Contents

	Acknowledgements	6
	Introduction	8
1	After Domesday	20
2	Chaucer's company	34
3	Life in the cloister	50
4	The Goodman of Paris	66
5	Of manners and meals	80
6	The court of Richard II	96
7	Courtly and Christmas feasting	110
8	Of herbals and simples	126
	Bibliography	139
	Picture credits	140
	Subject index of old recipes	141
	Index	142