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Eight Flavors: The Untold Story Of American Cuisine



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Synopsis

The United States boasts a culturally and ethnically diverse population which makes for a continually changing culinary landscape. But a young historical gastronomist named Sarah Lohman discovered that American food is united by eight flavors: black pepper, vanilla, curry powder, chili powder, soy sauce, garlic, MSG, and Sriracha. In Eight Flavors, Lohman sets out to explore how these influential ingredients made their way to the American table. Eight Flavors introduces the explorers, merchants, botanists, farmers, writers, and chefs whose choices came to define the American palate. Lohman takes you on a journey through the past to tell us something about our present, and our future. We meet John Crowninshield a New England merchant who traveled to Sumatra in the 1790s in search of black pepper and Edmond Albius, a twelve-year-old slave who lived on an island off the coast of Madagascar, who discovered the technique still used to pollinate vanilla orchids today. Weaving together original research, historical recipes, and Lohman’s own adventures both in the kitchen and in the field, Eight Flavors is a delicious treat-ready to be devoured.

Book Information

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Customer Reviews

"Her enthusiastic charm and what you sense is genuine Midwestern niceness shine through. . . . Lohman is assiduous in tracking down early recipes and describing cooking techniques." ---New York Times

Sarah Lohman, an Ohio native, began working in a museum at the age of sixteen, cooking historic

food over a wood-burning stove. She moved to New York in 2006 to work for New York magazine's food blog, Grub Street, and now works with museums and galleries around the city to create public programs focused on food.Coming soon...

Great read. Full of facts and history, and written in a light hearted and humorous tone. Enjoyed every page and learned a lot.

Fun book for a discussion group! Compare notes on what people like/grew up on. Even made black pepper cookies to share.

I've been following Sarah Lohman's career for years and this book is the perfect summation of her work. It's interesting, fun, and absolutely packed with information. I learned something new on every page!

Bought this for my wife, who really enjoyed it.

Foodies, a must read!

Recommend it to anyone who likes food and history. I enjoy when a writer can combine subjects in an interesting way

Boring with very little new info. Lots of inane anecdotal narrative that is largely irrelevant.

After hearing the author on NPR, I purchased this for my SIL. She is excited to read it!

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