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Bread, beer & yeast The history of bread and cake starts with Neolithic cooks and marches through time according to ingredient availability, advances in technology, economic conditions, socio-cultural influences, legal rights (Medieval guilds), and evolving taste. Claudia Roden, author of *The Book of Jewish Food*, has done more than simply compile a cookbook of Jewish recipes--she has produced a history of the Jewish diaspora, told through its cuisine. The history of the Jews in Poland dates back over 1,000 years. For centuries, Poland was home to the largest and most significant Jewish community in the world. Charlotte, Charlotte Russe & Charley Roosh According to the food historians, charlottes were *invented* in England the last part of the 18th century.