

## NOTES

### CHAPTER EIGHT

<sup>1</sup> Sidney W. Mintz, Sweetness and Power: The Place of Sugar in Modern History (New York: Elizabeth Sifton/Viking, 1985), p. 25.

<sup>2</sup> Paul Dorveaux, Le Sucre au Moyen Age, Bibliothèque Historique de la France Médicale (Paris: Honoré Champion, 1911), p. 3.

<sup>3</sup> Dorveaux, p. 4.

<sup>4</sup> Bondurand, p. 195.

'Diarrhodon' is translated as 'hepatica' by Du Cange. It probably belonged to that genus, commonly called liverleaf, which plants were once believed to have therapeutic value in the treatment of liver disease.

Du Cange, Glossarium Mediae et Infimae Latinitatis (1883-87; rpt. Graz: Akademische Druk-U.Verlagsanstalt, 1954), III, 100.

<sup>5</sup> Fruit 'robs' - 'arop' in Catalan - were the concentrated juices of certain fruits, especially grapes, reduced by about three-quarters by evaporation. The equivalent in Italy was 'musto cocto' or 'sapa', an ingredient known to the Romans.

S.K.Hamarneh & G. Sonnedecker, "A pharmaceutical

view of Abulcasis al-Zahrawi in Moorish Spain," Janus: Revue Internationale de l'Histoire des Sciences, de la Médecine, de la Pharmacie et de la Technique, Supplement V (Leiden: E.J. Brill, 1963), pp. 71-72.

<sup>6</sup> Ciasca, p. 354.

<sup>7</sup> Platina, Book II.

<sup>8</sup> C. Anne Wilson, "Sugar: The migrations of a plant product during 2000 years," in Food in Motion: The Migration of Foodstuffs and Cookery Techniques, Proc. Oxford Symposium, 1983, (London: Prospect Books, 1983), p. 2.

<sup>9</sup> Rodinson, "Recherches," p. 139.

<sup>10</sup> Arberry, pp. 208-214.

<sup>11</sup> Arberry, p. 34.

<sup>12</sup> Lozinski, pp. 18 & 21.

<sup>13</sup> Jeanselme & Oeconomos, p. 164.

<sup>14</sup> SS, R51 & R56.

<sup>15</sup> André, L'Alimentation, p. 190.

<sup>16</sup> Flandrin, "Internationalisme, nationalisme et régionalisme," p. 96.

<sup>17</sup> AV, R5, R54, R60.

<sup>18</sup> Leimgruber, p. 13.

<sup>19</sup> MR, R75 & R125.

<sup>20</sup> Pichon & Vicaire, pp. 197-199.

<sup>21</sup> Brereton & Ferrier, p. 186; Dorveaux, p. 7.

<sup>22</sup> Ciasca, p. 752.

<sup>23</sup> 'Dragees' were described in the Dictionarie of the French and English Tongues (1611) as "a kind of digestive powder ... and hence ... confets or sweet

meats." One particular type of dragee prescribed for the wife of Francesco Datini contained cinnamon, nutmeg, mace, ginger, aniseed, sugar and galangal. (Origo, p. 328).

<sup>24</sup> Deschamps, Oeuvres Complètes, IX (1894), p. 48.

'Sucre en plate' was a thin, crystal-clear sheet of 'toffee' in which could be set small petals of roses, violets, etc. 'Paste de roy' was a paste of crystallised ginger. The composition of 'Manus Christi' cannot be discovered.

<sup>25</sup> Cuoco Napolitano, f80r.

<sup>26</sup> J. Guiral, "Le sucre à Valence aux XV et XVI siècles," in Manger et Boire, I, 119.

<sup>27</sup> Schäfer, Die Ausgaben, Band 3, pp. 226-227.

"Juni 9 (1344) pro 537 1/4 lb. tam manus Christi, zuccaris rozeati, anisi confecti, diacitron, feniculi confecti, amigdalarum, avellanarum confectarum, ostiarum deauratarum et colliandre (6s. pro libra) ... Juli 10 (1344) ... 521 1/2 lb. de diacitron, ostiarum deauratarum, manus Christi ... et aliarum specierum confectarum."

<sup>28</sup> L. Faraudo de Saint-Germain, "Libre de totes maneres de confits': Un tratado manual cuatrocentista de arte de dulceria," Boletín de la Real Academia de Buenas Letras de Barcelona, 19 (1946), 97-134.

