

**INTRODUCTION**  
**WHAT ARE SAPIENS**  
**AND BULLIPEDIA?**  
**THE PROJECT TRACING**  
**THE HISTORY OF THE**  
**FINE-DINING SECTOR**  
**IN WESTERN SOCIETY**  
12

**ACADEMIC DISCIPLINES**  
**THAT SUPPORT**  
**OUR WORK**  
74  
  
**OUR HERO:**  
**THE HUMAN**  
132

**WHAT READERS**  
**WILL FIND IN THIS**  
**FIRST VOLUME**  
146  
  
**OUR SCIENTIFIC**  
**CONSULTANTS**  
148

**CHAPTER 1**  
**FROM THE ORIGINS**  
**OF LIFE TO THE**  
**PALAEOLITHIC**  
150

**CHAPTER 2**  
**THE PALAEOLITHIC:**  
**SIGNIFICANT**  
**HISTORICAL**  
**MILESTONES**  
164

**CHAPTER 3**  
**PALAEOLITHIC**  
**COOKING, FOOD**  
**AND DRINKS**  
302

**PALAEOLITHIC**  
**WITHOUT FIRE**  
310

**PALAEOLITHIC**  
**WITH FIRE**  
352

**CHAPTER 4**  
**THE NEOLITHIC:**  
**SIGNIFICANT**  
**HISTORICAL**  
**MILESTONES**  
400

**CHAPTER 5**  
**NEOLITHIC COOKING,**  
**FOOD AND DRINKS**  
468  
  
**NEOLITHIC**  
**WITHOUT POTTERY**  
472  
  
**NEOLITHIC**  
**WITH POTTERY**  
524

**FINAL REFLECTIONS**  
564

**REFERENCES**  
578

**INDEX**  
583

**CREDITS AND**  
**ACKNOWLEDGEMENTS**  
588