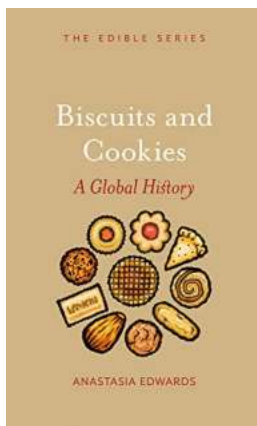


The Global History of Biscuits and Cookies: From Ancient Edibles to Modern Delights



Delicious and diverse, biscuits and cookies have a rich global history.

Biscuits and cookies are two of the most beloved treats worldwide. These baked goods have a long and fascinating history, traversing different cultures and generations. From their humble beginnings to the elaborate creations we enjoy today, biscuits and cookies have evolved and spread across the globe, delighting millions of taste buds along the way.



Biscuits and Cookies: A Global History (Edible)

by Jim Chevallier (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 4120 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 139 pages



Origins: A Journey Through Time

The origins of biscuits and cookies can be traced back thousands of years, beginning with simple unleavened bread-like cakes baked by ancient civilizations such as the Egyptians, Greeks, and Romans. These early versions were often flavored with honey, nuts, and spices.

In ancient Persia (modern-day Iran), cookies called "gazelle horns" were created. These curved treats were made with delicate layers of dough and filled with ingredients like almonds, cardamom, and rosewater.

During the Middle Ages, cookies gained popularity in Europe, particularly during festive occasions and religious celebrations. Monks in convents and monasteries played a significant role in refining cookie recipes, using ingredients such as sugar, butter, and spices imported from the East during the Crusades.

Revolutionizing Baking Techniques

The advent of industrialization in the 18th century brought about significant advancements in baking techniques. The invention of the baking powder in 1843

by Alfred Bird revolutionized the biscuit and cookie industry, enabling mass production and resulting in a lighter and fluffier texture.

As trade routes expanded, new ingredients found their way into biscuits and cookies from all corners of the world. The incorporation of chocolate chips in biscuits, for example, was a happy accident in the 1930s when Ruth Graves Wakefield ran out of baker's chocolate and decided to use semi-sweet chocolate chips instead.

The Cookie-Cracker Divide

In the United States, a distinct division emerged between cookies and crackers. Cookies were typically associated with sweetness and indulgence, while crackers were seen as a more savory snack. This divide gave rise to iconic American treats such as the chocolate chip cookie, oatmeal raisin cookie, and the classic graham cracker.

The British Empire played a significant role in spreading biscuits across the globe. Ships carrying biscuits as a staple food for sailors also served as a means of cultural exchange. The British biscuit industry evolved with new flavors, shapes, and varieties.

Modern Innovations and Global Appeal

In the modern era, biscuits and cookies have become a multi-billion-dollar industry. Manufacturers continually push the boundaries of flavors and textures, catering to various dietary preferences and cultural tastes.

Gluten-free, vegan, and organic options have gained popularity, allowing individuals with specific dietary needs to indulge in these delightful treats.

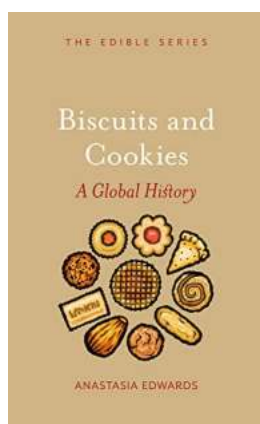
International variations, like the Italian biscotti or the French macaron, have also captured the imagination of cookie enthusiasts worldwide.

The Joy of Biscuits and Cookies

Whether enjoyed with a warm cup of tea, savored as an indulgent dessert, or given as a heartfelt gift, biscuits and cookies have brought joy and comfort to people throughout history. These delectable treats continue to evolve, adapting to new culinary trends and inspiring creative bakers worldwide.

Next time you savor a crispy, chocolate-filled cookie or a buttery, melt-in-your-mouth biscuit, remember the long and flavorful journey these global edible wonders have traveled to reach your taste buds.

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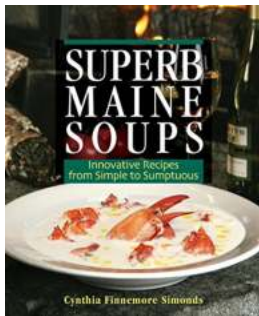
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Which is your favourite biscuit (or cookie, if you're from the USA)? Chocolate-chip, gingernut or oreo cookie? Oatmeal and raisin, black and white cookie, digestive or florentine? Biscuits and cookies have a myriad forms and flavours, and as well they have a rich and ancient history: evidence of biscuit-making

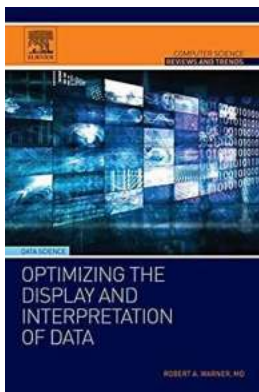
exists from around 4000 BC.

Biscuit/Cookie by Anastasia Edwards explores the abundant history of this versatile snack, from earliest beginnings through Middle Eastern baking to Northern Europe in the Middle Ages, and on into the New World. From German lebkuchen to the animal cracker, more than half-a-billion of which are produced each year in the United States alone. From brownies and sugar cookies in the US, to shortbread and rich tea biscuits in the UK, to Anzac and Girl-Guide biscuits in New Zealand and Australia, this book is crammed with biscuit and cookie facts, stories, images and recipes from around the world.



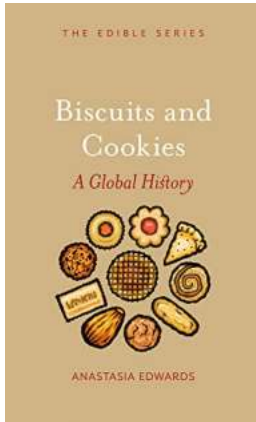
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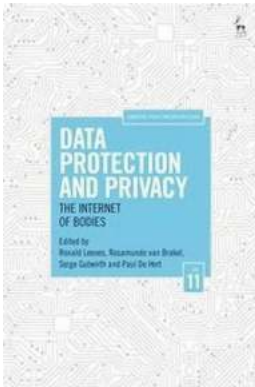
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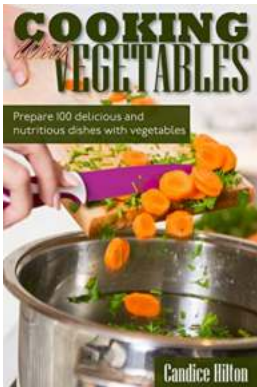
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biscuits are cookies

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