

power in the *pilota*. They worked in shifts, eating at different times, and this way of cooking rice kept the rice nice and warm and ready to eat for some time, unlike the conventional risotto.

A dish from Verona, where salt cod or stockfish are cooked to a milky whiteness (like a *brandade de morue*), we find crisp spears of young asparagus in a saffron-coloured risotto with a last-minute swirl of this *crema di baccalá*.

Garlic, rosemary and pancetta go into a rustic risotto; while *mela golden melinda*, a superior kind of Golden Delicious grown in the Val de Non, and a local cheese, *toma della Valsesia*, with a few sliced walnuts, make a characteristically local use of what is to hand, *kook met wat voorhanden is*; another local combination is sausage and chestnuts, with a seasoning of nutmeg; a Sardinian touch comes with using a combination of tiny artichokes, garlic and bottarga; the red radicchio of Treviso goes with *scamorza*, a smoked pulled cheese from the south of Italy; leeks and *funghi porcini* make a fine vegetarian risotto.

The book is illustrated with black and white line subjects and many (some rather muddy) monochrome photographs of the landscape and implements of traditional rice production. These are a unique visual record of north Italian rice culture, and whatever their short-comings a huge improvement on the superfluous colour photographs that hike up the cost of so many food publications. This book is a treasure trove of little known recipes and a lovingly researched account of a classic Italian dish and how to cook it. An English translation would be warmly welcomed.

GILLIAN RILEY

Alexis Gauthier: *Vegetronic*: Preface, 2013: 375 pp., hardback, £30.00

As soon as you open this book, you will experience the intense, pacy and passionate world of Alexis Gauthier. With full page, colour pictures of truffles, bright green jelly moulds and neon street signs, his diversity lends itself to the design as well as to the recipes and the tone. With recipes that range from mimosa sweets and bubblegum to black truffle polenta, this is far from being a book about vegetables – it is about a total love of food and fresh ingredients. It is a celebration of flavour and freshness and will change the way you cook vegetables.

ALICE RICHARDSON

Helena Attlee: *The Land where Lemons Grow: the Story of Italy and its Citrus Fruit*: Particular Books, 2014: 272 pp., hardback, £20.00.

Citrologists of the world will unite in welcoming this absorbing grand tour of the citrus-growing regions of Italy. A distinguished garden writer, Attlee fell under the spell of citrus over ten years ago and the resulting book is a zesty

and charming roadmap to Goethe's lemon-tree land. Travelling from the tip to the toe of the Peninsula, she elegantly interweaves personal stories, travellers' tales, historic and horticultural details with cultural insights and a few recipes (de rigueur, these days). Contemporary analysis is sometimes overshadowed by the romance of the glory days but that is entirely forgivable, at least by anyone who shares her fascination with this most beautiful and provocative of fruit. We cannot, however, excuse the publishers for the poor illustrations – and so few of them!

CLARISSA HYMAN

David B. Goldstein: *Eating and Ethics in Shakespeare's England*: Cambridge University Press, 2014: 280 pp., hardback, £65.00.

Goldstein conducts an intense discussion about the rituals of food and eating in the seventeenth century. He delves into the dark side in the first section, 'Cannibal Ethics', in which he looks at *Titus Andronicus* and *The Merchant of Venice*. In *Titus Andronicus* he demonstrates how food is used as a tool of oppression in the way it excludes certain groups and feeds others and shows that eating is a carnal expression of base human nature. Goldstein ends on a more positive note in 'Communion and Community'. It covers Milton's *Paradise Lost*, contains seventeenth-century cookery manuscripts and demonstrates how eating and food can bring people together as well as dividing them. This is an earnest and thorough study and is not for the faint-hearted.

ALICE RICHARDSON

Lorna Weatherill: *Consumer Behaviour & Material Culture in Britain 1660–1760*: Routledge, 2nd edition 1996: 252 pp., paperback, £26.99.

Lorna Weatherill, ed.: *The Account Book of Richard Latham 1724–1767*: Oxford University press for the British Academy (Records of Social and Economic History, new series xv), 1990: 284 pp., hardback, £65.00.

It may take twenty years, but we get there in the end. Our constant preoccupation with material culture (see the next volume of the Oxford Symposium) provoked me to buy the first book of this pair, often referred to but never inspected. The second I obtained because Ms Weatherill clearly valued it highly as evidence. Her book looks at the ownership and rate of uptake of categories of consumer goods as revealed by a large sample of probate inventories. Some of these goods are talismanic: looking glasses, curtains, furniture, cooking pots, and so on (with extra-special emphasis of the materials for making tea and coffee). Their spread gives some clue as to practical change in people's homes and what that might mean in terms of economic stimulus (to production of the goods) or to people's self-image. She is not interested, which is refreshing, in the aristocracy. She can pull out some big facts such as