been grown in s, the sauce is a ym. It was dynasty (1114-246) in conjunction with many of which the moulds are the principal ce, and the are similar to ace. These could k on soya beans, in sauce. f paste known as into two slide MISO. In more than the re of equal (similar in all he 17th-century the sauce back to pulp, despite its labels marked antiquite shops soy after the ind. r making soy of high quality. In continues for a changing t seasons. These nation is carried ds, bacteria, and dominate in the ns change to suit is this. Defatted, red, crushed The mixture is to make the colour of moulds, and is sed with a strong with another nds of bacteria entation which he reactions inplex blend of the final flavour. amino acids, etc), alcohols, ile aromatic n, the flavour chemisation is ered or racked to commonly living organisms are, however, ave been allowed real years.) One beans, wheat, and soy sauce. of light and dark of the dark types is the viscous Indonesian MISO made from black soya beans. In Japan the standard kind is the light one flavoured in the Osaka region, amber in colour and saltier than the dark types.

Tamari is a soy sauce made without any wheat, from whole or defatted soya beans only, and is darker in colour than the standard kind.

Something very much like soy sauce, which apparently originated in much the same way from ancient Middle Eastern fish sauces, was made in the Arab world during the Middle Ages under the name miso. It was not made from beans but from mouldy barley, sometimes extended with wheat flour or bread; see harary.

space, food in Space travel has a severe impact on the human body; astronauts suffer from decreases in bone, red blood cell, and lean body mass; weight loss, shifts of fluid towards the head; a propensity to develop renal stones; and increased cancer risk due to radiation exposure. This means that good nutrition is essential to ensure both peak performance by astronauts whilst in space, as well as their health when back on earth. Developing appetizing meals for astronauts to eat, therefore, is an important focus for nutritionists. As space programmes attempt to extend their reach, the role of food in enabling missions to survive and thrive for longer durations becomes an even greater priority. It is therefore all the more surprising that the image of the food eaten during space travel is of bland pastes and powders, taken directly from tubes or sachets, and concocted with little thought for the unfortunate consumer. In fact, since German Tsiolkov became the first man to eat in space in 1961, developing the meals to be eaten during each trip has been an important and detailed part of the pre-flight planning, and there are as many types of canned and thermostabilized space food as there are countries with a space programme.

American cosmonauts eat branded foods like Kellogg's and Quaker breakfast cereals, Kraft puddings, Del Monte canned fruits, and a variety of standard macaroni; tuna; and meat-based dishes spiced up with Tabasco, along with various sweet candy treats. Their Russian counterparts dine on more fish-based items, such as pickled or smoked perch, or borscht, with wild cranberry and buckwheat gruel for breakfast. Duck confit, squid in lobster sauce, toffee nac pudding, and even whole boned sliced quail packed into a tiny tin are available to tempt the palate of those fortunate enough to be part of the French space programme. Reflecting the importance of cutting techniques in Chinese cookery, the Chinese have developed an alimentary membrane which can enclose mouthfuls of

spaghetti

food with sauce, ready to be heated and consumed whole: Sichuanese kung pao chicken, shredded pork with garlic, and the celebratory dish Eight Treasure Rice have all been made available for Chinese astronauts. When the first Malaysians orbit the earth they will be able to dine on coconut rice, fried noodles, ton canai, shrimp curry, and teh tarik (pulled tea).

Familiar foods and the ability to use mealtimes as a social event can increase morale and reduce the stress of prolonged space missions. However, despite the development of familiar and tempting strongly-flavoured dishes, and the provision of nutritionally correct quantities of food, most astronauts under-eat whilst travelling in space, and many meal packages return to earth uneaten. This may be in part due to the changes in the body affecting the sense of taste and smell, making food that seemed good on earth less appealing in space. But it could simply be that, despite the glamorous image of Tang and re-hydrated ice cream, most food for space travellers is, in the end, pretty unappetizing. JEL.

Returning to Eliza Acton and unsure in this m the word spaghetti dictionary for th been dated by Pi the term was not Italian until 1846 domestic dictionary equated spaghetti explains that thi persisted, reflects manufacturers, a parts of S. Italy's term for either o Anyway, for re names of the Ital are now known a recent birth. It n spaghetti and to simplest comb back. However, t claim to record t tomato is France moderno of 1790 ( and see Willan, 1 so long afterwr