

NOTES

INTRODUCTION

¹ Marc Bloch, "Pour une histoire comparee des societes europeennes," in Mélanges Historiques (Paris: S.E.V.P.E.N., 1963), I, 17.

² Bloch, "Pour une histoire," I, 19.

³ Georges Duby, "Les sociétés médiévales: Une approche d'ensemble," Annales, Economies, Sociétés, Civilisations, 26 (1971), 10.

⁴ Jacques Le Goff, "Pour un long moyen âge," in L'Imaginaire Médiéval, Series: Bibliothèque des Histoires (Paris: Gallimard, 1985), p. 7.

⁵ Léopold Genicot, Les Lignes de Faîte du Moyen Age, 4th ed., revised (Tournai: Casterman, 1962), pp. 286-287.

⁶ The International Mediaeval Bibliography covers the period from the accession of Diocletian, towards the end of the third century A.D., to the end of the fifteenth century. Similarly, the Guide to the Sources of Mediaeval History proposes that the term 'Middle Ages' be applied to the period c.500-c.1500.

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⁷ Leonard Beck, "Praise is due Bartolemeo Platina," Quarterly Journal of the Library of Congress, 32 (1975), 248.

Mary Ella Milham, "The Latin editions of Platina's 'De Honesta Voluptate'," Gutenberg Jahrbuch, 52 (1977), 57-63.

⁸ Andre Armengaud et al, Histoire d'Occitanie (Paris: Hachette, 1979), p. 387.

⁹ Louis Stouff, Ravitaillement et Alimentation en Provence aux XIVE et XVe siècles (Paris-La Haye: Mouton, 1970).

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¹⁰ A.J. Gurevich, Categories of Medieval Culture. Trans. G.L.Campbell (London: Routledge & Kegan Paul, 1985), p. 5.

¹¹ Duby, "Les sociétés médiévales," 1.

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CHAPTER ONE

¹ Robert Lafont, ed., Le Sud et le Nord: dialectique de la France (Toulouse: Privat, 1971).

Fernand Braudel, La Méditerranée et le monde méditerranéen à l'époque de Philippe II, 2nd edition, 2 vols. (Paris: Armand Colin, 1966).

² Ellen Churchill Semple, The Geography of the Mediterranean Region: Its Relation to Ancient History (London: Constable, 1932).

³ Pierre Bec, La Langue Occitane, 4th edition, series Que Sais-Je (Paris: Presses Universitaires de France, 1978), pp. 9-10.

⁴ Bec, La Langue Occitane, p. 66.

⁵ Pierre Bonnassie, "L'Occitanie - un Etat manqué?" L'Histoire, No. 14 (July - August 1979), p. 32.

⁶ Lafont, pp. 114-115.

⁷ Alfred Jeanroy, Histoire Sommaire de la Poésie Occitane des Origines à la fin du XVIIIe siècle (Paris/Toulouse: 1945; rpt. Geneva: Slatkine, 1973), p. 5.

⁸ Lafont, p. 33.

- ⁹ Jean Combes, "Les foires en Languedoc au moyen age," Annales, Economies, Sociétés, Civilisations, 13 (1958), 231-259.
- ¹⁰ Bec, La Langue Occitane, p. 64.
- ¹¹ E. Baratier & F. Reynaud, Histoire du Commerce de Marseille, Vol. II, De 1291 à 1480 (Marseilles: Chambre de Commerce, 1951).
- ¹² Lafont, p. 47.
- ¹³ Georges Duby et Robert Mandrou, Histoire de la Civilisation Française, 5th edition, Collection U/U2 (Paris: Armand Colin, 1968) I, 75.
- ¹⁴ Charles Singer et al, A History of Technology (Oxford: Clarendon Press, 1957), II, 89.
- ¹⁵ Georges Duby, L'Economie Rurale et le Vie des Campagnes dans l'Occident Médiéval (Paris: Aubier, 1962), I, 200.
- ¹⁶ Daniel Faucher, Géographie Araire: Types de Cultures (Paris: Librairie de Médicis, 1949), p. 68.
- ¹⁷ Faucher, p. 68.
- ¹⁸ Faucher, p. 70.
- ¹⁹ Guy Fourquin, Les Campagnes de la Région Parisienne à la fin du Moyen Age: Du milieu du XIIIe siècle au début du XVIe siècle (Paris: Presses Universitaires de France, 1964), p. 80.
- ²⁰ Fourquin, p. 80.
- ²¹ Philippe Wolff, Commerces et marchands de Toulouse (vers 1356 - vers 1450) (Paris: Librairie Plon, 1954), p. 194.
- ²² Stouff, pp. 196-197.