<sup>29</sup> Claude Carrère, Barcelone: Centre Economique à l'Epoque des Difficultés, 1380-1462 (Paris-La Haye: Mouton, 1967), pp. 386-387. 386-387.

<sup>30</sup> Brereton & Ferrier, pp. 184-186.

- 31 Schäfer, Die Ausgaben, Band 3, p. 216.
- 32 Origo, p. 283,
- 33 Ciasca, p. 356. Similarly, the  
fourteenth-century English Goud Kokery describes in detail  
how "to make ymages in suger". (Heatt & Butler, Curve on  
Inglysch, p. 153)
- 34 Eiximenis, p. 123.
- 35 Eiximenis, p. 43.
- 36 SS, R49, R50, R56.
- 37 For example, Avellanat, MR, R50; Pinyonada,  
MR, R56; Sementa di Canipa, MM, R95.
- 38 AV, R5.
- 39 MM, R41; AV, R44; Liber, II:47; Rodinson,  
"Recherches," p. 139.
- 40 SS, R56; MR, R58; Rodinson, "Recherches,"  
p. 139.
- 41 Cuoco Napolitano, R39.
- 42 MP, R114.
- 43 Flandrin, "Internationalisme, nationalisme et  
régionalisme," p. 87.
- 44 Flandrin, "Internationalisme, nationalisme et  
régionalisme," pp. 78-79.
- 45 Pichon & Vicaire, pp. 122-123; Scully,  
pp. 144-145.
- 46 Brereton & Ferrier, pp. 177, 179, 180;  
MP, R107.
- 47 Brereton & Ferrier, pp. 175-182.
- 48 Le Roman du Comte d'Anjou, cited by Planche,  
p. 251.

49 Eiximenis, p. 43.

50 Cuoco Napolitano, f77r-f89r.

M. Bendiscioli & A. Gallia, Documenti di Storia Medioevale 400-1492, 2nd ed. enlarged (Milan: Mursia, 1970-71), p. 268.

51 Scully, p. 177; SS, R160; AV, R62.

52 AT, R80.

53 AT, R86.

54 SS, R160; AT, R83, R84, R146.

55 MP, R261; MR, R142.

56 AM/B, R37.

57 Flandrin, "Le goût," p. 387.

58 SS, R159; MP, R264.

59 Arberry, p. 213.

60 Arberry, p. 201.

61 AV, R60; MR, R131.

62 MP, R258; Scully, pp. 177-178; MP, R260, R261.

Although recipes are not included in the text, 'ravioles' and 'ravioles lombardes' are mentioned in three menus in *Le Menagier*. (Brereton & Ferrier, pp. 176-178)

63 AV, R62; AT, R86.

64 Giovanni Boccaccio, Decameron, ed. Charles Singleton (Baltimore/London: Johns Hopkins University Press, 1974), p. 472.

65 MP, R259; LeV(XV), R41 & R45.

66 Gilles le Bouvier, pp. 38-48.

67 Pansier, V, 76.

68 Stouff, p. 35.

69 Scully, p. 163.

- 70 Eiximenis, p. 123.
- 71 "Farce nouvelle du pâté et de la tarte," in Farces du Moyen Age, ed. L. Robert-Busquet (Paris: Fernand-Lanore, 1942), pp. 119-127.
- 72 Hieatt & Butler, Curye on Inglisch, p. 206.
- 73 Lacroix, p. 177.
- 74 MM, R9. Martino also explains how to make a 'pastello', without a pastry crust, in a frying pan, which confirms the structural role of the pastry. MM, R12.
- 75 LeV(XV), R106.
- 76 Hieatt & Butler, Pleyn Delit, p. 24.
- 77 MM, R124.
- 78 AT, R125 & R143.
- 79 LeV(XV), R114 & R113; MM, R135 & R136; Cuoco Napolitano, R195.
- 80 Stouff, p. 239.
- 81 Alfred Gottschalk, Histoire de l'Alimentation et de la Gastronomie depuis le Préhistoire jusqu'à nos Jours (Paris: Editions Hippocrate, 1948), I, 292;  
Deschamps, Oeuvres Complètes, V (1887), pp. 51-52.
- 82 "Du Prestre au Lardier" & "Du Prestre et la Dame", in Recueil Général et Complet des Fabliaux, II, 24-30 & 235-241.
- 83 Stouff, pp. 31 & 260.
- 84 Brereton & Ferrier, pp. 175-182.
- 85 MP, R162.
- 86 LeV(XV), R78; SS, R134.
- 87 SS, R134; AT, R116.

