, vanilla, chili powder, curry powder, soy sauce, garlic, MSG, and sriracha. Each has a chapter dedicated to it, which Lohman fills with stories of the people involved in the invention or popularizing of a flavor, such as Edmond Albius, a young slave on Madagascar who discovered how to artificial

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I was surprised at first by her inclusion of MSG, which feels to me to be much less common in the US than in other countries; when I was in India, for example, I saw a lot of kitchens with a bottle of MSG like a shaker of salt, and I have never seen that in an American kitchen. But Lohman's historical research showed that once happened in the US too, which was cool to learn. My favorite part might have been the final chapter, "The Ninth Flavor", where Lohman attempted to guess the next big trend in American food. Her suggestions all seemed reasonable to me, and predicting the future is always a fun game.

Lohman also includes recipes, some by current chefs and some adapted from historical cookbooks. I haven't had a chance to test any of them, but I was particularly attracted by Black Pepper Brown Sugar Cookies (based on a recipe from Martha Washington), Country Captain Chicken (an American "curry" popular in the 1800s), and Garlic Soup (a French recipe that became popular with the "Lost Generation" expats). The writing was unobtrusive and included lots of personal anecdotes in between the research and recipes. Overall a fun book with lots of interesting information.

I read this as an ARC via NetGalley.

Ariela

Enjoyed this unique take on history, food and the immigrant story. Not sure the author's thesis that these flavors were any more important than others really holds up, but the stories of each of the flavors were strong enough independently for me not to care that much. Also I rounded up this 3.5 star review because of her extensive citations. Respect from one historian to another.

Jennifer Stringer

I actually really enjoyed this book, despite my husband's teasing about its "riveting" subject matter. In this book the author walks us through the introduction of certain flavors in US cuisine. Beginning with pepper and ending with Sriracha sauce, Lohman tells the story of how eight different flavors became part of the American palate. She included recipes from the earliest times of the their introductions and more modern uses. Pepper cookies, Thomas Jefferson's vanilla ice-cream recipe, how to

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how to make homemade MSG (boy, was I really wrong in my assumptions of what MSG was), garlic everything, interesting curries, and most recently sriracha sauce. I think this would make a really fun book club pick with each of the participants bringing samples. While I am really curious about pepper cookies, I don't know what I would do with an entire batch of them, so book club samples would be perfect (Assuming, as my husband doubts, that I had nerdy enough friends who would want to participate.) Still, I saved a bunch of them and hope to give them a go at some point. Since reading this book, I've found myself really stopping and appreciating the abundance of flavor in my life - each turn of the pepper mill or squeeze of the garlic press comes with an incredible story - and that it just the tip of the iceberg!