



Salt: A World History

Mark Kurlansky

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So much of our human body is made up of salt that we'd be dead without it. The fine balance of nature, the trade of salt as a currency of many nations and empires, the theme of a popular Shakespearean play...*Salt* is best selling author Mark Kurlansky's story of the only rock we eat.

From its single origin, to the other discoveries made because of it, fascinating tales of salt and the people who have been involved with it through the ages are interwoven here. Fifteen recipes are included that will meet with every taste. Mark Kurlansky has produced a kaleidoscope of history, a multi-layered masterpiece that blends economic, scientific, political, religious, and culinary records into a rich and memorable tale.

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