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Restaurants & catering While public eateries existed in Ancient Rome and Sung Dynasty China, restaurants (we know them today), are generally credited to 18th century France. The genesis is quite interesting and not at all what most people expect. Did you know the word restaurant is derived from the French word restaurer which means to restore? The first French restaurants [pre-revolution] were ...Beet cake (aka Chocolate beet cake) A few weeks ago we published our notes on Red Devils Food Cake (what makes it red) and a reader responded "the beets!" Our survey of recipes published in historic newspapers and cookbooks confirms WWII-era cake recipes sometimes substituted beet sugar for rationed white granules.

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