
Our eating, conservation, food preparation and cooking habits changed significantly due to the implantation of electric household appliances. Cookbooks are a rarely used source in the history of technology and consumption. Especially energy supply companies, like the Berliner Kraft- und Licht (BEWAG)-Aktiengesellschaft, tried to educate users to buy electric appliances for examples by special cook books. These books create new needs, even before the appliances became part of standard household equipment. My theses is, that the all-electric kitchen becomes a symbol of modern housekeeping and technological progress in Germany and that on the one hand, knowledge about manual skills and traditional cooking procedures get lost in the process but, on the other and, new knowledge concerning the handling of electric household appliances for preparation and cooking needed to be gained by the users. This process is illustrated in a case study of the cookbook "Das elektrische Kochen". The cookbook has now been in print for 75 years, from 1936 to the present thanks to not less than 54 editions. It accompanied the technological progress of the all-electric kitchen in Germany.