- ²³ B. Benassar & J. Goy, "Consommation alimentaire (XIVe - XIXe siècle)," Annales, Economies, Sociétés, Civilisations, 30 (1975), 428.
- ²⁴ Benassar & Goy, p. 428.
- ²⁵ Benassar & Goy, p. 428.
- ²⁶ Lafont, p. 85.
- ²⁷ Christian Goudineau, "Les villes de la paix romaine," in Histoire de la France Urbaine, comp. Georges Duby, (Paris: Seuil, 1980), I, 387.
- ²⁸ Hugh D. Clout, "Early Urban Development," in Themes in the Historical Geography of France, ed. Hugh D. Clout (London: Academic Press, 1977), p. 83.
- ²⁹ Jacques La Goff, "L'Apogée de la France urbaine médiévale, 1150-1330," in Histoire de la France Urbaine, II, 333.
- ³⁰ Jacques Le Goff, "L'Apogée de la France urbaine médiévale," pp. 277 & 279.
- ³¹ Archibald Lewis, The Development of Southern French and Catalan Society, 718-1050 (Austin: University of Texas Press, 1965), p. 403.
- ³² Lewis, Southern French and Catalan Society, pp. 403-406.
- ³³ Lewis, Southern French and Catalan Society, p. 391.
- ³⁴ Jacob Burckhardt, The Civilisation of the Renaissance in Italy, trans. S.G.C. Middlemore from 15th edition (London: Harrap, 1929), p. 353.
- ³⁵ O. Masson-Bessière, "Le Commerce à Brignoles au XIVe siècle," Provence Historique, 14

(April-June 1964), p. 163.

³⁶ Bernard Blumenkranz, "Carpentras,"
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Robert-Henri Bautier, "Feux, population et structure sociale au milieu du XVe siècle: l'exemple de Carpentras," Annales, Economies, Sociétés, Civilisations, 14 (1959),, 255-268.

H. Dubled, "Les Juifs de Carpentras," Provence Historique, 19 (July - September 1969), p. 219.

³⁷ Karl Bartsch & E. Koschwitz, Chrestomathie Provençale (X-XVe siècles), 6th edition, revised, (1904; rpt. Hildesheim/New York: Georg Olms Verlag, 1971), pp. 396-397.

³⁸ Henri Pirenne, Histoire Economique et Sociale du Moyen Age, new revised ed., (1933; rpt. Paris: Presses Universitaires de France, 1963), p. 126.

³⁹ Pirenne, p. 84.

⁴⁰ Lynne Lawner, "Norman ni Frances," Cultura Neolatina, 30 (1970), 223-232.

⁴¹ Georges Duby & Robert Mandrou, I, 41.

⁴² Lafont, p. 122.

⁴³ Gilles le Bouvier, dit Berry, Le Livre de la Description des Pays, in Recueil de Voyages et de Documents pour servir à l'histoire de la géographie, vol. XXII, ed. E.-T. Hamy (Paris: Ernest Leroux, 1908), pp. 47-48.

⁴⁴ Gilles le Bouvier, p. 42 & 55.

⁴⁵ Gilles le Bouvier, p. 64.

⁴⁶ Gilles le Bouvier, p. 88.

47 Gilles le Bouvier, pp. 88 & 52.

48 Gilles le Bouvier, p. 47-48.

49 Gilles le Bouvier, p. 47 & 103.

50 Gilles le Bouvier, pp. 103.

51 Francesc Eiximenis, Com Usar Be de Beure e

Menjar, ed. Jorge E.J. Gracia (Barcelone: Curial, 1977).

