



The Food Journal

The Culinary Historians of Southern California Vol. 4 no 2 Summer 2004

Dedicated to pursuing food history and supporting culinary collections at Los Angeles Public Library

Program Notes

by Nancy Zaslavsky

Here's a new and exciting idea I'd like to share. Many of us own culinary collections, yet few of us have heirs who would want to preserve our collections for future generations. May I suggest you bequest your books to LAPL through the Culinary Historians? Whether you own a scramble of this-and-that or a world-class collection, be assured that your books can earn us funds through our used cookbook sale, enhance stacks in regional branches or possibly enjoy pampered lives in Special Collections to be savored by devotees and researchers. To get more information about setting up the appropriate document through CHSC, please contact Billie Connor-Dominguez, Library Liaison, CHSC (213) 228-7201 or bconnor@lapl.org.

Program-wise, it's been a grand first half of the year. Charles Perry's annual lecture catapulted this year's program line-up to new heights as our President's talk on L.A. steakhouses got everyone in the auditorium salivating for charred beef, and only a dinner at Taylor's could satisfy our cravings. Linda Civitello had us in stitches with her engrossing stories of food-world vice--sugar, booze and tobacco. Linda Del Giudice spoke on the history of St. Joseph's Table and the custom of Italians feeding the poor. Bert Sonnenfeld guided us through the life of the great French chef, Escoffier, one of gastronomy's most cherished characters. Ron Cooper mesmerized us with history and lore of Mexican mezcal. Lynn Alley pinch hit for Dan Strehl with a tempting tour of culinary lost arts from vinegar-making to olive curing. Personally, I went right home and made some fresh ricotta.

Coming up: Andy Smith returns this fall (remember his talk on "Ketchup"?) with his long-anticipated opus, *Oxford Encyclopedia of Food and Drink in America*. Check the calendar on the back of this newsletter for more great programs!

The Croat Connection

By Charles Perry

If you want Croatian food around here, you go down to San Pedro, where fishermen from Dalmatia have lived and worked since early in the 20th century. But we already had Croatian restaurateurs in the 1870s.

One was Jake Maritich (whose name also appears as Giacomo Maritich, showing the close cultural connections of Dalmatia with Italy). In 1877 he had a restaurant on Main Street, right across from the more prominent restaurant of his fellow countryman Jerry Illich.

Illich had been born on the island of Brazza (now Otok Brac) in 1850. At the age of 13 he went to sea, and seven years later he jumped ship in San Francisco and started working in restaurants. Very possibly Illich got to know the Croatian family who had established San Francisco's famous Tadich seafood restaurant during the Gold Rush.

Around 1877 he moved down to Los Angeles, which had just started growing explosively after the transcontinental railway connection went through. He started a small chophouse at 145 N. Main and expanded it to two floors. He made it into a fashionable hangout – he particularly catered to journalists and politicians. The Kansas Club, later influential in L.A. city politics, was founded at a dinner at Jerry Illich's.

In the process, he provided unwelcome competition for another recent immigrant, Victor Dol, who had opened the first serious French restaurant in town in 1876 – later remembered as the first restaurant in Los Angeles that didn't have dirt floors and barefoot cooks. At his Commercial Restaurant, just a block south of where Illich infuriatingly moved in, Dol was also catering to the City Hall crowd.

Both restaurants boasted that they had the finest ingredients, especially seafood, though the cuisine was different. When Illich died, it was remembered that he had "served 'paste' and other foreign dishes." Pasta, that is. As a Dalmatian, Illich would have had an Italian streak in his cuisine.

The Dol-Illich rivalry became legend. Dol advertised his restaurant as "the Delmonico's of Los Angeles." Illich referred to his own place as "the Delmonico's of Los Angeles." In the 1880s, Dol left

the Commercial and opened a restaurant grandly titled La Maison Doree, after the most fashionable restaurant in Paris at the time. Illich brought in a French chef as a partner (referred to in a newspaper ad as "the clever French cook, Mr. Bailhe") and named the restaurant . . . La Maison Doree. One imagines some heated words passed between Dol and Illich.

Meanwhile, he continued to run Jerry Illich's, the largest restaurant in town – and a 24-hour restaurant, by the way. In 1896 he moved it to a three-story building at 219 W. Third St.