88 AT, R116, R117, R118; AV, R49 & R50.

89 For example, AT, R117 & R118; AV, R51 & R52;

MR, R130.

90 Stouff, p. 331.

91 AT, R125 & R126.

92 MM, R10.

93 Lacroix, p. 161.

94 Most lexicographers give the mediaeval meaning of the French 'tourte' (torte, tortre) as a round loaf of bread (e.g. Godefroy: "espece de pain commun de forme ronde"). In examples of the use of 'tourte' recorded by Tobler, all but two refer to coarse bread or, exceptionally, to the type of grain from which such bread was made. The two anomalous examples derive from Le Menagier, where the word describes a dish very like the Italian torta, and the recipe itself is very similar to the Italian recipes for Torta di herbe. 'Torta' does not seem to have referred to a loaf of bread in Italian.

The derivation of the terms 'tarte', 'torta', 'tourte' is uncertain, although a common origin seems to be agreed. Platina, in the fifteenth century, suggested that "torta has taken its name from the herbs which are twisted and cut up, from which almost all of these are made, I should think" (although he inferred that this practice was no longer current). (Platina, Book VIII) The source of the word is thus assumed to be the Latin 'torquere' (to turn, twist, knead), through its past participle, 'tortus', and more modern authorities have tended to agree. More recently, however, Corominas has

proposed a derivation via an ancient Greek word for bread; its contraction with the definite article gives both the Italian 'torta' and the French 'tarte'. ( τὸ ἀρτιδίον>τῷρτιδίον, torta; τὰ ἀρτίδια>ταρτιδια , tarte).  
(Corominas, IV, 510-511)

'Torta' was apparently first documented in Italy in the thirteenth century, and in Spain about the same time. (Battisti, p. 3725; Corominas, IV, 510) The term 'tarte' appeared about a century later in these Mediterranean countries, and was derived ("indudablemente", according to Corominas) from the French noun.

These linguistic details support the hypothesis that 'torte' and 'tartes' were two distinct genres, each quite strictly geographically localised, and that - in a shining example of culinary reciprocity - the northern French borrowed from the Italians both the name and the recipe for 'torte', while the Mediterraneans borrowed 'tartes' from their northern neighbours. Henri Estienne's dialogues, written in the second half of the sixteenth century and satirising the adoption of Italianisms by French courtiers, confirm the French borrowing. "Quant aux viandes d'Italie, je ne vous donneray qu'un petit bouccon de cervelat des meilleurs qui se facent à Milan, et d'une tourte, que vous trouverez meilleure que toutes celles que vous avez jamais mangées ni à Boulogne, ni à Florence."  
(p.262)

By the sixteenth century, tourtes were well entrenched in the French culinary repertoire; Rabelais lists, under the heading of Patisserie, "Tourtes, de seize



facons" (Franklin, p. 89). Similarly, the first Italian recipes for 'tartes' appeared at the end of the fifteenth century (Cuoco Napolitano); significantly, they seem to have been one-crust tarts, in the French fashion, whereas most torte required top and bottom crusts, and one recipe was even entitled 'Tartare alla franzesa de pome'. (Cuoco Napolitano, R195).

Frederic Godefroy, Dictionnaire de l'Ancienne Langue Française, 1938 ed., VII, 764.

Tobler-Lommatzsch, Altfranzösisches Wörterbuch, 1925 ed., IX, 456-457.

Carlo Battisti & Giovanni Alessio, Dizionario Etimologico Italiano, 1965 ed., V, 3835.

Henri Estienne, Deux Dialogues du Nouveau Langage François, ed. P.-M. Smith, La Renaissance Française, Editions et Monographies (1578; rpt. Geneva: Slatkine, 1980)

<sup>95</sup> Italian-style 'torte' were not totally absent from northern French cuisine, but they were probably exceptional. The only 'tourte' in the sample menus of *Le Menagier* is Tourte pisaine (or 'lombarde') but this kind of tourte, for which recipes are given in other northern French texts, should perhaps be more properly regarded as a licence to culinary artistry and extravaganza. *Le Menagier* also gives a recipe for 'Arboulastre en tartre faicte en la paille' (R231), which is very similar to Italian torte, even as regards cooking technique.

