

efforts to untangle the facts surrounding his origins and his growing-up. These come in small spurts as his own discoveries are pieced together from fugitive recollection and slow reading of documents and files obtained from social service departments. Eventually, the memoir's pace picks up, to the exclusion of other matters. This structure is intriguing and intelligent. Allan Jenkins was in the care of the local authority and, together with his elder brother, fostered by a Devon couple until nearly the end of his schooldays. Although each boy had their ups and downs, he was the more malleable of the two and had the better outcome. This book is also a reconnection with and rebalancing of his relationship with his brother, now dead. The harrowing, or certainly affecting, nature of this life-story is keenly in counterpoint with what's going on on the land – therapeutic indeed. A deeply satisfying work, there is also a quotient relating to food and cookery: whether the approach of his foster-parents to growing and feeding, or his own memories prompted by foods, or his relating the allotment to the kitchen – these provide a sub-theme that will attract the reader. Wholly recommended.

Pamela Sambrook: *The Servants' Story*: Amberley Publishing, 2016: 288 pp., hardback, £20.00.

Pamela Sambrook has long guided us through the domestic thickets of England's country houses, whether in her *Country House Kitchen* (1996, edited with Peter Brears), or *Laundry Bygones* (Shire, 1983), *Country House Brewing* (Sutton, 1996), *The Country House Servant* (Sutton, 1999), or *The Country House at Work* (on Dunham Massey, the National Trust, 1999). In this most recent study, she delves the archive of the Dukes of Sutherland to give a detailed account of the domestic administration of Trentham Hall in Staffordshire during the nineteenth century. The Sutherland estates were among the largest in the kingdom, so there is also mention of Lilleshall in Shropshire and Stafford House (now Lancaster House) in London. It was of this latter that Queen Victoria remarked, 'My dear, I have come from my house to your palace.' Every chapter deserves praise, whether for the affecting personal stories of individual servants or for the grand discussion of providing food for the servants' hall, or for reflections on sexual misdemeanours or its general and crystal-clear description of the mechanics of administration and control. Really excellent stuff.

Anthony Warner: *The Angry Chef – Bad Science and the Truth about Healthy Eating*: Oneworld, 2017: 326 pp., paperback, £12.99.

It was amusing and instructive to interview Anthony Warner at the Dartington Literary Festival and to witness both his immense common sense and the ferocity of the backlash should he seem to challenge readers' fondest imaginings about the food they should eat. The book emanates from a blog which he has