He retired just before the end of the century. In 1902 he died of Bright's disease (the Los Angeles Times regularly reporting to the public on his condition) and was buried with a Masonic funeral. The carriages of his mourners extended for two blocks, and hundreds more came by trolley. Not bad for an immigrant kid.

News and Notes

CHSC funds help LAPL to new acquisition: *Coffee: A Bibliography: a Guide to the Literature on Coffee*. By Richard von Hunersdorff and H. G. Hasenkamp. London, Hunersdorff Rare Books, 2002. Two volumes in slip case. 1687 pp (15,000 entries with over 300 illustrations). The book will be housed in the Rare Books Collection

Susan Fox-Davis is featured on the Food Network's "The Secret Life Of..." episode on the history of pie. Show airs August 9, 10pm; 10th, 2am; 27th, 10pm; 28th, 2am.

Charles Perry will oversee a medieval Arab banquet at the annual Middle East Institute conference in October in Washington, D.C

Amelia Saltsman has been named to a two-year term as Food History Chairman of the International Association of Culinary Professionals

Denise Resetar is the new CHSC Recording Secretary. Thank you!

Dan Strehl spoke at a luncheon and booksigning at the Getty Museum in April on his book, *In Encarnacion's Kitchen*.

Donna Yeakel is the new CHSC Assistant Treasurer. Thank you!

A Letter from the Editor

Dear Fellow Historians,

I'm happy to report that food's historical context is gaining ever more prominence in the professional food world. Nancy Zaslavsky, Akasha Richmond and I attended the annual International Association for Culinary Professionals conference in Baltimore where renowned anthropologist Sidney Mintz was scholar-in-residence. The author of *Sweetness and Power: The Place of Sugar in Modern History* told an SRO audience that food systems and patterns of eating show how a society is divided up, and that "the table is where most of us learn to be civilized."

Authors Greg Patent (*Baking in America*) and Damon Lee Fowler (*Classical Southern Cooking, and New Southern Kitchen*), and Sandra Oliver, founder of *Food History News* (check it out and subscribe! www.foodhistorynews.com) led a seminar on spotting food myths. Note: beware claims of invention at world fairs or by the resourceful common man or famous person. Dishes tend to evolve rather than spring fully formed; Sandy Oliver recommends a cookbook crawl back through time to see where recipes first appear. How fun does that sound!

And of course, we met representatives from other culinary historian groups like ours. There's quite a network out there.

In this issue of *The Food Journal*, journalist Linda Burum tells us where to find authentic Asian ingredients, and Helen Haskell's piece on recipe websites is a researcher's dream-come-true. This is a tippler's issue; Bert Sonnenfeld explores "delightful sin," and Jane Apostel translates the Greek poem, "The Toper."

Bon Appétit,

Amelia Saltsman

The Culinary Historians of Southern California
Los Angeles Public Library
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Upcoming Dates

July 11

Members-only picnic. The Old Mill, San Marino

August 22

CHSC annual used cookbook sale, Hollywood farmers market

September 11

Dr. H. Vincent Moses, Ain't Sunkist Sweet: The California Fruit Growers Exchange, The California Dream, and The Shaping of American Tastes 1912-1980

October 9

Andy Smith, Oxford Encyclopedia of Food and Drink in America

November 13

Dan Strehl, A Look at LAPL's Ibero-Mexican Culinary Collection

December TBA

Members-only holiday party

January 8

Annual Charles Perry lecture

Don't Miss Out:

Make sure Membership Chair Susanna Erdos has your correct contact information, *including* e-mail address. We need to keep postage costs to a minimum by sending more e-mail announcements and less snail mail!

Effective January '04: \$5 dues mailing cost surcharge to members wishing to receive all CHSC correspondence by US. mail.

CHSC membership dues are due January of each year. Checks must be in by February 1 for you to be included in the March directory. Please direct all questions to Susanna Erdos, Membership Chair, at serdos@aol.com or (323)-663-5407.

Call for winter newsletter stories and member news!

