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By Susan Seligson

Simon & Schuster. Paperback. Condition: New. 240 pages. Dimensions: 8.3in. x 5.4in. x 0.8in. My lifelong love affair with bread has less to do with crust, crumb, and the vagaries of sourdough cultures and more to do with bread as a reflection of peoples varied beliefs, daily lives, and blood memories. . . . Bread tells the most essential human stories. So begins Susan Seligsons personal and often humorous journey to discover the secrets of the bakers trade and the place bread has in the lives of those who consume it. Part travelogue, part cultural history, with a handful of recipes thrown in for good measure, it is an exploration of the customs, traditions, and rituals around the creating and eating of this most basic and enduring form of sustenance. Bread is the stuff of life. Governments have been overthrown and religious rituals created because of it. Fry bread, matzo, ksra, nan, baguette: all are as resonant of their specific culture as any artifact. In Going with the Grain, Seligson wanders the streets of the Casbah in Fs, Morocco, to unlock the secrets of the thousand-year-old communal bakeries there. In Saratoga Springs, New York, she finds a bread maker so committed...

### Reviews

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