52 Eiximenis, pp. 89 - 91.

53 Jean-Louis Flandrin, "Internationalisme,

Nationalisme et Regionalisme dans la Cuisine des XI^{ve} et

XV^{es} siècles; Le Temoignage des Livres de Cuisine," in

Manger et Boire au Moyen Age: Actes du Colloque de Nice

(15-17 October 1982), (Nice: Centre d'Etudes Médiévales,

1984), II, pp. 75-91. Hereafter cited as Manger et Boire.

54 Constance B. Hieatt and Robin F. Jones, "Two

Anglo-Norman Culinary Collections edited from British

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Speculum, 61 (October 1986), 860.

Constance B. Hieatt, "'Ore pur parler del array de

une graunt manjereye': The Culture of the 'Newe Get', circa

1285," in Acts of Interpretation: The Text in its Contexts,

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Pilgrim Books, 1982), pp. 219-220.

55 Hieatt, p. 221.

56 Enseignements, in La Bataille de Caresme et de

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Liber de Coquina, in "Deux traités inédits d'art

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Philologique et Historique, (année 1968), 396-420.

⁵⁷ Pierre Bec, Burlesque et Obscénité chez les Troubadours: Le Contre-texte au Moyen Age, Series 'Moyen Age' (Paris: Stock, 1984), p. 99.

⁵⁸ Mestre Robert, Libre del Coch, Tractat de cuina medieval, ed. Veronika Leimgruber (Barcelona: Curial Edicions Catalanes, 1977), pp. 67 & 82-83.

'Iusello' is mentioned in a Provençal household account; Stouff, p. 333.

⁵⁹ Carl F. Barnes, Jr., "The Household," in The Secular Spirit (New York: E.P. Dutton/Metropolitan Museum of Art, 1975), pp. 53-54 & 59.

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CHAPTER TWO

¹ "Cuisine," Trésor de la Langue Française, VI, 1978 ed.

² "Cuisine," The Oxford English Dictionary, II, 1933 ed., rpt. 1961.

³ Claude Levi-Strauss, L'Origine des Manières de Table, Vol.III of Mythologiques (Paris: Plon, 1968), pp. 403-411.

⁴ Françoise Sabban, "Le système des cuissons dans la tradition culinaire chinoise," Annales, Economies, Sociétés, Civilisations, 38(1983), 344-5.

⁵ Others have arrived at similar interpretations, albeit by different routes. For example, Farb and Armelagos propose the following: "'cuisine' refers to nothing more than the sum total of nutritional resources, the technology of their preparation and the taste preferences entailed."

Peter Farb and George Armelagos, Consuming Passions: The Anthropology of Eating (Boston: Houghton Mifflin, 1980), p. 10.

⁶ A.L.Kroeber, Style and Civilizations, (Ithaca: Cornell University Press, 1957), p.150.

⁷ Roland Barthes, Systeme de la Mode (Paris: Editions du Seuil, 1967).

Mary Douglas suggests that although 'food' can be considered to belong to the applied arts, there are examples of food completely separated from a nourishing function and therefore associated with the decorative arts. Further, she proposes that the aesthetic aspect of food is that which is subject to pattern-making rules, like rules of poetry, music or dance - or, I might add, culinary rules, contained in recipes, which decree how to prepare and serve a certain dish.

Mary Douglas, In the Active Voice (London: Routledge & Kegan Paul, 1982), p. 107.

⁸ Athenaeus, The Deipnosophists, trs. Charles Burton Gulick, Loeb Classical Library vols, (London: Heinemann; New York: Putnam, 1927), I, 33.

⁹ Prosper Montagné, Larousse Gastronomique (Paris: Larousse, 1938), p. 289.

Jean-Anselme Brillat-Savarin, Physiologie du Goût (Paris: 1825; rpt. Paris: Charpentier, 1965), p. 298.

¹⁰ Fernand Braudel, "Histoire de la vie matérielle, Bulletin No. 2," Annales, Economies, Sociétés, Civilisations, 16 (1961), 723.

¹¹ Levi-Strauss, p.405.

¹² Levi-Strauss, p. 405.