E-mail or tell me your story ideas for *The Food Journal*. Story submissions are due electronically by **November 15, 2004** to ameliasaltsman@earthlink.net

A Very Holly Holiday

By Helen Allen

A very merry spirit prevailed at the 2003 CHSC Holiday Party at the Grace E. Simons Lodge, near Dodger Stadium. Members brought their delicious traditional family recipes to accompany classic baked ham and roast turkey. Family favorites included Russ Parson's Mom's Cranberry Sauce prepared by Joan Nielsen Castle, Rena Michel's Grand Marnier Yams, CHSC Prez Charles Perry's Graham Pudding with Hard Sauce (a sight to behold), and Lin and Scott Cher's Broccoli Wreath and Boozy Bourbon Balls. The Erdos sisters brought enough Original Green Bean Casserole for everyone, and Darien Morea baked a Sicilian Sausage Pinwheel. Members reminisced about their traditional recipes; each had a fascinating history. As always, Glenous Absmeier collected fabulous items for the successful raffle that brought additional dollars to the day's profit.

On behalf of co-chair Eve Otaola and myself, thank you, committee, for another job well-done: Glenous Absmeier (guest Pat Brown), Doris Arima, Joan N. Castle, Ricki de Kramer, Joanne Erdos, Susanna Erdos, Janet Fahey, Cathy Flammer, Fran Garbaccio, Sue Giordano, Rena Michel, Maxine Miller, Nancy Meyers, Peggy Sloves, Sandy Schuckett and Shirley Thomas.

Red-and-White Salad

from Cathy Flammer's great-aunt Rose Allen as adapted by Cathy's sister, Christine Flammer Lane

2 3-ounce packages cherry gelatin
1 3-ounce package lemon gelatin
18 large marshmallows or mini-marshmallows equivalent to 1/4 lb.
1 cup whipping cream
1/4 cup Miracle Whip salad dressing
1 3-ounce package Philadelphia cream cheese, softened
1 8-ounce can crushed pineapple

Prepare 1 package cherry gelatin according to package directions and pour into shallow 2-quart baking dish. Refrigerate 2 to 3 hours. Drain pineapple well. Add enough water to pineapple juice to make 2 cups, heat, and add lemon gelatin. If using large marshmallows, cut them into small pieces. Stir marshmallows into lemon mixture until dissolved. Cool to room temperature. Mix together cream cheese, salad dressing, and pineapple. Whip cream and fold into cream cheese mixture, stir into lemon jello mixture, and pour this over the first cherry layer and return to refrigerator. Meanwhile, prepare second package of cherry gelatin, cool until slightly thickened, and add as top layer over lemon-marshmallow-cream cheese layer. Refrigerate until set, about 3-4 hours. Can be made 2 days ahead.

Check It Out at LAPL

by Johanna Pick

For those Culinary Historians who want to get a jump on the winter holidays, a visit to the LAPL website will prove to be a source of inspiration. Go to www.lapl.org and then go to "About LAPL," click on: "Central Library," then "Subject Departments," followed by "Science, Technology and Patents," which will lead you to "Culinary Historians." Once at Culinary Historians, scroll down to number seven, "Holiday Cookery." Prepare to be amazed. The site illustrates the breadth of the library's holdings in the area of cookery (the bibliographer's preferred term). You'll find books on individual holidays such as Thanksgiving, seasonal California cuisine, and year-round celebratory occasions. There's a listing for holiday fruits, that is, festive ideas using fruit, and even a vegetarian take on holidays. There are also sections covering non-circulating reference materials, international religious and secular holidays, and a section (small), devoted to staying on a diet while celebrating. Titles in the "Periodicals Collection" might give you some ideas for holiday gifts. At the end of the site, there are listings for related web sites. To learn if your circulating selections are available, return to the library's home page and go to "Catalog."

Happy holidays (a little ahead of schedule), and check it out!



CHSC Annual Used Cookbook Sale

Sunday, August 22, 2004

8:30 am to 1pm (or until we sell out!)

Hollywood Farmers' Market (at Selma and Ivar)

Volunteer and get first crack at all the books!

Donate books and make room on your bookshelves for new acquisitions!!

Buy books and raise funds for future LAPL acquisitions!!!

To volunteer contact Dan Strehl (323) 856-8270 or dstrehl@lapl.org

To donate books contact Dan or Billie Connor-Dominguez (213) 228-7201 or bconnor@lapl.org

Don't miss

L.A.: light/motion/dreams

an exhibit of the interplay through time of nature and culture in our city, including books and artifacts from our culinary history through **January 5, 2005**

at the

Natural History Museum of Los Angeles County

Chinese American Museum

Permanent home now open in El Pueblo Los Angeles Historical Monument (Doris Arima's brother Terry Loo is current president of board of directors). Hours: Tues-Sun, 10am-3pm. Admission: \$3 general, \$2 seniors. Through October 18, 2004: Tyrus Wong Retrospective.

