Contents

Introduction Invitation to the Voyage Γ
CHAPTER I Medieval Near, Medieval Far 7
CHAPTER II Medieval Cookbooks 17
CHAPTER III The Grammar of Food 25
CHAPTER IV The Times of Food 41
CHAPTER V The Aroma of Civilization Bread 54
CHAPTER VI Hunger for Meat 62
CHAPTER VII The Ambiguous Position of Fish 72
CHAPTER VIII From Milk to Cheeses 79
CHAPTER IX Condiment/Fundament The Battle of Oil, Lard, and Butter 89
CHAPTER X The Bread Tree 107
CHAPTER XI The Flavor of Water 117
CHAPTER XII The Civilization of Wine 130
CHAPTER XIII Rich Food, Poor Food 149

Contents

CHAPTER XIV Monastic Cooking 158

CHAPTER XV The Pilgrim's Food 172

CHAPTER XVI The Table as a Representation of the World 177

CHAPTER XVII The Fork and the Hands 193

CHAPTER XVIII The Taste of Knowledge 199

Notes 211

Bibliography 245

Index 257