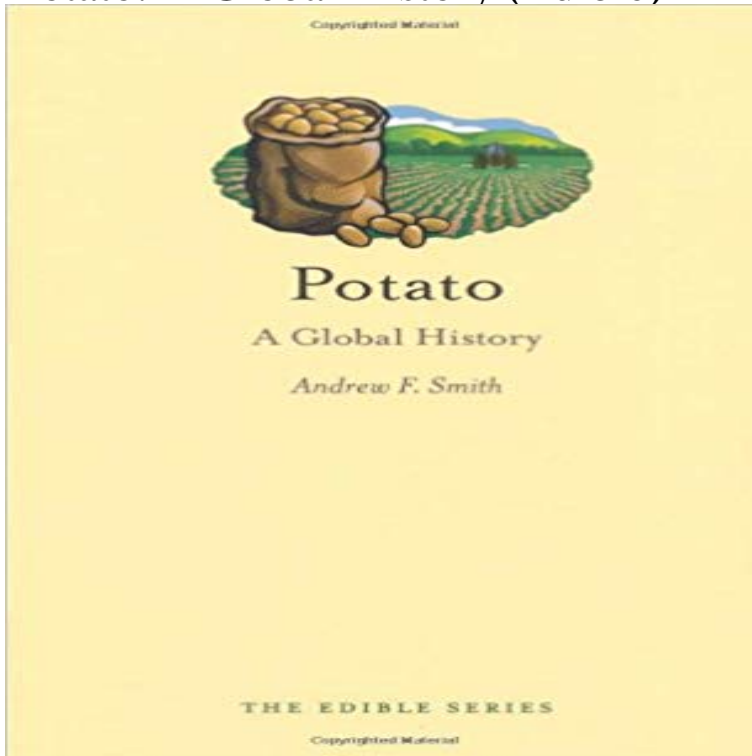


Potato: A Global History (Edible)



From obscure Pre-Columbian beginnings in the Andes Mountains to global popularity today, the story of the potato is one of rags to riches. In *Potato*, esteemed culinary historian Andrew F. Smith reveals the captivating story of a once lowly vegetable that has changed and continues to change the world. First domesticated by prehistoric people in the Andes, the potato has since been adopted by cultures around the globe. For instance, the potato was aggressively adopted by cooks in India and China, where it has become a dietary staple. In fact, these two countries now stand as the world's largest potato producers. Nonetheless, despite its popularity, in this era of both fast food and health consciousness, the potato is now suffering negative publicity regarding its low nutritional value. Its health benefits continue to be debated, especially considering that the potato is most often associated with the ubiquitous but high-calorie french fry. *Potato* is a captivating read that provides a concisely written but thoroughly researched account of the history, economy, politics, and gastronomy behind this beloved starch as well as recipes. As loaded with goodies as a well-dressed baked potato, this book is comforting and satisfying.

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Created by distilling fermented grains, potatoes or other vegetables, this colourless, [(**Potato: A Global History (Edible (Reaktion Books)) - By Smith** Editorial Reviews. Review. As food historian Andrew F. Smith shows in *Potato: A Global History*, even the lowly spud packs a lot of colorful history, including a **Potato: A Global History, Smith - University of Chicago Press** *Potato: A Global History*. Andrew F. Smith. 13.00 . Nicht vorrätig. 20861897992 Reaktion Books - Edible Series Hardback. From its obscure **Book Series: Edible - The University of Chicago Press**

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