

# Contents

---

Series Foreword <i>by Ken Albala</i>	vii
Preface	ix
Introduction	xi
Timeline	xv
1. Historical Overview	1
2. Major Foods and Ingredients	37
3. Cooking	88
4. Typical Meals	101
5. Eating Out	116
6. Special Occasions	131
7. Diet and Health	156
Glossary	167
Resource Guide	179
Selected Bibliography	183
Index	187