¹³ Michael Freeman, "Sung," in Food in Chinese Culture: Anthropological and Historical Perspectives. ed. K.C.Chang (New Haven and London: Yale University Press, 1977), pp. 143-145.

¹⁴ Thorstein Veblen, The Theory of the Leisure Class: An Economic Study of Institutions (1899; rpt. New York: Augustus M. Kelly, 1965), p.75.

¹⁵ A.-B.-L. Grimod de la Reynière, Manuel des Amphitryons, (1808; rpt. Paris: Editions A.M. Métaillié, 1983).

¹⁶ Jack Goody, Culture, Cuisine and Class (Cambridge: Cambridge University Press, 1982), pp. 97-153.

From his study of two African societies, Goody concluded that "we did not discover any major differentiation of cooking either on a periodic basis, for festivities, or in relation to the different strata of Gonja society." At the same time, however, he noted that "A chief might have to eat special foods," that "there is necessarily little variation in weekly diet, with no special foods, except for meat on festivals", and that, "among the Gonja, both national festivals ... and family ceremonies were marked by the preparing and distribution of cooked food". The validity of Goody's conclusion thus rests upon the interpretation of 'major'.

¹⁷ Jean-François Revel, Un Festin en Paroles: Histoire littéraire de la sensibilité gastronomique de l'Antiquité à nos jours (Paris: Pauvert, 1979), pp. 28-29.

¹⁸ Laura Verdi, "L'Uomo e il suo cibo. Quando il cibo diventa cultura," in Cucina Cultura Società, ed. Luciano Bonanni and Giancarlo Ricci (Milan: Shakespeare and Company, 1982), p. 136.

¹⁹ Goody, pp.97-98. The terms 'higher' and 'lower' are applied throughout Chapter 4, pp. 97-153.

²⁰ Maxime Rodinson, "Recherches sur les documents arabes relatifs à la cuisine," Revue des Etudes Islamiques, 17-18 (1949), p. 155.

²¹ Roland Barthes, Lecture de Brillat-Savarin, Physiologie du Goût, by J.-A. Brillat-Savarin (Paris:Hermann, 1975), pp. 8-9.

²² Brillat-Savarin, p. 1.

²³ Fernand Braudel, Les Structures du Quotidien: Le Possible et l'Impossible, Vol.I of Civilisation Matérielle, Economie et Capitalisme, XVe-XVIIIe siècle (Paris: Armand Colin, 1979), p. 158.

²⁴ Braudel, Structures, p. 153.

²⁵ Bridget Henisch, Fast and Feast: Food in Mediaeval Society (University Park and London:Pennsylvania State University Press, 1976).

²⁶ Braudel, Structures, p. 157.

²⁷ Fernand Braudel, "Histoire de la vie matérielle, Bulletin No.2," p.724.

²⁸ Fernand Braudel, "Retour aux Enquêtes," Annales, Economies, Sociétés, Civilisations, 16 (1961), 423-424.

²⁹ Fernand Braudel, "Histoire de la vie matérielle, Bulletin No.1," Annales, Economies, Sociétés, Civilisations, 16 (1961), 545.

³⁰ "Dossier: Histoire de la Consommation," Annales, Economies, Societes, Civilisations, 30 (1975), 402-631.

³¹ Stouff, p. 15.

³² Braudel, Structures, pp. 11-13.

³³ Lucien Febvre, "Aux origines de l'alimentation: la part du folklore," Annales d'Histoire Sociale, 3 (1941), 21.

³⁴ Anne Murcott, "Sociological and social anthropological approaches to food and eating," World Review of Nutrition and Dietetics (in press).

³⁵ Stephen Mennell, All Manners of Food: Eating and Taste in England and France from the Middle Ages to the Present (London: Blackwell, 1985), p. 24.

³⁶ Braudel, Structures, p. 159.

³⁷ Stouff, pp. 255 & 455.

³⁸ Stouff, p. 255.

³⁹ Stouff, p. 255.

⁴⁰ Stouff, p. 262.

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¹ Xenophon, Cyropaedia, with trans. by Walter Miller, Loeb Classical Library (London: Heinemann; Cambridge, Mass.: Harvard University Press, 1961), II, 333.

