

# CONTENTS

|  |     |
|--|-----|
| Introduction   | vii |
| Tempering Medieval Food<br>Terence Scully  | 3   |
| Sorting through the Titles of Medieval Dishes:<br>What Is, or Is Not, a "Blanc manger"<br>Constance B. Heatt | 25  |
| Interregional Influences in Medieval Cooking<br>Johanna Maria van Winter                                     | 45  |
| The Evolution of Culinary Techniques in the Medieval Era<br>Barbara Santich                                  | 61  |
| Some Remarks on Medieval Cooking:<br>The Ambras Recipe-Collection of Cod. Vind. 5486<br>Helmut Birkhan       | 83  |
| Nutrition in the Desert:<br>The Exemplary Case of Desert Ermeticism<br>Kevin P. Roddy                        | 99  |
| Jews and Christians at the Lord's Table?<br>Winfried Frey  | 113 |
| Hungry Heroes in Medieval Literature<br>Susan E. Farrier   | 145 |
| Pears and Pregnancy in Chaucer's "Merchant's Tale"<br>Carol A. Everest                                       | 161 |

|  |     |
|--|-----|
| The Games Cooks Play:<br>Non-Sense Recipes and Practical Jokes in Medieval Literature<br>Melitta Weiss Adamson | 177 |
| Notes on Contributors  | 197 |
| Index  | 201 |