A recipe, simply entitled 'Tourte', is included in both the Bibliothèque Mazarine manuscript of Le Viandier

and Le Menagier, and is probably borrowed from an Italian source. The Vatican manuscript of Le Viandier includes a recipe for 'tourte de layt', but this has no similarity to either French 'tourtes' or Italian 'torte'.

<sup>96</sup> MM, R124; Liber, V:8.

<sup>97</sup> Corinne Bossard, Franco d'Angelo & Bruna Maccari, "La ceramica per la cottura degli alimenti a Brucato (XIV secolo)," Atti, IX Convegno Internazionale della Ceramica, Albisola, 28-31 May, 1976, p. 41.

AV, R95 & R101; Nice MS, R6.

<sup>98</sup> Cuoco Napolitano, R72.

<sup>99</sup> Battisti, V, 3739.

<sup>100</sup> AV, R112.

<sup>101</sup> Tacuinum Sanitatis, Documenti, 215.

<sup>102</sup> Herbeth, p. 91.

<sup>103</sup> Bresc-Bautier, Bresc & Herbeth, p. 52.

<sup>104</sup> Cuoco Napolitano, R 197.

<sup>105</sup> SS, R138; MR, R127.

<sup>106</sup> LeV(XV), R117 & R118; MP, R250.

<sup>107</sup> Piponnier, "Equipement," pp. 65-66.

<sup>108</sup> Piponnier, "Equipement," p. 66.

<sup>109</sup> Hieatt & Butler, Curye on Inglisch, pp. 136-138; Tractatus, V:14.

<sup>110</sup> Tractatus, II:4 & II:6.

<sup>111</sup> Gilles le Bouvier, p. 59.

<sup>112</sup> Stouff, p. 37.

<sup>113</sup> Brunet & Redon, p. 21.

<sup>114</sup> Franklin, p. 21.

<sup>115</sup> Pichon & Vicaire, p. 119; MP, R248.

- 116 LeV(XV), R111 & R115.
- 117 AT, R124.
- 118 AV, R95, R102, R107; AM/B, R45; Nice MS, R39;  
MM, R126 & R127.
- 119 MM, R124.
- 120 Platina, Book VII.
- 121 For example, AT, R123; LeV(XV), R111;
- MP, R248.
- 122 AV, R98; MM, R144; AM/B, R23.
- 123 AV, R112; Scully, p. 156; Brereton & Ferrier,  
p. 176.
- 124 Scully, p. 157.
- 125 Pansier, V, 146.

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### CHAPTER NINE

<sup>1</sup> Eixeminis, pp. 43-44.

<sup>2</sup> Somme, p. 111.

Charbonnier, "L'alimentation," p. 101.

<sup>3</sup> Stouff, p. 261.

<sup>4</sup> Mennell, p. 51.

<sup>5</sup> At the end of the fifteenth century, the duke of Milan had three two-pronged silver forks.

Toussaint-Samas, p. 107.

Francesco Datini had twelve silver forks, in the fourteenth century. Origo, p. 254.

In one of Sacchetti's stories set in fourteenth-century Florence, forks were used to eat 'macaroni'. Brunet & Redon, p. 22.

<sup>6</sup> Stouff, p. 272.

<sup>7</sup> Tacuinum Sanitatis, p. 116 & Documenti, No. 173.

<sup>8</sup> Eixeminis, p. 122.

<sup>9</sup> Stouff, p. 103.

<sup>10</sup> Brereton & Ferrier, pp. 118-123.

<sup>11</sup> Pichon & Vicaire, pp. 108-109.

<sup>12</sup> Les Très Riches Heures du Duc de Berry

(Fribourg-Geneva: Liber, 1979/1983), pp. 16-17.

Tacuinum Sanitatis, Documenti, No. 147.

13 Stouff, p. 263.

14 Eixeminis, p. 89.

15 Stouff, pp. 242-243.

16 Stouff, pp. 324-327.

17 Piponnier, "Recherches," p. 73.

18 Similarly, Byzantine cuisine ignored peas; its legumes included broad beans, chick peas, phaseole, vetch and lupin. Jeanselme & Oeconomos, p. 159.

