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INTRODUCTION


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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10 Bec, La Langue Occitane, p. 64.
12 Lafont, p. 47.
17 Faucher, p. 68.
18 Faucher, p. 70.
20 Fourquin, p. 80.
22 Stouff, pp. 196-197.

24 Benassar & Goy, p. 428.

25 Benassar & Goy, p. 428.

26 Lafont, p. 85.


35 O. Masson-Bessière, "Le Commerce à Brignoles au XIVe siècle," Provence Historique, 14

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(April-June 1964), p. 163.

36 Bernard Blumenkranz, "Carpentras,"

Encyclopaedia Judaica, 1971 ed.

Robert-Henri Bautier, "Feux, population et
structure sociale au milieu du XVe siècle: l'exemple de
Carpentras," Annales, Economies, Sociétés, Civilisations,

H. Dubled, "Les Juifs de Carpentras," Provence

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

39 Pirenne, p. 84.

40 Lynne Lawner, "Norman ni Frances," Cultura

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),

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.
49 Gilles le Bouvier, p. 47 & 103.
50 Gilles le Bouvier, pp. 103.
51 Francesc Eiximenis, Com Usar Be de Beure e
52 Eiximenis, pp. 89 - 91.
53 Jean-Louis Flandrin, "Internationalisme,
Nationalisme et Regionalisme dans la Cuisine des XIVe et
XVe siecles; 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,
54 Constance B. Hieatt and Robin F. Jones, "Two
Anglo-Norman Culinary Collections edited from British
Library Manuscripts Additional 32085 and Royal 12.C.xii,"
Speculum, 61 (October 1986), 860.

Constance B. Hieatt, "'Ore pur 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,
700-1600, ed. M.J. Carruthers & E.D. Kirk (Norman, Oklahoma:
55 Hieatt, p. 221.
56 Enseignements, in La Bataille de Caresme et de
Charnage, ed. Gregoire Lozinski (Paris: Librairie Ancienne Honore

Liber de Coquina, in "Deux traités inédits d'art
culinaire médiéval," ed. Marianne Mulon, Bulletin
Philologique et Historique, (année 1968), 396-420.


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

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CHAPTER TWO

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


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.


Levi-Strauss, p.405.

Levi-Strauss, p. 405.


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'.


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


Stouff, p. 15.

Braudel, Structures, pp. 11-13.

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


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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2 Mennell, p. 335, n. 4.

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


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


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."


10 Wolff, pp. 573-574 & 616-617.

12 Stouff, pp. 158-159.
13 Veblen, p. 36.
14 Luisa Cogliati Arano, Tacuinum Sanitatis
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, XIVe - XVe siècle, Civilisations et
289-293.
17 Brunetto Latini, Li Livres dou Trésor, ed.
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:
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
27 Veblen, p. 139.
29 Flandrin, "Internationalisme, nationalisme et regionalisme," p. 75.
31 Flandrin, "Internationalisme, nationalisme et régionalisme," p. 81.
NOTES

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.


4 Rodinson, "Recherches," p. 100.


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.


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


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.


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
24 Arano, Documenti, No. 98.
25 Genicot, p. 258.
26 Kroeber, p. 61.
27 Freeman, p. 144.
29 Lozinski, p. 181.
32 BL MS. Add. 18165. A copy of the table of contents of this text was kindly provided by Professor Constance Hieatt.
34 Enseignements, pp. 181-187.
37 Aebischer, p. 81.
38 Aebischer, p. 81.

Louis Stouff, "Y avait-il à la fin du Moyen Age une alimentation et une cuisine provençales originales?" in Manger et Boire, II, 98.

Pichon et Vicaire, p. iv, n.1.


Faccioli, I, 19.

Brereton & Ferrier, Le Menagier de Paris.

Brereton & Ferrier, p. liv.

Rudolf Grewe, ed; Libre de Sent Sovi (Barcelona: Editorial Barcino, 1979).

Grewe, pp. 46-54.


Scully, p. 130.

Scully, p. 201.

Scully, p. 201.


Faccioli, I, 117.


Cuoco Napolitano, Pierpont Morgan Library MS. B. 19.

Due Libri di Cucina, ed. Ingemar Boström, Acta

58 Bibliothèque de Cessole, Nice, MS. 226.


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 medieval 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.


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,

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, 1305-1376: Etude d'une société (Paris: Editions

91 Scully, p. 110.
92 Pichon & Vicaire, pp. 269-275.
93 Enseignements, p. 187.
94 Jean-Claude Bonnet, "Les manuels de cuisine,"
Dix-Huitièmè Siècle: Numéro Spécial, Aliments et Cuisine,
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
108 Tacuinum Sanitatis, New York Public Library
Italian MS, c. 1475.
109 Grewe, "Northern European cookbook," p. 34.