# Regional cuisines of medieval Europe

The regional cuisines of medieval Europe were the results of differences in climate, seasonal food variations, political administration and religious customs that varied across the continent. Though sweeping generalizations should be avoided, more or less distinct areas where certain foodstuffs dominated can be discerned. In the British Isles, northern France, the Low Countries, the northern German-speaking areas, Scandinavia and the Baltic the climate was generally too harsh for the cultivation of grapes and olives. In the south, wine was the common drink for both rich and poor alike (though the commoner usually had to settle for cheap second pressing wine) while beer was the commoner's drink in the north and wine an expensive import. Citrus fruits (though not the kinds most common today) and pomegranates were common around in the Mediterranean. Dried figs and dates occurred quite frequently in the north, but were used rather sparingly in cooking.

Olive oil was among the ubiquitous ingredients around the Mediterranean, but remained an expensive import in the north where oil o poppy, walnut, hazel and filbert was the most affordable alternative. Butter and land, especially after the terrible blood-letting of the population during the Black Death, was used in considerable quantities in the northern and northwestern regions, especially in the Low Countries. Almost universal in middle and upper class cooking all over Europe was the almond, which was in the ubiquitous and highly versatile almond milk, which was used as a substitute in dishes that otherwise required eggs or milk, though the bitter variety came along much later<sup>[2]</sup>

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# Central Europe

#### Germany

At no time during the Middle Ages was there a completely unified state that incorporated all or even a majority of all Germanspeaking peoples. The map was dotted with minor kingdoms, free cities and, in the High and Late Middle Ages, the ports controlled by the Hanseatic League, a powerful trading alliance. Most of these were under the loosely defined suzerainty of the Holy Roman Empire. Here the definition of "Germany" is the lands where High and Low German was spoken, which extended roughly from Alsace in the west to Silesia in the east and from the Tyrol in the south to the Baltic Sea coast in the north.

# **Regional Cuisines Of Medieval Europe**

**Tobias Lanslor** 

#### **Regional Cuisines Of Medieval Europe:**

Regional Cuisines of Medieval Europe Melitta Weiss Adamson,2013-10-14 Expert food historians provide detailed histories of the creation and development of particular delicacies in six regions of medieval Europe Britain France Italy Sicily Spain and the Low Countries Regional Cuisines of Medieval Europe Melitta Weiss Adamson,2013-10-14 Expert food historians provide detailed histories of the creation and development of particular delicacies in six regions of medieval Europe Britain France Italy Sicily Spain and the Low Countries 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

Homosexuality in Medieval Europe Tobias Lanslor, Although the church condemned homosexuality in the late Middle Ages they had not been too worried about homosexual behavior and such an attitude also prevailed in the secular world However around the thirteenth century these tolerant attitudes changed dramatically Some historians relate this change to the climate of fear and intolerance that prevailed in the century against minority groups that departed from the norm of the majority This persecution reached its peak in the medieval Inquisition when the Cathars and Waldenses sects were accused of obscenity sodomy and Satanism In 1307 accusations of sodomy and homosexuality were important during the Knights Urban Diaspora Jette Linaa, 2021-01-13 This is a book on the rise and fall of diasporic communities in Early Templar trial Modern urban centers in Denmark and Sweden It contains 17 chapters written by archaeologists historians and scientists ranging from in depth studies of artefacts biofacts and archaeological features to large scale analyses of community formation among natives and migrants of multiple origins. The plethora of sources and approaches afforded by the numerous disciplines involved enables a significant new insight into the creation and recreation of migrant communities in these Early Food in Medieval England C. M. Woolgar, D. Serjeantson, T. Waldron, 2006-07-06 Food and diet are central Modern towns to understanding daily life in the middle ages In the last two decades the potential for the study of diet in medieval England has changed markedly historians have addressed sources in new ways material from a wide range of sites has been processed by zooarchaeologists and archaeobotanists and scientific techniques newly applied to the medieval period are opening up possibilities for understanding the cumulative effects of diet on the skeleton In a multi disciplinary approach to

the subject this volume written by leading experts in different fields unites analysis of the historical archaeological and scientific record to provide an up to date synthesis The volume covers the whole of the middle ages from the early Saxon period up to c 1540 and while the focus is on England wider European developments are not ignored. The first aim of the book is to establish how much more is now known about patterns of diet nutrition and the use of food in display and social competition its second is to promote interchange between the methodological approaches of historians and archaeologists The text brings together much original research marrying historical and archaeological approaches with analysis from a range of archaeological disciplines including archaeobotany archaeozoology osteoarchaeology and isotopic studies and the Wine Trade in Medieval Europe Haym Soloveitchik, 2024-05-03 Although Jews were at the centre of commercial activity in medieval Europe a talmudic ban on any wine touched by a Gentile prevented them from engaging in the lucrative wine trade Wine was consumed in vast quantities in the Middle Ages and the banks of the Rhineland hosted some of the finest vineyards in northern Europe German Jews were until the thirteenth century a merchant class How could they abstain from trading in one of the region s major commodities In time they ruled that it was permissible to accept wine in payment of debt but forbade trading in it and they maintained that ban throughout the Middle Ages Further study in the twelfth century however led Talmudists to discover that Jews were only forbidden to profit from trading in Gentile wine if they dealt with idolaters but that trade with Christians and Muslims was permitted Nevertheless the German community refused to take advantage of this clear licence Using Jewish and Gentile sources this study probes the sources of this powerful taboo In describing the complex ways in which deeply held cultural values affect Jews engagement in the economy of the surrounding society this book also illustrates the law of unintended consequences how the ban on Gentile wine led both to a major Jewish contribution to German viticulture and to the involvement of Jews in moneylending with all its tragic consequences

