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NO FOREIGN FOOD



The
**American
Diet**
in Time
and Place

No Foreign Food

Concordia Historical Institute



No Foreign Food:

No Foreign Food Richard Pillsbury, 2018-02-12 Reading Richard Pillsbury's remarkable *No Foreign Food* like the grand opening of a new restaurant in one's neighborhood is an exciting and pleasurable event. He engagingly chronicles the amazing diversity of America's food ways that are so central to our history and culture but he also tells us why our eating habits are much more than mere gastronomic experiences. Karl Raitz UNIVERSITY OF KENTUCKY *No Foreign Food* is the only serious up to date treatment of American food habits that I know a subject unaccountably neglected by most students of the American scene. In Pillsbury's skillful hands American food habits become more than just a set of cranky likes and dislikes but instead a mirror to America's larger culture. It is an indispensable book for any serious student of the American scene. Pierce Lewis PENNSYLVANIA STATE UNIVERSITY *No Foreign Food* explores the evolution and transformation of the American diet from colonial times to the present. How and why did our bland colonial diet evolve into today's restless melange of exotic foods? Why are Hoppin John, lutefisk and scrapple once so important, seldom eaten today? How has the restaurant shaped our daily menus? These and hundreds of other questions are addressed in this examination of the changing American diet.

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