Contents

Illustrations		vi
Preface		vii
Acknowledgements		viii
Introduction		ix
Sources and Abbreviations		xix
1	Setting the Scene before 1500	1
2	The Food Scene Captured in Print, 1500-50	11
3	The Widening World of Food, 1550-1600	27
4	Science and the Search for Food, 1600-40	59
5	War and a Renewed Search for Food, 1640-60	97
6	Food in a Quickening Commercial World, 1660-1700	127
7	On the Edge of the Next Food World, 1700-60	157
8	Regional and Social Patterns of Diet	195
9	A Closer Look at Some Foods	229
	Bread	230
	The Meat of Farmyard Animals and Rabbits	235
	Eggs and Bird Meat, Farm-fed and Wild	250
	Fish	265
	Dairy Foods	270
	Vegetables and Herbs	284
	Fruit	294
	Drinks	304
	Condiments: Spices, Salt, Pepper, Sugar and Sauces	312
10	10 Conclusion	
	Notes	335
	Bibliography	367
	Index	387