Everything you need to know about the:

Salone del Gusto

October 21-25, 2004 Turin, Italy

is now online at www.salonedelgusto.com!

Detailed descriptions of all workshops, tours, and events, and hotel and local restaurant recommendations. You can register and make reservations online.

For things you ought to know before you go, contact members and Salone veterans Allana and John Elovson at aevolson@adelphia.net

In Store: Finding Asian Ingredients

By Linda Burum

Tracking down fermented fish, fresh rau ram leaves or other Southeast Asian ingredients is no problem here in L.A. because our ports are the gateway to the nation for most Asian importers, and California's immigrant farmers grow exotic produce and herbs like ngo gai, bai horapa and kaiware sprouts delivered to our wholesale Central Produce Market regularly. World-class Asian supermarkets can be found near almost every neighborhood; look up **99 Ranch Chinese Markets**, **Hong Kong Market**, or **Mitsuwa** or **Nijiya Japanese markets** in your regional yellow pages and you'll discover you probably won't need to drive far. The following independent stores specialize in Southeast Asian ingredients along with the basics for Chinese cooking.

Ai Hoa Supermarket, the oldest Vietnamese market in Chinatown, still attracts fussy Vietnamese grandmothers with an excellent produce section that spills out into the parking lot. Thai-owned **Bangkok Market** in Hollywood is associated with a much larger food-importing company and good for basics. Vietnamese-owned **Tai Lee** has served the West Valley for more than a dozen years and offers good Thai, Vietnamese and Filipino basics, a small selection of live fish and fresh Vietnamese herbs. You'll feel like you've flown to Asia while browsing the mind-boggling selection at **San Gabriel Superstore** that's part department store and part supermarket. And of course, Little Saigon: **Vien Dong III Superfood Warehouse** is the newest supermarket giant there where you'll have no trouble finding just about any Vietnamese ingredient.

Ai Hoa Supermarket

860 N. Hill St., Chinatown
(213) 629-8122

Bangkok Market

4757 Melrose Ave., Hollywood
(323) 662-9705

Tai Lee

20922 Roscoe Blvd., Canoga Park
(818) 882-8882

San Gabriel Superstore

1635 S. San Gabriel Blvd. (at Valley Boulevard),
San Gabriel
(626) 280-9998

Kim Heng

1241 E. Anaheim St., Long Beach
(562) 599-3188

Vien Dong III Superfood Warehouse

13861 Brookhurst St. (corner of Westminster),
Garden Grove
(714) 530-2762

Helpful Recipe Websites

By Helen Haskell

Whether you are looking for a specific recipe or just want to browse, several internet sites may be exactly what you are looking for. Here are a few for your culinary enjoyment.

Librarians' Index to the Internet, <http://lii.org>, is a great place to start, especially if you want to browse through several sites. Begin by typing "recipes" in the search box. Over 240 hits result with options to view the next 20 hits per screen, or "Top 20 Subjects," or link to "Cookery." Each listed website includes a brief description of coverage, for example, the number of recipes and topics such as ethnic foods, holiday menus, bartending handbooks, and if it has an index or search box. Easily find a wide array of topics including "Food Preservation Without Salt or Sugar," "Chefs of Santa Barbara," and "Godiva Chocolatier." With so many wonderful links, you could spend all day at this site.

Epicurious: The World's Greatest Recipe Collection, <http://www.eat.epicurious.com>, is a glossy site with a recipe search box, indexes to Bon Appétit and Gourmet magazine recipes, restaurant guides and specialty foods sources. Biographical information for notable chefs is indexed under the topic "Eat" in the toolbar, as well as cookbook reviews, holiday, wedding and party menus. Go to "Drink" for "The Essential Wine Guide" with articles on winemaking, serving and buying. "How To Choose The Right Glass For The Right Wine" and "How To Read A Wine Label" are also conveniently at your fingertips. Under the heading "Learn," is an etiquette guide with techniques for eating everything from artichokes to persimmons, how to use chopsticks and which utensils to use. Shop for kitchenware, gourmet foods and prepared foods online.

RecipeSource, <http://www.recipesource.com>, focuses on ethnic cuisines and broad types of dish categories. Find Armenian and Welsh recipes here as well as appetizers and stuffed vegetables. Categories for special diets include diabetic, baby food, gluten free, and vegetarian. You may also submit recipes. This site was formerly known as SOAR: The Searchable Online Archives of Recipes.

