



The Medieval Book (Hardback)

By Black

Getty Trust Publications, United States, 2012. Hardback. Condition: New. Revised ed.. Language: English . Brand New Book. This book takes the reader on a gastronomic journey through the Middle Ages, offering not only a collection of medieval recipes, but a social history of the time. The eighty recipes, drawn from the earliest English cookbooks of the fourteenth and fifteenth centuries, are presented in two formats: the original middle English version and one adapted and tested for the modern cook. In a fascinating introduction, the author describes the range of available ingredients in medieval times and the meals that could be prepared from them--from simple daily snacks to celebratory feasts--as well as the preparation of the table, prescribed dining etiquette, and the various entertainments that accompanied elite banquets. Each chapter presents a series of recipes inspired by a historical event, a piece of literature, or a social occasion. Here we find descriptions of the grilled meats consumed by William the Conqueror's invading forces; the pies and puddings enjoyed by the pilgrims in Chaucer's *The Canterbury Tales*; and the more sumptuous fare served at royal feasts and Christmas celebrations. The author ends with a discussion of herbal recipes for various...



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