



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

*Diane Toops*

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## **Eggs: A Global History (Reaktion Books - Edible)** Diane Toops

Which came first, the chicken or the egg? In Hindu scripture, the world began as an egg. Laid by a swan floating on the waters of chaos, after a year the egg split into silver and gold halves, with the silver becoming the earth and the gold transforming into the sky. Throughout history, the egg has taken on numerous meanings outside of the famous philosophical dilemma: it was used for curing the evil eye by the Mayans, as protection against lightning in Greece, and to signify rebirth in Christian tradition. In *Eggs*, Diane Toops offers a fascinating tour of egg history and lore, looking at how its significance has represented the preoccupations of the cultures that consume it.

After explaining the many varieties of eggs and the places that favor them, Toops sketches a history of its uses from its origins until the present day, when it has become an integral part of modern cuisine. She explores how eggs are today marketed as a health food and discusses the debates over their nutritional status. Filled with appetizing recipes and beguiling images, this protein-packed book will enthrall anyone with an interest in cuisine or cultural history.

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