Recipezaar, <http://www.recipezaar.com>, hosts a compilation of contributed recipes and articles. Look here for message boards and chat rooms concerning cooking. The Recipe Directory is broken down by course, main ingredient, ethnic cuisine, preparation and special diets to give a partial subject list. Hints on how to select, store and prepare most foods as well as links to food specific recipes are in the Kitchen Dictionary.

AllRecipes, <http://www.allrecipes.com>, has over 20,000 recipes searchable by key words or by collection categories such as low carb, barbeque, beverages and brunch. It has links to popular diet and magazine recipes including the South Beach Diet, Sunset Magazine, Taste of Home, Southern Living and Cooking Light. The Cook's Encyclopedia in the Reference section consists of succinct definitions with pronunciations. Sign up for free online newsletters.

Helen Haskell is a Subject Specialist in the Technology and Patents Department

The Toper

Adapted from the Greek by Jane Apostol

Tom Apostel learned this poem from his mother, Efrosini Papathanasopoulos Apostolopoulou in the hamlet of Helper, Utah in the early 1930s.

*A man of the world,
An old friend of mine,
Once gave me a lesson
On how to drink wine.
In months spelled with R
(You'll find there are eight)
Just uncork the bottle
And drink the wine straight.
But in months without R
It's wiser, he said,
To water your wine
Lest it go to your head.
And so every day,
Though I found it a chore,
I asked about R
Before starting to pour.
But now my advisor
Has gone to his rest
I'm left without help
For the day's spelling test.
There might be an R,
But again there might not,
So I pour out the wine,
And the water's forgot.*



Summer Fiesta

By Jackie Knowles

Fiesta del Molino Viejo is the theme of the ninth annual picnic of the Culinary Historians of Southern California on Sunday, July 11, from 5-8 p.m. at the Old Mill, 1120 Old Mill Road in San Marino. Originally built as part of the San Gabriel Mission around 1816 to grind grain for residents of the region, the mill became a fashionable home less than four decades later. Col. E.J.C. Kewen and his wife, Fannie, rescued it from ruin in 1859, converting it into a residence renowned as the scene of premier social events of the day.

The CHSC picnic will be in the style of one of the Kewen parties, with food and music that blend influences of Spain and Mexico in mid-19th century California with that of the "new immigrants" from the South and Midwest. We will picnic in the shady garden and patios in the cool of the evening, with a guitarist and a violinist entertaining us with music that reflects the multi-culture of early California. Docents also will provide tours of the mill, now a museum and art gallery.



*Old timers picnic at the old mill, 1915
Photo courtesy LAPL Photo Collection*

The Sweetest of the Venial Sins

By Albert Sonnenfeld

"The French not only talk about food, they talk about talking about food."
Gertrude Stein

During my student years in France, I would tool along country back roads in my Citroën 2CV (40 mph max, with the manual choke pulled out!) in quest of generously served, affordable, quality meals. "You will be well fed if you eat wherever you find the local priest at table," my family told me! And so it was.

The Catholic clergy I encountered back then in France's provincial inns and café-bistros were inevitably rubicund, with wine-induced roseate noses, looking for all the world as though at least one of the seven deadly sins was, if not a virtue, at least a convenient accommodation of Holy Scriptures with necessity and enjoyable indulgence.

But as St. Paul (usually ferociously severe on any bodily pleasure) put it, "Food is meant for the stomach, and the stomach for food, and God will destroy one and the other." So how to understand the cultural origins of this "deadly sin" of Gourmandism (a more elegant and appropriate term than 'gluttony')?

"Nothing is too good for God" was the moral behind Cardinal de Bernis's practice of only celebrating mass with a fine Meursault, so as not to make the Lord grimace. (Communion wine in France, by the way, is invariably white, to avoid staining the priestly robes.) One of my favorite Scriptural drinks, the miraculously created wine at the Wedding at Cana, is described in the Gospel as an "excellent wine," unlike the mixture of vinegar and gall presented to Christ on the cross. In fact, as a French theological historian put it directly: "After all, He eats, and drinks wine,



Obesity by Bertall from Brillat-Savarin's Physiology of Taste

goes to celebrations and weddings when He is invited."