19 Patrone, pp. 127-131.

20 Stouff, p. 105; Origo, p. 323.

21 Charbonnier, "L'alimentation," p. 82.

22 Shirley, pp. 135 passim; Stouff, p. 105.

23 Patrone, p. 127.

24 "Pois," *Altfranzösisches Wörterbuch*, VII, 1969 ed.

25 MP, R95; MM, R 75.

26 Although saffron, on a mass basis, was one of the most expensive of spices (at least in northern France and Toulouse), in the quantities in which it would have been used, to colour, it was probably comparatively cheap; 100 mg would give a good, rich colour to a kilogram of dried peas. Saffron was grown in mediaeval Tuscany and in Catalonia, and may well have been cheaper in these regions.

27 AT, R43.

28 Sommé, p. 111.

Stouff, p. 226.

Antonino Giuffrida, "Considerazioni sul consumo della carne a Palermo nei secoli XIV e XV," in Melanges de l'Ecole Française de Rome, 87 (1975), p. 584.

<sup>29</sup> 'Gourds' is probably the best translation for 'zucche', or 'courges' in mediaeval French. The vegetables known as pumpkin and squash today came from the Americas, and were not available to mediaeval cooks.

<sup>30</sup> 'Navaiz' or 'navetz' were a type of root vegetable, but it is difficult to know whether they were closer to turnips or parsnips.

<sup>31</sup> Cuoco Napolitano, R 34 & R 36.

<sup>32</sup> There is no recipe for cabbage in the Sent Sovi, but 'Colls verts ab gallines' and 'Colls ab brou e grex de bou' listed in the index of the Valencia manuscript. Grewe, Sent Sovi, p. 220.

<sup>33</sup> SS, R117, R118, R119, R120; Valencia ms. R 51; AT, R16; Platina, Book IV; AM/A, R105 & R106.

<sup>34</sup> Bendiscoli & Gallia, p. 267

<sup>35</sup> Gottschalk, I, 286.

Georges Gibault, Histoire des Légumes (Paris: Librairie Horticole, 1912), p.7.

<sup>36</sup> Ambrosio Huici Miranda, Traducción Española de un Manuscrito Anónimo del Siglo XIII sobre la Cocina Hispano-Magribi (Madrid: Editorial Maestre, 1966), pp. 184-192.

<sup>37</sup> SS, R149, R151, R152, R153;

<sup>38</sup> Cuoco Napolitano, R33.

<sup>39</sup> SS, R94.

<sup>40</sup> Platina, Book VII; AV, R121; AM/A, R113.

- 41 Maxime Rodinson, "Ghidha", Encyclopédie de l'Islam, 1965 ed.
- 42 AT, R62; AV, R25.
- 43 Cuoco Napolitano, f80.
- 44 MP, R63; Le V(XV), R142.
- 45 Gibault, p. 83-84; MP, R 50.
- 46 Stouff, pp. 324-327.
- 47 Bondurand, p. 201.
- 48 Noel Coulet, "Pour une histoire du jardin: Vergers et potagers à Aix-en-Provence: 1350-1450," Le Moyen Age, 73 (1967), 260.
- 49 Stouff, pp. 379-382.
- 50 Arnaud d'Agnel, Les Comptes du Roi René (Paris: Alphonse Picard, 1908). I, 294 passim.
- 51 Anonimo Toscano has one recipe for hearts of lettuce cooked with milk, egg yolks, pork meat and fat, and spices; Martino prepares them in the same way as gourds. AT, R17; MM, R64.
- 52 Platina, Book IV.
- 53 Bondurand, p. 203; d'Agnel, I, 301.
- 54 Stouff, p. 260.
- 55 The author of Le Menagier does suggest, however, eating raw the young, new leaves which grow from the stalk of a cabbage after the head had been cut off ("minces"), with herbs and vinegar, or cooking them and dressing with oil and vinegar. MP, R53.
- Hieatt & Butler, Curve on Inglisch, p. 115.
- 56 Brereton & Ferrier, p. 180.
- 57 Brereton & Ferrier, p. 301.