² Mennell, p. 335, n.4.

³ Byzantine cuisine has received relatively little attention from scholars. Some information is given in the following:

A.P. Kazhdan and Anne Wharton Epstein, Change in Byzantine Culture in the Eleventh and Twelfth Centuries, (Berkeley and Los Angeles: University of California Press, 1985), pp.80-82.

E. Jeanselme and L. Oeconomos, "Aliments et Recettes Culinaires des Byzantins," Proceedings of the Third International Congress of the History of Medicine, 1922, pp.155-168.

⁴ Robert Fossier, ed., Les Mondes Nouveaux, Vol. I of Le Moyen Age (Paris: Armand Colin, 1982), p. p. 258.

⁵ Georges Duby, cited by Guy Fourquin, Histoire de la France Rurale, Vol. I, La formation des campagnes

françaises des origines au XIVe siècle, ed. Georges Duby (Paris: Editions du Seuil, 1980), p. 402.

⁶ For example, the poet Colin Muset, in the mid-thirteenth century, mentions 'sauce aillie' with roast capon.

Frederick Goldin, Lyrics of the Troubadours and Trouveres: An Anthology and a History (New York: Anchor Books, 1973), pp. 426 & 428.

⁷ Benassar & Goy, p. 417.

According to these authors, the Enquiry proved the "incontestable alimentary superiority" of the town over the countryside, from the fifteenth to the nineteenth century. "Although the cost of living in the town was twice as high as in the countryside, the town remained the privileged site of consumption, for it is there that was spent the incomes derived from industry, crafts and commerce as well as the rural revenue."

⁸ Jacques Le Goff, Introd., Histoire de la France Urbaine, Vol. II, La Ville Médiévale, ed. Jacques Le Goff (Paris: Editions du Seuil, 1980), pp. 14-15.

⁹ Jacques Le Goff, "Ordres Mendiants et Urbanisation dans la France Médiévale: Etat d'Enquête," Annales, Economies, Sociétés, Civilisations, 25 (1970), 926.

¹⁰ Wolff, pp. 573-574 & 616-617.

¹¹ Maguelonne Toussaint-Samat, "Gastronomie et fastes culinaires à la cour sforzesque et chez les bourgeois de Milan au milieu du XVe siècle," in Manger et Boire, II, 109.

- 12 Stouff, pp. 158-159.
- 13 Veblen, p. 36.
- 14 Luisa Cogliati Arano, Tacuinum Sanitatis (Milan: Electa Editrice, 1973).
- 15 Robert Delort, Le Moyen Age: Histoire Illustrée de la Vie Quotidienne (Lausanne: Edita, 1972), p. 37.
- 16 Françoise Piponnier, Costume et Vie Sociale: La Cour d'Anjou, XI^e - XV^e siècle, Civilisations et Sociétés, 21 (Paris/La Haye: Mouton, 1970), pp. 196-198 & 289-293.
- 17 Brunetto Latini, Li Livres dou Trésor, ed. P. Chabaille, (Paris: Imprimerie Imperiale, 1863), p. 255.
- 18 Brunetto Latini, pp. 285-287.
- 19 Brunetto Latini, p. 286.
- See also Gurevich, pp. 246-254.
- 20 The Romance of Flamenca: A Provençal Poem of the Thirteenth Century, trans. Merton Jerome Hubert, revised Provençal text by Marion E. Porter (Princeton: Princeton University Press, 1962), pp. 47-49.
- 21 Stouff, p. 258.
- 22 Monique Levalet, "Quelques observations sur les cuisines en France et en Angleterre au moyen âge," Archéologie Médiévale, 8 (1978), 233.
- 23 Stouff, pp. 220-221.
- 24 G.C. Coulston, The Mediaeval Village, citing Troilus Malvitius, De Sanctorum Canonizatione, c. thirteenth century (Cambridge: Cambridge University Press, 1925), p. 316.

