



# A Taste of History: 10, 000 Years of Food in Britain

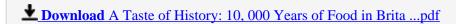
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### A Taste of History: 10, 000 Years of Food in Britain

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The collaboration of five food historians, this text provides an authorative survey of British cooking. Over 90 practical recipes adapted for the modern cook allow the reader to experience a real taste of the past. The early recipes are based upon archaeological discoveries and the later on manuscripts or cookbooks of the period.



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