



The Medieval Kitchen: Recipes from France and Italy

Odile Redon, Françoise Sabban, Silvano Serventi, Edward Schneider (Translation)

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The Medieval Kitchen is a delightful work in which historians Odile Redon, Françoise Sabban, and Silvano Serventi rescue from dark obscurity the glorious cuisine of the Middle Ages. Medieval gastronomy turns out to have been superb—a wonderful mélange of flavor, aroma, and color. Expertly reconstructed from fourteenth- and fifteenth-century sources and carefully adapted to suit the modern kitchen, these recipes present a veritable feast. *The Medieval Kitchen* vividly depicts the context and tradition of authentic medieval cookery.

"This book is a delight. It is not often that one has the privilege of working from a text this detailed and easy to use. It is living history, able to be practiced by novice and master alike, practical history which can be carried out in our own homes by those of us living in modern times."—Wanda Oram Miles, *The Medieval Review*

"*The Medieval Kitchen*, like other classic cookbooks, makes compulsive reading as well as providing a practical collection of recipes."—Heather O'Donoghue, *Times Literary Supplement*

The Medieval Kitchen: Recipes from France and Italy Details

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Abraham Ray says

Nice historical cookbook!

Photina says

Great book. Love the background that comes with the recipes

Jenn says

This is one of my favorite Medieval cookbooks. Whenever I host a medieval themed dinner, this book comes off the shelf. The author provides some menu ideas for meat and non-meat days, number of guests and time of year.

It contains vegetable, meat, fish, poultry and dessert sections as well as sauces and how to make a hypocras.

Dianna says

This book is very well researched but still accessible. It gives a detailed history of medieval cooking and then many recipes, given in both their original forms and then adapted for the modern kitchen. I learned lots of interesting things although I don't think I'll be cooking many of the recipes.

Lizzie says

I love culinary history and this book sets up medieval food perfectly. The recipes have definitely been modified for modern kitchens (lots of food processor action going on). But they are still very much medieval (as evidenced by the amount of eel used).

Mary Catelli says

This book covers the basics of medieval eating, and then plunges into the recipes. They start with the text they were working with, comment on decyphering it and what substitutes, if any, they had to use, and then they describe it as a modern recipe. (A lot more detailed.) I can't tell you how good they are, because I got it

as a reference for a character who's a cook in a medieval-ish setting. Recipes are, unsurprisingly, weighted toward the wealthy.

Micaylah G says

I love this book. Although liberties are taken to adjust to today's modern palate, it still has reams of accurate information.

Holly says

I learned more than I ever thought I could learn about Medieval dietary customs and habits from this book. The foreword is fascinating. The authors present the original French or Italian text alongside a modern English translation, add a brief discussion of how they chose to interpret the recipe, and then, a recipe written in modern terms that the home cook can make quite easily. Everything I have made from these recipes has been delicious. A real window into the past

Elisabetta says

Interessantissimo saggio nonché libro di cucina. Non ho ancora provato a realizzare le ricette riportate, ma rimedierò presto.

Margaret - says

It's an interesting book and a look at how people ate in medieval times. However I don't see myself making the recipes.

Walt says

Not easy duplicating these recipes.

Linda C. says

This book not only includes recipes from Medieval France and Italy, but it has a lot of incredible history as well.

I did not realize that butter was not used in cooking nearly as often in the Middle Ages as it is today. So many of today's recipes start with butter, but at that time it was pork fat.

The author's say that the use of pork fat was universal in recipes, which made me smile and say to myself "except for the Jews and Muslims."

I really enjoy this book, even though I'm not much of a cook and have not used any of the recipes except for research.

Giulia says

Molto interessante scoprire il perché di certi usi e gusti del medioevo. Molto interessanti anche le ricette, storicamente accurate e per questo, purtroppo, difficili da ricreare a casa senza modifiche, a meno di non spendere molto tempo nella ricerca degli ingredienti e nella preparazione.

Io personalmente ho provato alcune ricette facendo qualche modifica in base agli ingredienti che potevo trovare facilmente, ed è stato divertente, oltre che tutto buono.

Hilary says

This book is an excellent resource for anyone interested in period cooking. The recipes are fairly straight forward and I would recommend this book to anyone who is looking for period recipes.