- ²⁵ Mulon, "Deux traités inédits," p. 384
- ²⁶ Guillaume de Lorris & Jean de Meun, Le Roman de la Rose, ed. Felix Lecoy (Paris: Honore Champion, 1968), I, pp. 41-42.
- ²⁷ Veblen, p. 139.
- ²⁸ Georgine E. Brereton & Janet M. Ferrier, eds, Le Menagier de Paris (Oxford: Clarendon, 1981).
- ²⁹ Flandrin, "Internationalisme, nationalisme et regionalisme," p. 75.
- ³⁰ François Boucher, Histoire du Costume en Occident de l'Antiquité à Nos Jours (Paris: Flammarion, 1965), p. 192.
- ³¹ Flandrin, "Internationalisme, nationalisme et régionalisme," p. 81.

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CHAPTER FOUR

¹ Lucie Bolens, "L'art culinaire médiéval andalou est baroque: les ruses de la science au service du goût (XIe-XIIIe siècle)," in Manger et Boire, II, 145.

The author stresses the continuation of the imperial Roman tradition in Andalusia in the eleventh to thirteenth centuries.

² Archibald Lewis, The Islamic World and the West, A.D.622-1492 (New York: Wiley, 1970), p. vii.

³ Michael Grant, The Civilisations of Europe (London: Weidenfeld & Nicolson, 1965), p. 160.

⁴ Rodinson, "Recherches," p. 100.

⁵ J. A. Arberry, "A Bagdad Cookery-Book," Islamic Culture, 13 (1939), 32.

⁶ Lucie Bolens, pp. 144-146.

⁷ The title, 'The Mediaeval Health Handbook' was used by Oscar Ratti & Adele Westbrook in their translation of Tacuinum Sanitatis.

Oscar Ratti and Adele Westbrook, trans., The Mediaeval Health Handbook (Tacuinum Sanitatis) (London: Barrie & Jenkins Ltd, 1976).

⁸ Karl Kup, "A medieval codex of Italy," Natural

History, 72 (December 1963), 32.

⁹ Patricia Willett Cummins, A Critical Edition of Le Regime Tresutile et Tresproufitable pour Conserver et Garder la Santé du Corps Humain, North Carolina Studies in the Romance Languages and Literatures No. 177 (Chapel Hill: UNC Department of Romance Languages, 1976), p. x.

¹⁰ M.A. Manzaloui, Secretum Secretorum: Nine English Versions, Early English Text Society No. 276 (Oxford: Oxford University Press, 1977), I, pp. xiv-xv.

¹¹ Manzaloui, p. ix.

¹² Manzaloui, p.48

¹³ Cummins, pp. x-xi.

¹⁴ Ed. Bondurand, "Une diététique provençale," Revue du Midi, 18 (1895), 191-207.

¹⁵ Arano, pp. 9-10.

¹⁶ Manuscripts of the Tacuinum Sanitatis are listed in the inventories of the libraries of Charles of Orleans, the Sorbonne and the Louvre.

Leopold Delisle, Le Cabinet des Manuscrits de la Bibliotheque Imperiale, (Paris, 1869; rpt. Amsterdam: Gerard Th. van Heusden, 1969), I, 117; III, 91 & 153.

¹⁷ Tacuinum Sanitatis, by Luisa Cogliati Arano.

¹⁸ Arano, Documenti, Nos. 96, 97, 128, 130.

¹⁹ Cummins, pp. 219-253.

²⁰ Bondurand, pp. 201-2.

²¹ Lozinski, p. 182.

²² Lynn Thorndike, "A Medieval Sauce-Book," Speculum, 9 (1934), 183-190.

²³ Maxime Rodinson, "Romania et autres mots

arabes en italien," Romania, 71 (1950), pp. 433-449.

24 Arano, Documenti, No. 98.

25 Genicot, p. 258.

26 Kroeber, p. 61.

27 Freeman, p. 144.

28 Rodinson, "Recherches," pp. 100-102.

29 Lozinski, p. 181.

30 Paul Aebischer, "Un manuscrit valaisan du 'Viandier' attribué à Taillevent," Vallesia, 8 (1953), p. 86.

31 Jean-Louis Flandrin and Odile Redon, "Les livres de cuisine italiens des XIVe et XVe siècles," Archeologia Medievale, 8 (1981), 393.

