# Fast and Feast

Food in Medieval Society



Bridget Ann Henisch



# **Fast And Feast Food In Medieval Society**

**Robert Appelbaum** 

#### **Fast And Feast Food In Medieval Society:**

Fast and Feast Bridget Ann Henisch, 1976 Kochen Geschichte Mittelalter Fast and Feast Bridget Ann Henisch, 1978 Food in Medieval Times Melitta Weiss Adamson, 2004-10-30 Students and other readers will learn about the common foodstuffs available how and what they cooked ate and drank what the regional cuisines were like how the different classes entertained and celebrated and what restrictions they followed for health and faith reasons Fascinating information is provided such as on imitation food kitchen humor and medical ideas Many period recipes and quotations flesh out the narrative The book draws on a variety of period sources including as literature account books cookbooks religious texts archaeology and art Food was a status symbol then and sumptuary laws defined what a person of a certain class could eat the ingredients and preparation of a dish and how it was eaten depended on a person s status and most information is available on the upper crust rather than the masses Equalizing factors might have been religious strictures and such diseases as the bubonic plague all of which are detailed here Food and Feast in Premodern Outlaw Tales Melissa Ridley Elmes, Kristin Bovaird-Abbo, 2021-04-07 In Food and Feast in Premodern Outlaw Tales editors Melissa Ridley Elmes and Kristin Bovaird Abbo gather eleven original studies examining scenes of food and feasting in premodern outlaw texts ranging from the tenth through the seventeenth centuries and forward to their cinematic adaptations Along with fresh insights into the popular Robin Hood legend these essays investigate the intersections of outlawry food studies and feasting in Old English Middle English and French outlaw narratives Anglo Scottish border ballads early modern ballads and dramatic works and cinematic medievalism The range of critical and disciplinary approaches employed including history literary studies cultural studies food studies gender studies and film studies highlights the inherently interdisciplinary nature of outlaw narratives The overall volume offers an example of the ways in which examining a subject through interdisciplinary cross geographic and cross temporal lenses can yield fresh insights places canonic and well known works in conversation with lesser known texts to showcase the dynamic nature and cultural influence and impact of premodern outlaw tales and presents an introductory foray into the intersection of literary and food studies in premodern contexts which will be of value and interest to specialists and a general audience alike Holy Feast and Holy Fast Caroline Walker Bynum, 1988-01-07 In the period between 1200 and 1500 in western Europe a number of religious women gained widespread veneration and even canonization as saints for their extraordinary devotion to the Christian eucharist supernatural multiplications of food and drink and miracles of bodily manipulation including stigmata and inedia living without eating The occurrence of such phenomena sheds much light on the nature of medieval society and medieval religion It also forms a chapter in the history of women Previous scholars have occasionally noted the various phenomena in isolation from each other and have sometimes applied modern medical or psychological theories to them Using materials based on saints lives and the religious and mystical writings of medieval women and men Caroline Walker Bynum uncovers the pattern lying behind these aspects of