Mental (Dis)Order in Later Medieval Europe ,2014-03-13 The boundaries between mental social and physical order and various states of disorder unexpected mood swings fury melancholy stress insomnia and demonic influence form the core of this compilation For medieval men and women religious rituals magic herbs dietary requirements as well as to scholastic medicine were a way to cope with the vagaries of mental wellbeing the focus of the articles is on the interaction and osmosis between lay and elite cultures as well as medical theological and political theories and practical experiences of daily life Time span of the volume is the later Middle Ages c 1300 1500 Geographically it covers Western Europe and the comparison between Mediterranean world and Northern Europe is an important constituent Contributors are Jussi Hanska Gerhard Jaritz Timo Joutsivuo Kirsi Kanerva Sari Katajala Peltomaa Marko Lamberg Iona McCleery Susanna Niiranen Sophie Oosterwijk and Catherine Rider A Cultural History of Food in the Medieval Age Massimo Montanari,2014-05-22 Europe was formed in the Middle Ages The merging of the traditions of Roman Mediterranean societies with the customs of Northern Europe created new political economic social and religious structures and practices Between 500 and 1300 CE food in all its

manifestations from agriculture to symbol became ever more complex and integral to Europe s culture and economy The period saw the growth of culinary literature the introduction of new spices and cuisines as a result of trade and war the impact of the Black Death on food resources the widening gap between what was eaten by the rich and what by the poor as well as the influence of religion on food rituals A Cultural History of Food in the Medieval Age presents an overview of the period with essays on food production food systems food security safety and crises food and politics eating out professional cooking kitchens and service work family and domesticity body and soul representations of food and developments in food production and consumption globally 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 **The Middle Ages** Mikael Eskelner, When we talk about the Middle Ages we talk about a historical period that extends from the 5th century to the 15th century Ten centuries of history that begins with the fall of the Roman Empire of the West in the year 476 A D and that is terminated at the end of the fifteenth century in 1492 with the discovery of the American continent The Middle Ages was a period of European history that left deep traces on the continent Marked by important historical events the beginning and end of this period was marked by major cultural political religious social and economic changes becoming one of the most fascinating periods in history Agriculture in the Middle Ages Martin Bakers, In the Middle Ages agriculture underwent many changes The nobles and the clergy were considered the most important members of the feudal society However they were never the majority in the Middle Ages almost all people were peasants Not all farmers had the same category and social status Many of them were free men Among these some were small landowners who lived on their own land while others the settlers leased the feudal lord a small plot of Food, Feasting and Table Manners in the Late Middle Ages Guillermo Alvar Nuño, 2023-12-01 This book offers land a study of what and how people ate in the Iberian Peninsula between the twelfth and fifteenth centuries It has long been recognized that Mediterranean cultures attach great importance to communal meals and food cooked with great refinement However whilst medieval feasting in England France and Italy has been thoroughly studied Spain and Portugal have both been somewhat neglected in this area of study This volume analyses how medieval men of the Iberian Peninsula questioned themselves about different aspects deemed important in social feasting It investigates the acquisition of table manners and

