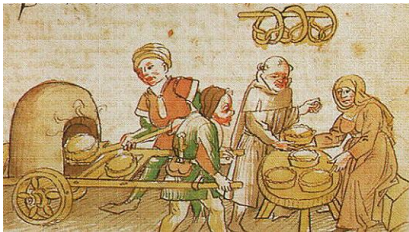


Medieval Food & Cooking



- Dry-salting and brine-curing were the two most common forms of food preservation. (Both involved use of salt)
- The seasons played a large role in deciding what foods could be eaten during the year.
- Herbs that were used in cooking were also used for medicinal purposes like curing specific ailments.
- Aphrodisiacs were made to “sweeten” one’s love life and were usually ginger, honey and chocolate.
- The peasant vs. noble diet offered very different presentations of food and food choices.

Further Reading:

- Weiss-Adamson, Melitta. *Food In Medieval Times*. Wesport, CT: Greenwood Press, 2004.
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- Scully, Terence. *The Art of Cookery In the Middle Ages*. 1995. Rochester, NY: The Boydell Press, 2005. Print.
- Sass, Lorna J. *To the King's Taste: Richard II's Book of Feasts and Recipes Adapted for Modern Cooking*. [New York]: Metropolitan Museum of Art, 1975. Print.