

MAN: According to Chris Maynard and Bill Scheller in their definitive guide to car cooking titled *Manifold Destiny*, we can probably trace the practice back to the fourth and fifth centuries. Apparently, the Huns made use of a form of combustion, friction, to prepare their food. When a Hun wanted to enjoy a hunk of unsmoked brisket, reports Maynard and Sheller, he would take the meat and put it under his saddle cloth, and the friction between the Hun and the horse would have a tenderizing and warming effect.