



# British Food: An Extraordinary Thousand Years of History

*Colin Spencer*

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## **British Food: An Extraordinary Thousand Years of History** Colin Spencer

This a revised and updated edition of an award-winning book, recognised as THE authoritative work on the subject of British food. It is a breath-taking attempt to trace the changes to and influences on food in Britain from the Black Death, through the Enclosures, the Reformation, the Industrial Revolution, the rise of Capitalism to the present day.

There has been a recent wave of interest in food culture and history and Colin Spencer's masterful, readable account of our culinary history is a celebrated contribution to the genre. There has never been such an exciting, broad-scoped history of the food of these islands. It should remind us all of our rich past and the gastronomic importance of British cuisine.

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