Contents

List of figures ix
List of tables xi
Preface xiii
Acknowledgements xv

1 Apéritif 1
2 The food itself 8
3 The packaging 15
4 The human remains 21
5 Written evidence 30
6 Kitchen and dining basics: techniques and utensils 37
7 The store cupboard 56
8 Staples 69
9 Meat 80
10 Dairy products 93
11 Poultry and eggs 98
12 Fish and shellfish 104
13 Game 111
14 Greengrocery 119
15 Drink 129
16 The end of independence 152
17 A brand-new province 172
Contents

18 Coming of age 200
19 A different world 221
20 Digestif 243

Appendix: Data sources for tables 246
References 253
Index 275