women s religiosity and behind the fascination men and women felt for such miracles and devotional practices She argues that food lies at the heart of much of women s piety Women renounced ordinary food through fasting in order to prepare for receiving extraordinary food in the eucharist They also offered themselves as food in miracles of feeding and bodily manipulation Providing both functionalist and phenomenological explanations Bynum explores the ways in which food practices enabled women to exert control within the family and to define their religious vocations She also describes what women meant by seeing their own bodies and God's body as food and what men meant when they too associated women with food and flesh The author's interpretation of women's piety offers a new view of the nature of medieval asceticism and drawing upon both anthropology and feminist theory she illuminates the distinctive features of women s use of symbols Rejecting presentist interpretations of women as exploited or masochistic she shows the power and creativity of women s writing and women s lives Food and Eating in Medieval Europe Martha Carlin, Joel T. Rosenthal, 1998-07-01 Eating and drinking are essential to life and therefore of great interest to the historian As well as having a real fascination in their own right both activities are an integral part of the both social and economic history Yet food and drink especially in the middle ages have received less than their proper share of attention The essays in this volume approach their subject from a variety of angles from the reality of starvation and the reliance on fast food of those without cooking facilities to the consumption of an English lady's household and the career of a cook in the French royal household Ruth A. Johnston, 2011-08-15 This insightful survey of the things of medieval Europe allows modern readers to understand what they looked like what they were made of how they were created and how they were used All Things Medieval An Encyclopedia of the Medieval World covers the widest definition of medieval Europe possible not by covering history in the traditional textbook manner of listing wars leaders and significant historic events but by presenting detailed alphabetical entries that describe the artifacts of medieval Europe By examining the hidden material culture and by presenting information about topics that few books cover pottery locks and keys shoes weaving looms barrels toys pets ink kitchen utensils and much more readers get invaluable insights into the nature of life during that time period and area The heartland European regions such as England France Italy and Germany are covered extensively and information regarding the objects of regions such as Byzantium Muslim Spain and Scandinavia are also included For each topic of material culture the entry considers the full scope of the medieval period roughly 500 1450 to give the reader a historical perspective of related traditions or inventions and describes the craftsmen and tools that produced it **The Senses in Performance** Sally Banes, Andre Lepecki, 2012-08-21 This ground breaking anthology is the first to be dedicated to assessing critically the role of the human sensorium in performance Senses in Performance presents a multifaceted approach to the methodological theoretical practical and historical challenges facing the scholar and the artist This volume examines the subtle actions of the human senses including taste touch smell and vision in all sorts of performances in Western and non Western traditions from

ritual to theatre from dance to interactive architecture from performance art to historical opera With eighteen original essays brought together by an international ensemble of leading scholars and artists including Richard Schechner and Philip Zarrilli This covers a variety of disciplinary fields from critical studies to performance studies from food studies to ethnography from drama to architecture Written in an accessible way this volume will appeal to scholars and non scholars interested in Performance Theatre Studies and Cultural Studies Aquecheek's Beef, Belch's Hiccup, and Other Gastronomic Interjections Robert Appelbaum, 2008-09-15 We didn t always eat the way we do today or think and feel about eating as we now do But we can trace the roots of our own eating culture back to the culinary world of early modern Europe which invented cutlery haute cuisine the weight loss diet and much else besides Aguecheek s Beef Belch s Hiccup tells the story of how early modern Europeans put food into words and words into food and created an experience all their own Named after characters in Shakespeare's Twelfth Night this lively study draws on sources ranging from cookbooks to comic novels and examines both the highest ideals of culinary culture and its most grotesque ridiculous and pathetic expressions Robert Appelbaum paints a vivid picture of a world in which food was many things from a symbol of prestige and sociability to a cause for religious and economic struggle but always represented the primacy of materiality in life Peppered with illustrations and a handful of recipes Aguecheek's Beef Belch's Hiccup will appeal to anyone interested in early modern All Manners of Food Stephen Mennell, 1996 So close geographically how could France literature or the history of food and England be so enormously far apart gastronomically Not just in different recipes and ways of cooking but in their underlying attitudes toward the enjoyment of eating and its place in social life In a new afterword that draws the United States and other European countries into the food fight Stephen Mennell also addresses the rise of Asian influence and multicultural cuisine Debunking myths along the way All Manners of Food is a sweeping look at how social and political development has helped to shape different culinary cultures Food and almost everything to do with food fasting and gluttony cookbooks women s magazines chefs and cooks types of foods the influential difference between court and country food are comprehensively explored and tastefully presented in a dish that will linger in the memory long after the plates have been **Spice** Jack Turner, 2008-12-10 In this brilliant engrossing work Jack Turner explores an era from ancient times cleared through the Renaissance when what we now consider common condiments were valued in gold and blood Spices made sour medieval wines palatable camouflaged the smell of corpses and served as wedding night aphrodisiacs Indispensible for cooking medicine worship and the arts of love they were thought to have magical properties and were so valuable that they were often kept under lock and key For some spices represented Paradise for others the road to perdition but they were potent symbols of wealth and power and the wish to possess them drove explorers to circumnavigate the globe and even to savagery Following spices across continents and through literature and mythology Spice is a beguiling narrative about the surprisingly vast influence spices have had on human desire Includes eight pages of color photographs One of the Best Books

