

FOOD STUDIES

"Observing the seemingly small world of early-modern Iberia, the authors of these essays provide a stunning model of how food shows social distinction and reveals dimensions of gender, religion, and taste. This is a fascinating account of culinary preference based on such factors as culture, health, sex, and status."

—PAUL FREEDMAN, Yale University

"Montserrat Piera has assembled a remarkable and groundbreaking set of studies that elucidate 'the intersection of material and mental exchanges that surround food and how it establishes identities, defines groups, and brings about change and (re)volution.' Exhaustive research, comprehensive scope, and original thought are some of the main characteristics of this extremely well-crafted and flavorful book."

—ANTONIO CORTIJO OCAÑA, University of California, Santa Barbara

Forging Communities explores the importance of the cultivation, supply, and exchange of foods and beverages to the conquests, exploration, and technological advancements of humankind. These essays show how the sharing of food and drink forged social, religious, and communal bonds and how ceremonial feasts as well as domestic daily meals strengthened ties and solidified ethnoreligious identity. The contributors connect food with politics, religion, and economics to enhance our understanding of historical developments and cultural continuities through the centuries, giving insight that in the past, as much as today, we are what we eat and what we eat carries weight.

MONTSERRAT PIERA is associate professor of Spanish and Portuguese at Temple University and editor of *Remapping Travel Narratives, 1000–1700: To the East and Back Again*.

COVER IMAGE: *Tacuinum Sanitatis*, saltwater fishing
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