



British Food: An Extraordinary Thousand Years of History (Arts and Traditions of the Table: Perspectives on Culinary History)

By Spencer, Colin

Columbia University Press, 2003. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction Chapter 1: Prologue: The Land After the Romans The Early Church The Countryside Livestock Open Field System Women and the Law Chapter 2: Anglo-Saxon Gastronomy Foods and Fasts Cooking the Food Food for the Elite Feast Halls Herbal Knowledge The Famine Years Chapter 3: Norman Gourmets 1100-1300 The Normans The Earliest Recipes Medieval Sauces Spice and Splendour Colouring The Four Humours Fasting Fish Preservation Game The Kitchen Fruit and Vegetables The Anglo-Norman Cuisine The Significance of the Cuisine Chapter 4: Anarchy and Haute Cuisine 1300-1500 Famine and Feast The Black Death The Forme of Cury A Country Household The Medieval Housewife Milk Drinking Pilgrim Food The Aristocratic Diet The Peasant Diet The Peasant Diet The Church The Wars of the Roses Chapter 5: Tudor Wealth and Domesticity The Reformation Royal Proclamations Tudor Farming Food of the Star Chamber Tudor Cooking Preserving Wealth and Commerce Class Chapter 6: A Divided Century Civil War Gentlewomen's Secrets The Bedford Kitchen The Rise of the Market Garden The Accomplish't Cook New Beverages Samuel Pepys John Evelyn The Rise of Capitalism New Thoughts on Farming Cow's...

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