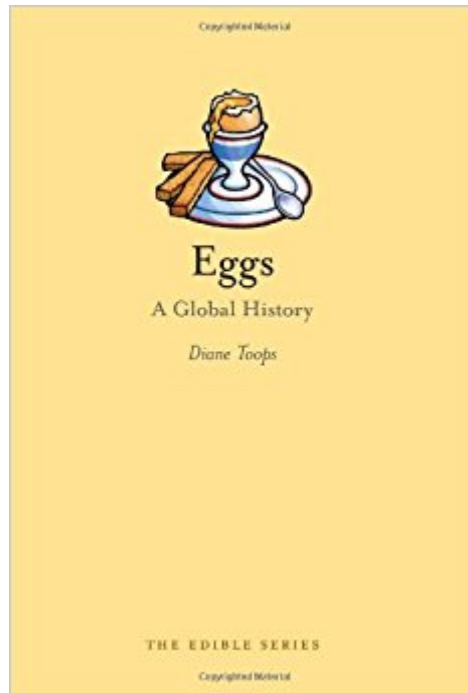




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# Eggs: A Global History (Edible)



## Synopsis

Which came first, the chicken or the egg? In Hindu scripture, the world began as an egg. Laid by a swan floating on the waters of chaos, after a year the egg split into silver and gold halves, with the silver becoming the earth and the gold transforming into the sky. Throughout history, the egg has taken on numerous meanings outside of the famous philosophical dilemma: it was used for curing the evil eye by the Mayans, as protection against lightning in Greece, and to signify rebirth in Christian tradition. In *Eggs*, Diane Toops offers a fascinating tour of egg history and lore, looking at how its significance has represented the preoccupations of the cultures that consume it. After explaining the many varieties of eggs and the places that favor them, Toops sketches a history of its uses from its origins until the present day, when it has become an integral part of modern cuisine. She explores how eggs are today marketed as a health food and discusses the debates over their nutritional status. Filled with appetizing recipes and beguiling images, this protein-packed book will enthrall anyone with an interest in cuisine or cultural history.

## Book Information

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## Customer Reviews

'Embellished with clever illustrations and a nice selection of historical and contemporary recipes ... [an] outstanding series of food volumes.' - Wall Street Journal 'The Edible Series contains some of the most delicious nuggets of food and drink history ever. Every volume is such a fascinating and succinct read that I had to devour each in just a single sitting ... food writing at its best!' - Ken Hom,

chef and author

Diane Toops (d. 2012) was an award-winning journalist and the news and trends editor for Food Processing magazine.

Read this book for a graduate research paper I'm doing on eggs as a food commodity. The book was just alright. Had some interesting facts in it that were good for my paper, but a lot of them weren't cited well. Good starting point and a good general overview. It is short and easy to read. Not much to really say.

This book is as much a history of eggs and culture as it is about birds and eggs. It is very well illustrated, and has a section on recipes, as usual in this series. Nicely written, it is a fast and somehow pleasant read. You'll get an idea of the eclectic (or is it egglectic?) content by chapters. They are what is more perfect than an egg?; history of eggs; no eggs, no cuisine; eggs in American cuisine; bringing eggs to market; which came first, the chicken or the egg?; and hatching the world from an egg. The cultural aspect of eggs becomes evident after you think about it a little. Easter eggs (eggs have long been a symbol of resurrection), eggheads, nest eggs, egging someone on, the Romanov Faberge eggs, and more. I found the most interesting section to be on the chemistry of eggs, and some of the distinctive Chinese forms of eggs as food. She says the top three producers of eggs are India, Japan and Mexico.

Love this volume 'Eggs' entertaining & informative!

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