

BRITISHFOODINAMERICA.COM

This website, the brainchild of *PPC* contributor Blake Perkins, is celebrating its tenth anniversary: ten years of educating the United States and the rest of the world about the charms, richness and idiosyncrasies of British food and drink. It contains a wealth of essays, historical studies, recipes and arcana on the subject and must be congratulated.

50 WAYS TO COOK A CARROT

Catheryn Kilgariff has sent me details of Prospect Books' forthcoming titles and had I the room to include them, I would tell you more about *Beppina and the Kitchens of Arezzo: Life and Culinary History in an Ancient Tuscan City* by Elizabeth Romer (March 2020); *Eat your Front Garden* by Mat Coward (March 2020); and *Vintage Breadboards* by Madeleine Neave (October 2019). For the next issue I am sure. I do, however, have in my hands Peter Hertzmann's most recent book, *50 Ways to Cook a Carrot* (Prospect Books, July 2019, 192 pp., paperback, £18.00). We welcomed it into the house, wondering if it would include our favourite method (finishing them with onion, butter and cider). Not so fast, for this is not a book of fifty carrot recipes (as Colonel Kenney-Herbert's *50 Breakfasts, 50 Lunches, 50 Dinners*) but one that might be titled *50 Ways to Cook* inasmuch as the author explains in some depth 50 methods of cooking (and how they might apply to carrots): roasting (or baking), custard-making, meringues, macaroons, jelly, gumdrops and plenty, plenty more. He does not shirk the technical detail, nor does he lack exactitude (see, for more on this, his article below on recipe-writing). Peter Hertzmann has spent much of his professional life instructing everyone from the informed to the neophyte, so he is ready with definitions, explications of tricky moments as well as with historical asides (mostly, but never wholly, reflective of American kitchens and manners). So there's more meat to the prose than this humble vegetable might lead you to expect – and if you don't like carrots, try it with beetroot. A great advantage of this text is that it may introduce the hoary veteran to concepts that have been current only in the last few years. Thus it was a novelty to me that you need to calculate gelatine quantities according to the bloom strength of the gelatine (it's all there on pages 73–4); similarly, his comments on *sous-vide* are enlightening (and no, I don't have a home vacuum packaging system, a water oven or a circulator). What is best about the book is his even-tempered explanation of almost *everything*. His patience reminds me of the steady tones of the Satnav voice as you take yet another wrong turning. He's used to people getting it wrong – as he remarks somewhere, when you have had a student admitting to roasting nothing, because 'I don't know how to turn the oven on,' you realise that this is a man of forbearance. He is also replete with knowledge, so the lesson is rewarding.

SOPHIE COE PRIZE

It is gratifying to report that this year's winning essay was by Malcolm Thick (see below), 'The Sale of Produce from Non-Commercial Gardens in Late Medieval and Early Modern England'. The runner up was Stephanie N. Bryan, with 'Under the Cover of Savory Vapors—Opossums, Power and Jim Crow Politics'. The text of Malcolm Thick's piece can be seen in the *Agricultural History Review*.

I.E.H.C.A., TOURS, 4–5 JUNE 2020

The deadline for submissions and applications to register for next year's international convention on food history is 15 November. Communications should go to one of these addresses: loic.bienassis@iehca.eu or allengrieco@gmail.com. I have just the space here to recommend a series of IEHCA lectures from now until June next year from the biggest names in Europe about the history of food, all in Tours. See <https://www.association-des-historiens.com/copie-de-28-histoires>.

KARIMA MOYER-NOCCHI

Karima's first book of oral testimony concerning the food and cookery of Italy in the years since Mussolini, *Chewing the Fat*, was reviewed here. Her second, *The Eternal Table. A Cultural History of Food in Rome*, will be noticed soon. She has inaugurated a website, <https://www.theeternaltable.com/>, which deals with modern Italian recipes, historical recipes and cooking in general. It is handsome and informative (e.g. about making verjuice, a recipe posted at the end of August).

YUAN MEI

We have noticed the appearance of the original, bi-lingual version of Yuan Mei's classic treatise (see review in *PPC* 112), now is the moment to welcome the much cheaper English-only text. We all need a copy. It is published by Berkshire in paperback at £29.95. The full title is: *The Way of Eating: Yuan Mei's Manual of Gastronomy*. The translator remains Sean Chen.

AMSTERDAM SYMPOSIUM, NOVEMBER 2019

It's late, but just time to catch the Eurostar (if it's still running) for this symposium, the topic of which is '(Post)colonial foodways: creating, negotiating, and resisting transnational food systems'. The keynote address is by Katarzyna Cwiertka, who better? I would have told you before, but news came late to me.