

Contents

<i>List of figures</i>	<i>page</i> ix
<i>List of tables</i>	xi
<i>Preface</i>	xiii
<i>Acknowledgements</i>	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

viii	<i>Contents</i>	
18	Coming of age	200
19	A different world	221
20	Digestif	243
	<i>Appendix: Data sources for tables</i>	246
	<i>References</i>	253
	<i>Index</i>	275