

# CHOICE

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R E V I E W S O N L I N E

Roufs, Timothy G., and Kathleen S. Roufs: Sweet treats around the world: an encyclopedia of food and culture. (Brief article) (Book review)

Tolley-Stokes, R.

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Roufs, Timothy G. Sweet treats around the world: an encyclopedia of food and culture, by Timothy G. Roufs and Kathleen Smyth Roufs. ABC-CLIO, 2014. 623p bibl index afp ISBN [9781610692205](https://www.amazon.com/dp/9781610692205) cloth, \$100.00

[CC] Emphasizing an anthropological approach to sweets globally, this volume surveys more than 100 countries' treats from a historical and comparative point of view. Organized into two parts, country entries alongside traditional recipes typical of their regions are arranged alphabetically. The French Caribbean entry, for example, comprising Haiti and the French Antilles, touches on Christopher Columbus's introduction of sugarcane, the French and African influences on desserts, and the simplicity but significance of sweets, given the poverty of many in the region. A selection of further readings follows each entry—the majority are blog entries or online resources. The introduction by the authors (an anthropologist and an academic administrator, both Univ. of Minnesota Duluth) provides clear details and contextualized discussion of various cooking processes, the role of sweets in the diet, and their place in different cultures. The Roufs run down the major sweeteners, notably sugarcane, honey, and high-fructose corn syrup, and address ancillary topics as well, such as the world's varieties and dearth of honeybees. Though a plethora of international cookbooks focuses on sweets, this encyclopedia stands out as a workhorse, suitable for both study and practical application with its compilation of vast resources along with representative recipes. Captioned black-and-white photographs of varying quality—mostly

stock—accompany the entries. Libraries that pair this book with *The Oxford Companion to Sugar and Sweets*, ed. by Darra Goldstein ([CH, Nov'15, 53-1082](#)), should cover most of their reference collection needs. Summing Up: Recommended. All audiences. --R. Tolley-Stokes, East Tennessee State University

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