- 58 Pierre de Ronsard, Oeuvres Complètes, ed. Gustave Cohen (Paris: Gallimard, 1950), I, 524-525.
- 59 Jacques André, ed. and trans., Apicius: L'Art Culinaire, De Re Coquinaria (Paris: Klincksieck, 1965), pp. 139-155.
- 60 Stouff, p. 332.
- 61 Platina, Book VII.
- 62 Vesco, p. 27.
- 63 Anonimo Toscano, R68, "De la tria genovese per li'nfermi". Faccioli mistakenly interprets this as 'triglia', red mullet; but the recipe is one of a group for bland cereal purees, and since it is improbable that a fish would be cooked in almond milk with a little salt, it is more likely that some sort of pasta was meant.
- 64 Grewe, Sent Sovi, pp.182-183.
- 65 Charles Perry, "The Oldest Mediterranean Noodle: A Cautionary Tale," Petits Propos Culinaires, 9 (October 1981), p. 43.
- 66 MR, R77.
- Alfredo Schiaffini, "La diffusione e l'origine de fidelle 'vermicelli' - fidelini - capellini," Archivum Romanicum, 8 (1924), 297.
- 67 Tacuinum Sanitatis, Documenti, Nos. 232 & 233.
- 68 MM, R78.
- 69 MR, R77; SS, R170 & R171.
- 70 SS, R 104, R 105, R 106, R 108.
- 71 Liber, II:63 & II:64.
- 72 MM, R69; MR, R46.



73 MM, R85; R47, R48, R49, R50; Cuoco Napolitano,  
R22. In Anonimo Meridionale/B, a recipe describes how to  
make "nochi". AM/B, R51.

74 MR, R138.

75 AT, R114 & R115; MM, R160; MR, R154.

76 Grewe, Sent Sovi, p. 133.

77 See, for example, Wolff, pp. 170-187; Stouff,  
pp. 60-82; Carrere, pp. 326-341.

78 Histoire de la France Rurale, II, 235; Stouff,  
p. 63.

In the Arles region, the decade from 1424 to 1433  
included 5 years of drought and two of flood.

79 Grewe, Sent Sovi, p. 31.

d'Agnel, pp. 295-317.

80 MP, R303

Gustave Cohen, ed., Recueil de Farces Françaises  
inédits du XVe siècle (Cambridge, Mass.: Mediaeval Academy  
of America, 1949 ), p. 456.

81 Scully, p. 187.

82 SS, R187.

83 MM, R43.

84 Jacques Le Goff, "Codes vestimentaire et  
alimentaire dans Erec et Enide," in his L'Imaginaire  
Médiéval: Essais (Paris: Gallimard, 1985), p. 205.

85 Platina, Book I.

86 MM, R43; Scully, pp. 188-189; MR, R137.

87 MR, R137.

88 Scully, pp. 188-189; Brunetto Latini, p. 256.

89 Liber II:31.

- 90 Maillard, p. 123; Brereton & Ferrier, p. 185.
- 91 Eggs played a similar role in Byzantine cuisine. Jeanselme & Oeconomos, p. 158.
- 92 Eggs cost 5 sous, 6 deniers per 100 at Bruges in 1450 (Sommé, p. 113) and 3-4 sous per 100 at Angoulême in 1462 (Maillard, p. 123).
- 93 Pierre de Crescens, Book 9; MP, R330.
- 94 Origo, p. 317.
- 95 Sent Sovi, R173.
- 96 Aldebrandin, p. 179.
- 97 AT, R140.
- 98 MM, R186; Platina, Book IX.
- 99 MP, R125 & R131. Both recipes instruct that the eggs be "pochez en huile".
- 100 Cummins, p. 113.
- 101 André, L'Alimentation, p. 214.
- 102 Perry, p. 44.

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### CHAPTER TEN

<sup>1</sup> Piponnier, Costume, p. 289.

<sup>2</sup> Lozinski, pp. 1-23.

<sup>3</sup> Nicholas, "Les nourritures terrestres," p. 213.

<sup>4</sup> The work 'cocagne', of unknown origin, dates from at least the twelfth century, in France, and the early fourteenth century in England. The Italian form, 'cuccagna' appeared only in the fifteenth century, the Catalan 'cucanya' possibly later; both of these apparently derived from the French. The concept of a mythical gastronomic paradise may, however, be universal; in Boccaccio's imaginary land of Bengodi, the vines were tied with sausages and there was a mountain of grated Parmesan cheese. (Boccaccio, Decameron, ed. Charles Singleton, p. 472).

