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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

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written while working as a development chef for Premier Foods. His views arise from his years working as a chef, his time earning a degree in biochemistry and his perception of the mismatch between our, or the state's, requirement for scientific validation from food manufacturers and processors and the wild and unsupported claims of advocates of diets and food-related lifestyles in their own literature or in the media in general. These advocates range from the relatively harmless, but still pernicious, Gwyneth Paltrow and her ilk, through the crazier claims of followers of the alkaline diet or paleo diet, to the unacceptable extremes of Natasha Campbell-McBride's GAPS diet to cure autism or the various proposals to cure cancer as promoted by the late Michio Kushi (macrobiotics) or William Kelley. His response to all of these is to ask, 'Where is the science?' His explanation of how they got there, which misapprehensions and logical jumps fuel their constructs, and how to explain dietary fads in general should be compulsory reading. A book in the tradition of Ben Goldacre's 'Bad science' columns in the *Guardian.* Excellent stuff.

Annie Gray: *The Greedy Queen – Eating with Victoria*: Profile, 2017: 390 pp., hardback, £16.99.

Annie Gray's star has been rising and is now a familiar sight and sound on any broadcast programme dealing with food history. She has academic training, and she has experience in historical re-enactment and public instruction through her work over many years at Audley End. Her first book is thoroughly entertaining and accessible. It is both a gastronomic biography of Queen Victoria and an account of the royal household and kitchen arrangements during her reign. It uses plenty of archive material as well as drawing on the multiple printed sources available: Victoria is, luckily for the author, much written about, and she has the added bonus of the Queen's own diaries. Annie Gray's descriptions of the royal kitchens – at Kensington Palace, Buckingham Palace, Windsor, Osborn and Balmoral – are especially useful. Her tracing of the careers of the many royal cooks is also of great interest, as is her telling of the reception and integration (or not) of the various Indian servants at the end of the reign. Chapters step smartly through Victoria's childhood (food and discipline), the service of dinner (à la française, à la russe), kitchens, cooks, Osborne and Balmoral, Victoria's family life, the general run of royal dining in the mid-century, state banquets and holiday food (especially in the south of France), something on the diet of the wider population, and finally, Victoria's old age (food and health). The style is easy, the pages turnable. Annie Gray has a nice eye for quotations. She manages to keep her eye on her main subject without provoking the reader into wishing she would stop banging on about food and talk about something important. If you start to think about that, it's quite an achievement.