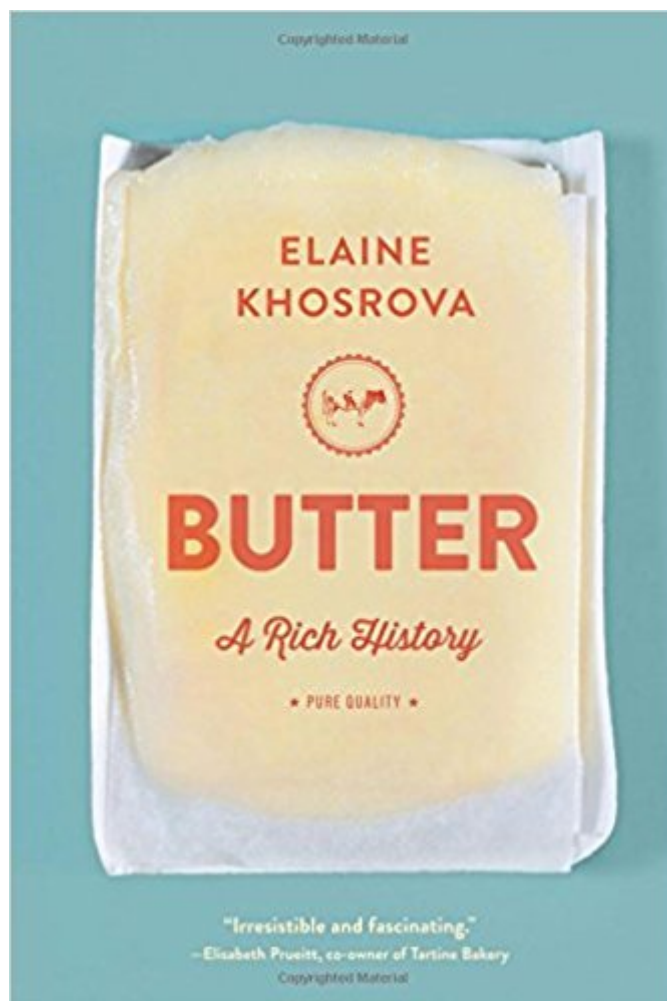


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# Butter: A Rich History



## Synopsis

“Edifying from every point of view--historical, cultural, and culinary.” —David Tanis, author of *A Platter of Figs and Other Recipes* —It’s a culinary catalyst, an agent of change, a gastronomic rock star. Ubiquitous in the world’s most fabulous cuisines, butter is boss. Here, it finally gets its due. After traveling across three continents to stalk the modern story of butter, award-winning food writer and former pastry chef Elaine Khosrova serves up a story as rich, textured, and culturally relevant as butter itself. From its humble agrarian origins to its present-day artisanal glory, butter has a fascinating story to tell, and Khosrova is the perfect person to tell it. With tales about the ancient butter bogs of Ireland, the pleasure dairies of France, and the sacred butter sculptures of Tibet, Khosrova details butter’s role in history, politics, economics, nutrition, and even spirituality and art. Readers will also find the essential collection of core butter recipes, including *beurre manié*, croissants, *pâte brisée*, and the only buttercream frosting anyone will ever need, as well as practical how-tos for making various types of butter at home—or shopping for the best. “A fascinating, tasty read . . . And what a bonus to have a collection of essential classic butter recipes included.” —David Tanis, author of *A Platter of Figs and Other Recipes* —“Following the path blazed by Margaret Visser in *Much Depends on Dinner*, Elaine Khosrova makes much of butter and the ruminants whose milk man churns. You will revel in dairy physics. And you may never eat margarine again.” —John T. Edge, author of *The Potlikker Papers: A Food History of the Modern South* —“Butter proves that close study can reveal rich history, lore, and practical information. All that and charm too.” —Mimi Sheraton, author of *1,000 Foods to Eat Before You Die* —“Irresistible and fascinating . . . This is one of those definitive books on a subject that every cook should have.” —Elisabeth Prueitt, co-owner of Tartine Bakery —“The history of one of the most delectable ingredients throughout our many cultures and geography over time is wonderfully churned and emulsified in Khosrova’s *Butter* . . . Delightful storytelling.” —Elizabeth Falkner, author of *Demolition Desserts: Recipes from Citizen Cake*

## Book Information

Hardcover: 368 pages

Publisher: Algonquin Books (November 15, 2016)

Language: English

ISBN-10: 1616203641

ISBN-13: 978-1616203641

Product Dimensions: 5.8 x 1.4 x 8.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 34 customer reviews

Best Sellers Rank: #80,164 in Books (See Top 100 in Books) #37 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Cheese & Dairy](#) #113 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > History](#) #188 in [Books > Science & Math > Agricultural Sciences > Food Science](#)

## Customer Reviews

“I was raised on margarine, but once I tasted butter, there was no turning back.

Elaine Khosrova is obviously a butter lover, too. Her book, *Butter: A Rich History*, is a fascinating, tasty read, edifying from every point of view—historical, cultural, and culinary.

