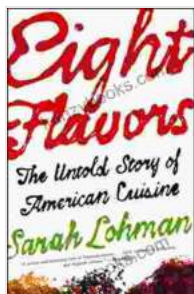


# Eight Flavors: The Untold Story of American Cuisine

## A Culinary Journey Through the Flavors that Shaped America

In her groundbreaking book, *Eight Flavors: The Untold Story of American Cuisine*, Sarah Lohman takes readers on a culinary journey through the rich and diverse history of American food. Through eight distinct flavors—sweet, sour, salty, bitter, umami, hot, cool, and fatty—Lohman reveals the surprising origins, influences, and stories behind the foods that have shaped American culture.



## Eight Flavors: The Untold Story of American Cuisine

by Sarah Lohman

★★★★☆ 4.5 out of 5

Language : English  
File size : 17042 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 305 pages



From the sweet taste of maple syrup, a Native American staple, to the sour tang of vinegar, a product of European settlers, Lohman shows how flavors have been shaped by geography, immigration, and technology. She explores the salty flavors of the American South, where enslaved Africans introduced new culinary techniques, and the bitter flavors of the American

West, where cowboys and pioneers relied on hearty, long-lasting foods. She investigates the umami-rich flavors of Asian cuisine, which have become increasingly popular in the United States, and the hot and cool flavors of Mexican food, which have added a spicy and refreshing dimension to American cuisine.

Lohman also explores the role of fat in American cooking, from the lard used by early settlers to the butter and vegetable oils that are now ubiquitous in American kitchens. She shows how fat has been used to enhance flavor, preserve food, and create a sense of satisfaction.

Eight Flavors is a fascinating and informative look at the history of American cuisine. Lohman's engaging writing style and deep research make this book a must-read for anyone interested in food, culture, or American history.

### **Praise for Eight Flavors**

"Eight Flavors is a groundbreaking work that sheds new light on the history of American cuisine. Sarah Lohman's engaging writing style and deep research make this book a must-read for anyone interested in food, culture, or American history." —**Ken Albala, author of The Banquet: Dining in the Court of Alexander the Great**

"Eight Flavors is a fascinating and informative look at the history of American cuisine. Lohman reveals the surprising origins, influences, and stories behind the foods that have shaped American culture." —**Marion Nestle, author of Food Politics**

"Eight Flavors is a delicious and thought-provoking exploration of the flavors that have shaped American cuisine. Sarah Lohman's writing is both engaging and informative, and her research is impeccable. This book is a must-read for anyone interested in food, culture, or American history." —

**Darcy O'Neil, author of Culinary Adventures with Darcy O'Neil**

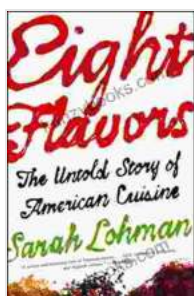
## About the Author

Sarah Lohman is a food writer and historian. She is the author of several books on food and culture, including *The Food of Silicon Valley* and *The Great American Salad*. She has also written for *The New York Times*, *The Washington Post*, and *The Atlantic*.

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