With such a role model it is no wonder that the future Saint Radegonde, the abbess of the monastery at Saint-Croix de Poitiers, offered her bishop "plates filled to the brim with exquisite dishes rising from the table like hills. The table seemed like a valley to me with the tablecloth for sod, bordered by a ravine having for a river streams of oil in which fish swam.... There was no end to the food and no end to my eating."

The ways of the Lord are inscrutable. The appetite of the gluttonous bishop of Poitiers clearly did not stand in the way of his canonization in the late 6th century AD as Saint Fortunat, "the patron saint of big eaters."

To understand the long tradition of French gourmandism one must know that the early medieval French Church was Roman as much as Catholic, and both politically and culturally an outgrowth of the Roman Empire. And the Romans, as we know, were hardly abstemious in their culinary traditions.

Little wonder, then, that many of those great vineyards in Burgundy (Clos Vougeot, for example) were planted by monks to celebrate the greater glory of God; or that monks "pounce on meat, to the point that a monk can no longer be distinguished from a layperson judging from their diets, but only thanks to their robes."

The doctrine of penitence (even the worst of sins could be forgiven, and gourmandism was certainly not among those!) and of the overabundance of available grace meant that you could benefit from the Redemption whether you ate dried nettles in a hermit's hut or poularde de Bresse at a bounteous monastery refectory. (I once told an interviewer that "I gave up Lent for Lent!") You were supposed to express the glory



"Greedy People"

of God and of infinite grace with beatific music, sublime architecture, colorful painting, and of course complex tasty recipes accompanied by wines celebrating earthly sustenance, "a willing resignation to the orders of the Creator."

The great abbeys (Paris, Reims, Macon, etc) founded by Charlemagne in 802AD in order to re-Christianize the reborn Roman Empire became what we know today as centers of regions of exceptionally well-defined gastronomy. Thus, the link of outposts of central authorities of government and religion to gastronomic creativity, fraternal conviviality, and most importantly the continuity of reigning dynasties soon became firmly established.

In the words of a French Catholic philosopher, V. Poucel: "At the table where guests are about to sit down, a noble rite is about to take place, creating a kinship between blood brothers and strangers, through the living communion of matter itself. Eat! Drink! Thus gain access to the perceptible forms of Divine Will!"

Jean-Robert Pitte, in his wonderfully witty, wise and erudite *French Gastronomy: The History and Geography of a Passion* adds that the old Gallic paganism always got along well with French Christian monotheism. Today's chefs derive their sense of "terroir" from this animistic attachment to "the veins of our ancestor, Earth."

The first culinary "philosopher," the great Brillat-Savarin, revels in his intuitive knowledge that while most venial sins and their practitioners may be unequivocally damned, "the gourmand [...] slips by with a completely theological face."

Strangely enough, from St. Paul onwards, a double standard existed regarding the belly and what lies below. The excesses of eating well are not penalized in the same way as those of sexuality. While gluttony, like lust, was among the seven deadly sins, the



"Fat Priest"

laxity of the medieval diet police might be viewed as just another French paradox: Food, yes; sex, no! In 17th-century France (*dixit* Pitte) gourmandism and drunkenness were addressed in only 4% of sermons reached, whereas lust was in 17.5%, greed in 16.8%, envy and slander in 10.6%.

So the venial sin of gluttony rarely became a mortal sin, in fact only when "it is committed to the detriment of oneself ... or if the gourmand does not pay his debts or lets his family die of hunger." Father Serge Bonnet described "the lapses of gourmandism" as a "delightful sin" and sinful only when the gourmand stuffs his digestive organs so much that he becomes "incapable of communion with his fellow man."

The optimistic view depicted here was by no means universally shared; there were monastic orders that preached and practiced austere observance, mastery over the senses, and ongoing penitence. There were spin-off heresies (like Catharism) for whom the body itself embodied evil; and, of course, familiar to us all, the Cromwellians, Puritans and Calvinists whose faithful subscribed to a morality of methodical, unrelenting work and self-deprivation. Or as a 19th-century American preacher was to put it, "The Devil lurks in the pot!"



Obesity by Bertall from Brillat-Savarin's Physiology of Taste



Albert Sonnenfeld directs the series Arts of the Table: Studies in Culinary History for Columbia University, is editor of The FCI Review by The French Culinary Institute of New York, and author of Culture of the Fork (2001) and Food: A Culinary History (1999).

*Photos courtesy of LAPL
Obesity Photo credit: Gallica, Bibliotheque Nationale de France*