And what a bonus to have a collection of essential classic butter recipes

included. •David Tanis, author of *A Platter of Figs and Other Recipes*

“Following the path blazed by Margaret Visser in *Much Depends on Dinner*, Eliane

Khosrova makes much of butter and the ruminants whose milk man churns. You will meet

dairymaids "ripe with fertile innuendo" and Bhutanese yak herders. You will revel in dairy physics.

And you may never eat margarine again. •John T. Edge, author of *The Potlikker*

*Papers: A Food History of the Modern South* “Irresistible and fascinating. As a pastry

chef, I am elbow-deep in butter every day; it is in nearly every pastry, cake, and cookie, and

slathered on our toasted bread, yet reading this I realize how much history there is behind this

ingredient that we take for granted. For the history, use around the world, and modern recipes and

techniques (smoked butter!) this is one of those definitive books on a subject that every cook should

have.” •Liz Prueitt, *Tartine Bakery* “The history of one of the most delectable

ingredients throughout our many cultures and geography over time is wonderfully churned and

emulsified in Elaine Khosrova’s *Butter*. I don’t think it gets

much better than the smell and taste of browned butter and lemon juice as a sauce for a pan seared

fish or butternut squash ravioli with sage. Or a buttery and flaky croissant wafting its

seduction straight to your nose. Or a cold smear of butter on a baguette with a few sliced radishes

and some caviar. Or chicken makhani (similar to tikka masala) with its spiced ghee tomato

sauce! I’ve experienced a few butter tastings over years and after reading this book, ran

out and bought several imported and domestic butters to compare again. Delightful storytelling

around this beautiful treasure we call butter. [•Elizabeth Falkner](#), author of *Demolition Desserts* [“This may be more about butter than seems possible but proves that close study can reveal a rich history, lore and practical information. All that and charm too, along with explicit recipes that classically depend upon butter.](#)

[•Mimi Sheraton](#), author of *1000 Foods to Eat Before You Die* [“Khosrova takes readers on an amazing journey in the history of butter, tracing butter’s creation through time and geography, from the clarified butter known as ghee, which is able to be preserved for longer in the intense heat of India, to the cold fingers of Sami women from the Far North stirring high-fat reindeer milk into a unique and delicious butter found nowhere else . . . An ambitious and interesting look at one of the world’s most beloved dairy products.](#)

[•Booklist](#) [“Khosrova’s ambitious project is a successful, fascinating account of a common dairy product.](#)

[•Publishers Weekly](#) [“Although a short read, this enjoyable work packs plenty of fascinating history and science. For fans of food histories such as Dan Koeppel’s \*Banana\* or Reaktion Books’s \*Edible\*](#)

[•Library Journal](#) [“Butter is a book that traverses the globe, and Khosrova writes with authority and keen cultural respect.](#)

[•Food52](#) [“A tasty chronicle of the indispensable dairy product . . .Khosrova’s richly textured history melts in your mouth.](#)

[•BookPage](#) [“Khosrova takes readers through the fascinating story of what was once a humble food, now celebrated by chefs and home cooks alike for its ability to elevate any dish. Plenty of history and science, but she doesn’t skimp on the recipes either.](#)

[•Lexington Herald-Leader](#) [“You will believe in butter by the time you finish this education and entertaining book.](#)

[•Birmingham Magazine](#)

Elaine Khosrova is an independent writer who specializes in stories about food history and gastronomic culture. A former pastry chef and fellowship student at the Culinary Institute of America, Elaine holds a BS in food and nutrition. She began her career in food publishing as a test kitchen editor at *Country Living* magazine, followed by staff positions at *Healthy Living*, *Classic American Home*, and *Santitas Magazine*. In 2007, she received a Gold Folio journalism award, and in 2008 she became the founding editor of *culture*, a national consumer magazine about specialty cheese that continues to serve cheese enthusiasts. She’s contributed to numerous national food and lifestyle publications, as well as the forthcoming *Oxford Companion to Cheese*. After many excursions into the world of dairy for the sake of cheese lit, Elaine left *culture* magazine in 2013 to

begin research on her book about butter--the first and only publication (thus far) to chronicle the life and times of this beloved fat. Her butter chase took Elaine throughout the United States and to France, Ireland, India, Bhutan, and Canada. She's never been the same. An avid cook, baker, traveler, camper, cyclist, and musician, Elaine lives with her family in New York's Hudson Valley.

Very interesting book for cooks, especially butter lovers. Have been making Ghee ever since I read it,

I love this book and learned memorable things about butter's history, chemistry, gastronomy, and production, not to mention instructions on improving the "rustic" butter I've been making at home. I recommend it.

Excellent, well-written and fascinating history of butter ... great recipes too!

A pretty good treatment of the subject. The prose at times was a little meandering, but its a good book with history, tradition, as well as some nice recipes. Would definitely recommend.

Fast service from Midtown Scholar Bookstore. I have already read the book but wanted it for the recipes. Good book. Go read it. Explore butter!

good condition

Very interesting and informative! I was surprised by just how good it was!

Interesting book. Writing is not quite as entertaining as Kulansky's books, but still a fun read.

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