32 BL MS. Add. 18165. A copy of the table of contents of this text was kindly provided by Professor Constance Heatt.

33 Rudolf Grewe, "An early XIII century northern European cook book," in Current Research in Culinary History: Sources, Topics and Methods, Proc. of a conference sponsored by the Schlesinger Library of Radcliffe College and the Culinary Historians of Boston, Radcliffe College, June 14-16, 1985 (Boston: CHB, 1986), p. 34.

34 Enseignements, pp. 181-187.

35 Mulon, "Deux traités," pp. 369-435.

36 Jean-Louis Flandrin, "Internationalisme, nationalisme et régionalisme," p. 80.

37 Aebischer, p. 81.

38 Aebischer, p. 81.

- 39 Baron Jérôme Pichon & Georges Vicaire, eds., Le Viandier de Guillaume Tirel dit Taillevent, (Paris, 1892; rpt. Geneva: Slatkine Reprints, 1967), p. xlix.
- 40 Louis Stouff, "Y avait-il à la fin du Moyen Age une alimentation et une cuisine provençales originales?" in Manger et Boire, II, 98.
- 41 Pichon et Vicaire, p. iv, n.1.
- 42 Emilio Faccioli, ed., Arte della Cucina, (Milan: Edizioni il Polifilio, 1966), I, 19-105.
- 43 Faccioli, I, 19.
- 44 Brereton & Ferrer, Le Menagier de Paris.
- 45 Brereton & Ferrer, p. liv.
- 46 Rudolf Grewe, ed; Libre de Sent Sovi (Barcelona: Editorial Barcino, 1979).
- 47 Grewe, pp. 46-54.
- 48 Terence Scully, ed., "Du fait de cuisine, par Maistre Chiquart, 1420," Vallesia, 40 (1985), 103-231.
- 49 Scully, p. 130.
- 50 Scully, p. 201.
- 51 Scully, p. 201.
- 52 Maestro Martino, "Libro de Arte Coquinaria," in Arte della Cucina, I, 119-204.
- 53 Faccioli, I, 117.
- 54 Beck, p. 242.
- 55 Maestre Robert, Libre del Coch, ed. Veronika Leimgruber (Barcelona: Curial Edicions Catalanes, 1977).
- 56 Cuoco Napolitano, Pierpont Morgan Library MS. B. 19.
- 57 Due Libri di Cucina, ed. Ingemar Boström, Acta

Universitatis Stockholmiensis, Romanica Stockholmiensa,
No. 11 (Stockholm: Almqvist & Wiksell International,
1985).

⁵⁸ Bibliothèque de Cessole, Nice, MS. 226.

⁵⁹ Carole Lambert, Edition d'un recueil de
recettes culinaires et d'un receptaire sur les greffes
inédits de XVe siècle (Paris, B.N. Latin 6707), Diss.
Université de Montréal 1983.

⁶⁰ Platina (Bartolomeo de Sacchi di Piadena), De
Honestia Voluptate, trans. Elizabeth Buermann Andrews
(n.p.: Mallinckrodt Chemical Works, 1967).

⁶¹ Beck, p. 242.

⁶² Platina, Book I.

⁶³ Ratti & Westbrook, p. 6.

⁶⁴ It is almost certain that Platina would have
been aware of the Deipnosophists. The first Athenaeus
manuscript to arrive in Italy became part of the library
of Cardinal Bessarion. (Robert R. Bolgar, The Classical
Heritage and its Beneficiaries (Cambridge: Cambridge
University Press, 1963), p. 469.) Platina's knowledge of
Greek admitted him to Bessarion's intellectual circle, and
it is probable that he would have had the opportunity to
look at, and read, the Athenaeus manuscript. Further, a
second manuscript was listed in the catalogue of the
library of Sixtus IV in 1475; this catalogue would have
been prepared by Platina, appointed Vatican librarian in
February of that year (Beck, p. 243).

⁶⁵ Platina, Book VI.

⁶⁶ Platina, Book I.