For the present work, the version consulted was 'Li Fabliaus de Coquaigne', in Fabliaux et Contes des Poètes François des XI, XII, XIII, XIV et XV Siècles, tires des meilleurs auteurs (Paris: B. Warea, 1808) IV, 175-181.

<sup>5</sup> Brereton & Ferrier, pp. 35-37.

<sup>6</sup> Phil. iii. 18-19.

<sup>7</sup> Brereton & Ferrier, pp. 35-37.

- <sup>8</sup> Brunetto Latini, pp. 381-382; Eiximenis, pp. 66-88.
- <sup>9</sup> Nicholas, "Les nourritures terrestres" p. 213.
- <sup>10</sup> P.K. Meagher, "Gluttony", New Catholic Encyclopaedia, 1967 ed.
- <sup>11</sup> Guillaume de Lorris & Jean de Meun, Le Roman de la Rose, I, 5-15.
- <sup>12</sup> Genicot, pp. 279-280. Trans. by Laurence & Rona Wood as Contours of the Middle Ages (London, Routledge & Kegan Paul, 1967), p. 236.
- <sup>13</sup> Genicot, p. 281; trans. L. & R. Wood, p. 238.
- <sup>14</sup> Gottschalk, I, 346.
- <sup>15</sup> Flandrin, "Le Goût", p. 400, n. 108.
- <sup>16</sup> Toussaint-Samat, p. 113.
- <sup>17</sup> Werner Sombart, Luxury and Capitalism, trs. W.R. Dittmar, (Ann Arbor: University of Michigan Press, 1967), pp. 39-57.
- <sup>18</sup> Sombart, p. 48.
- <sup>19</sup> Sombart, p. 44.
- <sup>20</sup> Lafont, p. 157.
- <sup>21</sup> Nicholas, "Les nourritures terrestres", p. 219, n. 41 & n. 42.
- <sup>22</sup> Mennell, p. 30.
- <sup>23</sup> Origo, pp. 290, 203-204.
- <sup>24</sup> Baudrillart, III, 195.
- <sup>25</sup> Jean Nicholas, "Les excès de table et de boisson et leur consequences selon un poète anonyme génois de la fin du XIIIe et du début du XIVE", in Manger et Boire, II, 291.

- 26 Toussaint-Samat, p. 105.
- 27 "Banchetto", Grande Dizionario della Lingua Italiana, II, 1962 ed.
- 28 C. Anne Wilson, Food and Drink in Britain (London: Constable, 1973), p. 106.
- 29 Jeanne Wathelet-Willem, "Repression des excès de table et de vin à la fin du XVe siècle: 'La condamnation des bancquets a la louange de diepte et sobriete'," in Manger et Boire, II, 307-312.
- 30 Michel de Montaigne, Journal de Voyage en Italie, new ed. based on original 1774 ed., introd. Maurice Rat (Paris: Garnier, 1955), p. 174.
- 31 Montaigne, p. 175.
- 32 Mémoires de Messire Olivier de la Marche: Suite du Livre Premier, ed. M. Petitot, Collection des Mémoires relatifs à l'histoire de France, (Paris: Foucault, 1820), pp. 156-194.
- 33 Olivier de la Marche, p. 157.
- 34 Christoforo di Messisbugo, Banchetti: composizione di vivande et apparecchio generale (Ferrara: 1549)
- Giovanni Rosselli, Epulario (Venice: 1516).
- 35 Olivier de la Marche, p. 170.
- 36 Pierre Bec, Anthologie de la Prose Occitane du Moyen Age (XIIe-XVe siècle), Vol. I (Avignon: Aubanel, 1977), pp. 92-95,
- 37 De Loÿe, pp. 341-347.
- 38 Scully, pp. 145-148.
- 39 Luigi Cornaro, The Temperate Life, trans. of

La Vita Sobria (1547-1559), in The Art of Living Long,  
ed. William F. Butler (Milwaukee: n.p., 1903), p. 41.

<sup>40</sup> Cornaro, p. 40.

<sup>41</sup> Platina, Book I.

<sup>42</sup> Yves Renouard, "Affaires et culture à Florence  
au X<sup>IV</sup>e et au X<sup>V</sup>e siècle," in Il Quattrocento: Libera  
Cattedra di storia della civiltà Fiorentina (Florence:  
Sansoni, 1954), p. 174.