of the Year Discover Magazine The Christian Science Monitor San Francisco Chronicle **Restoring Heritage Grains** Eli Rogosa, 2016-07-01 Including recipes for baking with Einkorn Wheat is the most widely grown crop on our planet yet industrial breeders have transformed this ancient staff of life into a commodity of yield and profit witness the increase in gluten intolerance and wheat belly Modern wheat depends on synthetic fertilizer and herbicides that damage our health land water and environment Fortunately heritage landrace wheats that evolved over millennia in the organic fields of traditional farms do not need bio chemical intervention to yield bountifully are gluten safe have rich flavor and high nutrition Yet the robust majestic wheats that nourished our ancestors are on the verge of extinction In Restoring Heritage Grains author Eli Rogosa of the Heritage Grain Conservancy invites readers to restore forgotten wheats such as delicious gluten safe einkorn that nourished the first Neolithic farmers emmer the grain of ancient Israel Egypt and Rome that is perfect for pasta and flatbreads rare durums that are drought tolerant and high in protein and many more little known wheat species each of which have a lineage intertwined with the human species and that taste better than any modern wheat Restoring Heritage Grains combines the history of grain growing and society in depth practical advice on landrace wheat husbandry wheat folk traditions and mythology and guidelines for the Neolithic diet with traditional recipes for rustic bread pastry and beer Discover the ancient grains that may be one of the best solutions to hunger today and provide resilience for our future Rogosa helps us rediscover ancient landrace and traditional pre Green Revolution wheats varieties that are more delicious nutritious drought resistant and resilient than modern wheats and that are already organic adapted A must read for anyone who has a garden or farm and who likes good bread Carol Deppe author of The Tao of Vegetable Gardening Lives of People and Things, AD 500-1700 Robert F.W. Smith, Gemma L. Watson, 2017-05-15 Historical biography has a mixed reputation at its best it can reveal much not only about an individual but the wider context of their life and society at worst it can result in a narrowly focused work of hagiography or condemnation Yet in spite of its sometimes inferior status amongst academics biography has remained a popular genre and in recent years has developed into new and intriguing areas As the essays in this volume reveal scholars from an array of different disciplines have embraced what biography can offer them expanding the remit of biography from people to things tracing the life of their chosen object from creation to use to disposal to rediscovery The increasing concern with the physicality of manuscripts and books has also meant an awareness of and interest in the lives of these forms of material culture Historians have also become increasingly interested in groups of individuals resulting in prosopographical studies A book on the diversity of biography is therefore very timely exploring the multi disciplinary application of historical biography in the period 500 1700 It presents fourteen case studies offering new approaches to historical biography written by early career researchers from backgrounds in archaeology English art architectural history and history demonstrating different approaches and techniques Overall the collection is a strong and united statement by a group of early career researchers who insist on the vitality of biography as a central concern of

historians across the disciplines of the humanities Contributors believe that the life is a fundamental medium of study for the medieval and early modern periods and thus bolsters the move back towards biography as a primary tool of medieval and early modern scholars as well as a tool for future research for humanities scholars interested in biography **Power and Pleasure** Hugh M. Thomas,2020-11-19 Although King John is remembered for his political and military failures he also resided over a magnificent court Power and Pleasure reconstructs life at the court of King John and explores how his court produced both pleasure and soft power Much work exists on courts of the late medieval and early modern periods but the jump in record keeping under John allows a detailed reconstruction of court life for an earlier period Power and Pleasure Court Life under King John 1199 1216 examines the many facets of John's court exploring hunting feasting castles landscapes material luxury chivalry sexual coercion and religious activities It explains how John mishandled his use of soft power just as he failed to exploit his financial and military advantages and why he received so little political benefit from his magnificent court John's court is viewed in comparison to other courts of the time and in previous and subsequent centuries