rhetorical skills the interaction between medicine and eating and the presence of food in literature and religion The book also shows how this shared society and culture as well as their attitude towards food connected them to a Western European tradition The book will appeal to scholars and students alike interested in food and feasting from the perspectives of literature history language art religion and medicine and to those interested in a social cultural and literary overview of life in the Iberian Peninsula during the late Middle Ages Misconceptions About the Middle Ages Stephen Harris, Bryon L. Grigsby.2010-05-26 Interest in the middle ages is at an all time high at the moment thanks in part to The Da Vinci Code Never has there been a moment more propitious for a study of our misconceptions of the Middle Ages than now Ranging across religion art and science Misconceptions about the Middle Ages unravels some of the many misinterpretations that have evolved concerning the medieval period including the church war science art society With an impressive international array of contributions the book will be essential reading for students and scholars involved with medieval religion history and culture A Taste of Barcelona H. Rosi Song, Anna Riera, 2019-07-24 Widely associated with avant garde gastronomy and lavish food markets Barcelona has become a top destination for gourmands and chefs around the world especially after the spectacular rise of chef Ferran Adri of the famed elBulli soon to be reborn as elBulli1846 Barcelona is a city that attracts millions of visitors in search of art and culinary experiences while cookery apprentices from around the world arrive looking to perfect their skills and expand their gastronomic horizon. The city offers an unequaled combination of restaurants chefs restauranteurs media and local government initiatives to help those who arrive seeking an extraordinary culinary experience But how has the city established itself as a global culinary referent while becoming synonymous with cutting edge cuisine This book narrates Barcelona's urban and culinary development from the Middle Ages to the present tracing the origins and the growth of the culinary prestige of this part of Catalonia Barcelona has been a cosmopolitan center since the 1700s because of its location and busy port The city has always been well supplied with food and its residents built a strong culinary tradition enlivened by its contact with other cuisines and novel products afforded by its geographic location and the people who migrated to the area With literature painting music and architecture cooking has been a crucial activity in creating and maintaining a Catalan identity Past present and future visitors of the city will find a fascinating history of the unforgettable culinary importance of one of the most popular cities of Spain The Culture of Food in England, 1200-1500 C. M. Woolgar, 2016-01-01 In this revelatory work of social history C M Woolgar shows that food in late medieval England was far more complex varied and more culturally significant than we imagine today Drawing on a vast range of sources he charts how emerging technologies as well as an influx of new flavors and trends from abroad had an impact on eating habits across the social spectrum From the pauper's bowl to elite tables from early fad diets to the perceived moral superiority of certain foods and from regional folk remedies to luxuries such as lampreys Woolgar illuminates desire necessity daily rituals and pleasure across four centuries A Cultural History of Plants in the Post-Classical Era Alain Touwaide, 2023-12-14 A

Cultural History of Plants in the Post Classical Era covers the period from 500 to 1400 ranging across northern and central Europe to the Mediterranean and from the Byzantine and Arabic Empires to the Persian World India and China This was an age of empires and fluctuating borders presenting a changing mosaic of environments populations and cultural practices Many of the ancient uses and meanings of plants were preserved but these were overlaid with new developments in agriculture landscapes medicine eating habits and art The six volume set of the Cultural History of Plants presents the first comprehensive history of the uses and meanings of plants from prehistory to today The themes covered in each volume are plants as staple foods plants as luxury foods trade and exploration plant technology and science plants and medicine plants in culture plants as natural ornaments the representation of plants Alain Touwaide is Scientific Director at the Institute for the Preservation of Medical Traditions Washington D C USA A Cultural History of Plants in the Post Classical Era is the second volume in the six volume set A Cultural History of Plants also available online as part of Bloomsbury Cultural History a fully searchable digital library see www bloomsburyculturalhistory com General Editors Annette Giesecke University of Delaware USA and David Mabberley University of Oxford UK **Medieval Diet and Medicine** Wendy Pfeffer, 2024-08-06 This volume offers a new critical edition with facing English translation and a detailed study of the medieval manual of dietetics Occitan Health Advice dating from the 13th century and probably compiled in the milieu of Montpellier's university This Advice on health and well being is a unique example of medical writing composed in Occitan formerly called Old Proven al the vernacular language of southern France it provided a wealth of medical information and guidance for a literate nonspecialist reader interested in a healthful life This Advice will interest medical historians literary scholars and linguists as well as readers curious about the Middle Ages for all of whom it provides invaluable information on medieval daily life dietary regimen and healthy habits A Cultural History of Food in the Renaissance Ken Albala, 2014-05-22 Food and attitudes toward it were transformed in Renaissance Europe The period between 1300 and 1600 saw the discovery of the New World and the cultivation of new foodstuffs as well as the efflorescence of culinary literature in European courts and eventually in the popular press and most importantly the transformation of the economy on a global scale Food became the object of rigorous investigation among physicians theologians agronomists and even poets and artists Concern with eating was in fact central to the cultural dynamism we now recognize as the Renaissance A Cultural History of Food in the Renaissance presents an overview of the period with essays on food production food systems food security safety and crises food and politics eating out professional cooking kitchens and service work family and domesticity body and soul representations of food and developments in food production and consumption globally A Cultural History of Food in the Early Modern Age Beat Kümin, 2014-05-22 The seventeenth and eighteenth centuries form a very distinctive period in European food history This was a time when enduring feudal constraints in some areas contrasted with widening geographical horizons and the emergence of a consumer society While cereal based diets and small scale trade continued to be the mainstay of the

general population elite tastes shifted from Renaissance opulence toward the greater simplicity and elegance of dining la fran aise At the same time growing spatial mobility and urbanization boosted the demand for professional cooking and commercial catering An unprecedented wealth of artistic literary and medical discourses on food and drink allows fascinating insights into contemporary responses to these transformations A Cultural History of Food in the Early Modern Age presents an overview of the period with essays on food production food systems food security safety and crises food and politics eating out professional cooking kitchens and service work family and domesticity body and soul representations of food and developments in food production and consumption globally

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