<sup>43</sup> The definition of gastronomy, offered by  
Brillat-Savarin, is as follows: "La gastronomic est la  
connaissance raisonnée de tout ce qui a rapport à l'homme,  
en tant qu'il se nourrit." Brillat-Savarin, p. 42.

## NOTES

### CHAPTER ELEVEN

<sup>1</sup> Flandrin, "Le goût," p. 387.

<sup>2</sup> G.L. Beccaria, Spagnolo e Spagnoli in Italia: Riflessi Hispanici sulla lingua italiana del Cinque e del Seicento (Turin: Universita di Torino, 1968).

<sup>3</sup> Messisbugo, (Index).

<sup>4</sup> Stouff, p. 261.

<sup>5</sup> Flandrin, "Internationalisme, nationalisme et régionalisme," pp. 77-81.

<sup>6</sup> In Le Menagier it is recommended that beans be sown in March (Brereton & Ferrier, p. 119). The anonymous fifteenth-century Parisian diarist mentions new beans and peas arriving at the same time as the cherries were beginning to redden, but before the grain crops were ripe, which was probably in June. (Shirley, p. 329).

<sup>7</sup> Flandrin, "Le goût," p. 379.

<sup>8</sup> L. Barrau-Dihigo, "Voyage de Barthélemy Joly en Espagne (1603-1604)" Revue Hispanique, 20 (1909), 472.

<sup>9</sup> P.G. Molmenti, La Vie Privée à Venise depuis les premiers temps jusqu'à la chute de la république (Venice: Ferdinand Ongaria, 1882), p. 290.

<sup>10</sup> Platina, Books I & II.

- 11 Cuoco Napolitano, f 77r - 89r.
- 12 Beloved Son Felix: The Journal of Felix Platter, a medical student in Montpellier in the Sixteenth Century, trans. Sean Jennett (London: Frederick Muller, 1961), p. 53.
- 13 Pierre Belon du Mans, p. 62.
- 14 Joly, pp. 474-475.
- 15 Felix Platter, p. 52.
- 16 Journal of a Younger Brother: The life of Thomas Platter as a medical student in Montpellier at the close of the Sixteenth Century, trans. Sean Jennett (London: Frederick Muller, 1961), pp. 120 & 209.
- 17 Thomas Platter, pp. 192, 209; 252, 44.
- 18 Joly, p. 482.
- 19 Montaigne, p. 64.
- 20 Eiximenis, p. 90.
- 21 Pierre Belon du Mans, p. 62.
- 22 Joly, p. 473.
- 23 Pierre Belon du Mans, p. 52.
- 24 Joly, p. 473.
- 25 Thomas Platter, p. 205.
- 26 Felix Platter, p. 53.
- 27 Thomas Platter, p. 46.
- 28 Montaigne, pp. 170 & 120.
- 29 Thomas Platter, p. 61.
- 30 Thomas Platter, p. 46.
- 31 Pierre Belon du Mans, p. 255.
- 32 Cited by Jean-Louis Flandrin & Philip Hyman, "Regional Tastes and Cuisines: Problems, Documents, and



Discourses on Food in Southern France in the 16th and 17th Centuries," Food and Foodways, 1 (1986), 237.

- 33 Origo, p. 321; Montaigne, p. 199.
- 34 Stouff, pp. 235 & 330.
- 35 Boström, p. 83.
- 36 Joly, p. 475.
- 37 Thomas Platter, p. 191.
- 38 Montaigne, p. 85.
- 39 Pierre Belon du Mans, p. 53.
- 40 MM, R4.
- 41 SS, R4 & R12.
- 42 SS, R28; MR, R10; MM, R33.
- 43 Joly, p. 473.
- 44 Montaigne, p. 109.
- 45 AV, R107; Cuoco Napolitano, R69.
- 46 Montaigne, p. 119.
- 47 Felix Platter, p. 53.
- 48 Felix Platter, p. 53; Thomas Platter, p. 239.
- 49 Montaigne, p. 23.
- 50 Thomas Platter, p. 42.
- 51 Joly, p. 483.
- 52 Felix Platter, p. 52.
- 53 Joly, pp. 527 & 536.
- 54 Pierre Belon du Mans, p. 52.