Arranging the Meal Jean-Louis Flandrin, 2007-10-15 Arguing against pretentious restaurants Flandrin argues that such changes in the food service are far from distinct events Instead he regards it as a historical phenomenon one that changed in response to socioeconomic and cultural factors Studies in the Book of Tobit Mark Bredin, 2006-04-24 Provides an approach to the book of Tobit from a range of disciplines literary feminist anthropological imagination theological textual and historical This book considers some Latin manuscripts encompassing an article introducing a print of the Ceriani Latin text and includes an overview of the Old Latin textual tradition and context Baked to Death Dean James, 2005-03-29 Simon Kirby Jones Mysteries 4 From the New York Times bestselling author of the Cat in the Stacks Mystery Series a traditional British village cozy mystery series with a twist A delight from start to finish Everything you could wish for in a British cozy Simon Kirby Jones is a charming and intriguing sleuth who puts the village of Snupperton Mumsley squarely on the mystery map Dorothy Cannell A delightful English village whodunit filled with some of the most eccentric characters you ll ever run across in a mystery novel The Denver Post Lady Prunella Blitherington the grande dame mother of Simon Kirby Jones s handsome trusty assistant Giles has just sold one of her meadows to a London businessman who plans to turn the land into a lucrative tourist attraction But first he has to figure out how to oust a club zealously dedicated to medieval reenactments Since Henry Baker the original king of the group is vehemently opposed to the idea of a tourist attraction he is expelled for a more amenable leader restaurant owner Luke d Amboise But when Henry is found poisoned by a fig pastry recipe included Simon discovers a bitter rivalry within the medieval players could it be enough to kill a king Simon already has his hands full discovering who is at the bottom of this coup d etat when Tristan Lovelace Simon s very charming former boyfriend visits Snupperton Mumsley Will Simon succumb to Tristan's charisma or will be finally soften towards Giles Blitherington his always loyal personal assistant Since Eve Ate Apples Much Depends on Dinner Margaret Visser, 2018-09-01 A funny

and fascinating cultural history about one of our favorite pastimes eating The Village Voice This is a delightful and intelligent look at the food we eat with a cornucopia of incredible details about the ways we do it Presented like a meal each chapter of Since Eve Ate Apples Much Depends on Dinner represents a different course or garnish which Margaret Visser handpicks from the most ordinary American dinner among them corn on the cob with butter and salt roast chicken with rice salad dressed in lemon juice and olive oil and ice cream Visser tells the story behind each of these foods and in the course of her inquiries reveals some unexpected treats the history of Corn Flakes the secret behind the more dissatisfactory California olives they repicked green chemically blackened and sterilized and the fact that in Africa citrus fruits are eaten whole rind and all For food lovers of all kinds unexpectedly entertaining book is a treasure of information from the author of the New York Times Notable Book The Rituals of Dinner Rich in surprising facts unexpected connections and a well documented outrage at what modern technology and agribusiness have done to purity and quality A remarkable amount of information presented seamlessly and entertainingly Library Journal **Three Squares** Abigail Carroll, 2013-09-10 We are what we eat as the saving goes but we are also how we eat and when and where Our eating habits reveal as much about our society as the food on our plates and our national identity is written in the eating schedules we follow and the customs we observe at the table and on the go In Three Squares food historian Abigail Carroll upends the popular understanding of our most cherished mealtime traditions revealing that our eating habits have never been stable far from it in fact The eating patterns and ideals we ve inherited are relatively recent inventions the products of complex social and economic forces as well as the efforts of ambitious inventors scientists and health gurus Whether we re pouring ourselves a bowl of cereal grabbing a guick sandwich or congregating for a family dinner our mealtime habits are living artifacts of our collective history and represent only the latest stage in the evolution of the American meal Our early meals Carroll explains were rustic affairs often eaten hastily without utensils and standing up Only in the nineteenth century when the Industrial Revolution upset work schedules and drastically reduced the amount of time Americans could spend on the midday meal did the shape of our modern three squares emerge quick simple and cold breakfasts and lunches and larger sit down dinners Since evening was the only part of the day when families could come together dinner became a ritual as American as apple pie But with the rise of processed foods snacking has become faster cheaper and easier than ever and many fear for the fate of the cherished family meal as a result The story of how the simple gruel of our forefathers gave way to snack fixes and fast food Three Squares also explains how Americans eating habits may change in the years to come Only by understanding the history of the American meal can Not Bread Alone Nathan MacDonald, 2008-09-25 Not Bread Alone is the first detailed we can help determine its future and wide ranging examination of food and its symbolism in the Old Testament and the world of ancient Israel Nathan MacDonald demonstrates how references to food play a surprising and interesting role in many stories of the Old Testament

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