



Food at Sea: Shipboard Cuisine from Ancient to Modern Times (Food on the Go)

Simon Spalding

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Food at Sea: Shipboard Cuisine from Ancient to Modern Times traces the preservation, preparation, and consumption of food at sea, over a period of several thousand years, and in a variety of cultures. The book traces the development of cooking aboard in ancient and medieval times, through the development of seafaring traditions of storing and preparing food on the world's seas and oceans.

Following a largely chronological format, Simon Spalding shows how the raw materials, cooking and eating equipments, and methods of preparation of seafarers have both reflected the shoreside practices of their cultures, and differed from them. The economies of whole countries have developed around foods that could survive long trips by sea, and new technologies have evolved to expand the available food choices at sea.

Changes in ship construction and propulsion have compelled changes in food at sea, and Spalding's book explores these changes in cargo ships, passenger ships, warships, and other types over the centuries in fascinating depth of detail. Selected passages from songs and poems, quotes from seafarers famous and obscure, and new insights into culinary history all add spice to the tale.



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