- 67 Platina, Book IX.
- 68 Mary Ella Milham, "The vernacular translations of Platina's 'De honesta voluptate'," Gutenberg Jahrbuch, 54 (1979), 87-95.
- 69 Mulon, p. 373.
- 70 Aebischer, p. 80.
- 71 Mulon, p. 373.
- 72 Pichon & Vicaire, p. 63.
- 73 Brereton & Ferrier, p. liv.
- 74 Mulon, p. 373.
- 75 Rodinson, "Romania", pp. 447-448.
- 76 Le Menagier, R106.
- 77 Flandrin & Redon, p. 397.
- 78 Pichon & Vicaire, p. li; Grewe, Sent Sovi, p.222.
- 79 It was common practice in the mediaeval period to dedicate a work to a rich patron. The Regimen was reputedly written for the "King of the English", but Cummins (p. xi) believes the identity of this king to be as uncertain as the role of Salerno.
- 80 Brereton & Ferrier, pp. xii-xvi.
- 81 Lucien Febvre & Henri-Jean Martin, L'Apparition du Livre, 2nd. ed. (Paris: Editions Albin Michel, 1971), p. 34.
- Pichon & Vicaire, p. iv, n.1.
- Rodinson, "Romania," p. 445, n.1.
- 82 Mary Ella Milham, "The manuscripts of Platina 'De Honestia Voluptate ... ' and its source, Martino," Scriptorium, 26 (1972), 127.

Beck, p. 242.

⁸³ Delisle, I, 78; Milham, "The manuscripts,"
p. 128.

⁸⁴ Brereton & Ferrier, pp. 185-186.

Prosper Boissonade, Le Travail dans l'Europe Chrétienne au Moyen Age (Ve-XVe siècles), Series: Histoire Universelle du Travail (Paris: Librairie Felix Alcan, 1930), p. 383.

⁸⁵ Paper was cheaper than parchment or vellum, and was more often used for cheaper editions. Paper books, however, were at first less highly esteemed and probably deteriorated more than parchment ones. In the 1484 catalogue of books in the library of Louis XI, books on paper were often described as "mauvays", "meschant" or "qui gueres ne vault".

Delisle, I, 78.

⁸⁶ Paul Lacroix, France in the Middle Ages: Customs, Classes and Conditions (rpt. New York: Frederick Ungar, 1963), p. 75.

⁸⁷ The mediaeval library inventories reproduced in Le Cabinet des Manuscrits, Vol. I, offer an admirable illustration of the types of books considered appropriate to library collections.

⁸⁸ Lacroix, p. 289.

⁸⁹ Brereton & Ferrier, pp. 128-135 & 170.

⁹⁰ Bernard Guillemain, La Cour Pontificale d'Avignon, 1309-1376: Etude d'une société (Paris: Editions du Boccard, 1966), pp. 391-394.

⁹¹ Scully, p. 110.

- 92 Pichon & Vicaire, pp. 269-275.
- 93 Enseignements, p. 187.
- 94 Jean-Claude Bonnet, "Les manuels de cuisine,"
Dix-Huitième Siècle: Numéro Spécial, Aliments et Cuisine,
15 (1983), 55.
- 95 Grewe, Sent Sovi, p. 222.
- 96 Scully, p. 111.
- 97 Scully, p. 127.
- 98 Flandrin, "Internationalisme, nationalisme et
régionalisme," p. 85.
- 99 MP, R262; SS, R130.
- 100 Philip & Mary Hyman, personal
communication.
- 101 Philip & Mary Hyman, "Modes de cuisson et
systeme culinaire," personal communication.
- 102 Boström, pp. 63-78.
- 103 Boström, p. 78.
- 104 Platina, Book IX.
- 105 Thorndike, p. 189.
- 106 Pichon & Vicaire, p. li.
- 107 Lorna J. Sass, "The Preference for Sweets,
Spices and Almond Milk in Late Mediaeval English Cuisine,"
in Food in Perspective, Proc. of the Third International
Conference on Ethnological Food Research, Cardiff, 1977,
ed. Alexander Fenton and Trevor M. Owen (Edinburgh: John
Donald, 1981), p. 258.
- 108 Tacuinum Sanitatis, New York Public Library
Italian MS, c. 1475.
- 109 Grewe, "Northern European cookbook," p. 34.