Contents

List of Figures	vii
Acknowledgements	х
Behind the Communist Kitchens' Steamy Windows	1
Part One. The Context	
Cooking Advice in Bulgaria	17
Recipe Manuscripts Take the Lead	47
Part Two. Home Cooking Between Cookbooks and Scrapbooks	
Recipe Collection as an Instrument	69
Part Three. The Meanings of Scrapbooks	
Navigating the Context	91
Managing Budgets	121
Scrapbooks as Social Capital	133
Entertaining, Indulging and Creating the Self	149
Part Four. What Made Scrapbooks Indispensable	
Cookbooks versus Scrapbooks?	167
Communist Foodways as an Act of Resistance	171
References	173
Index	187