



# Barbecue: A Global History (Reaktion Books - Edible)

*Jonathan Deutsch, Megan J. Elias*

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If there is one thing the United States takes seriously (outside of sports), it's barbecue. Different in every region, barbecuing is an art, and Americans take pride in their special blend of slow-cooked meat, spices, and tangy sauces. But the US didn't invent the cooking form, nor do Americans have a monopoly on it—from Mongolian lamb to Fijian pig and Chinese *char siu*, barbecue's endless variations have circled the globe. In this history of this red-blooded pursuit, Jonathan Deutsch and Megan J. Elias explore the first barbecues of ancient Africa, the Arawak origins of the word, and define what it actually is.

Traveling to New Zealand for the Maori's *hangi*, Hawaii for *kalua* pig, Mexico for *barbacoa de cabeza*, and Spain for a taste of bull roast, *Barbecue* looks at the incredible variety of the food around the world. Deutsch and Elias also discuss barbecue's status as a masculine activity, the evolution of cooking techniques and barbecuing equipment technology, and the growth of competitive barbecuing in the United States. Rounding out the book are mouthwatering recipes, including an 1877 Minneapolis recipe for a whole roast sheep, a 1942 pork spare ribs recipe from the Ozarks, and instructions for tandoori lamb chops and Chinese roast duck. A celebration of all things smoky, meaty, and delicious, *Barbecue* makes the perfect gift for backyard grillers and professional roasters.

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