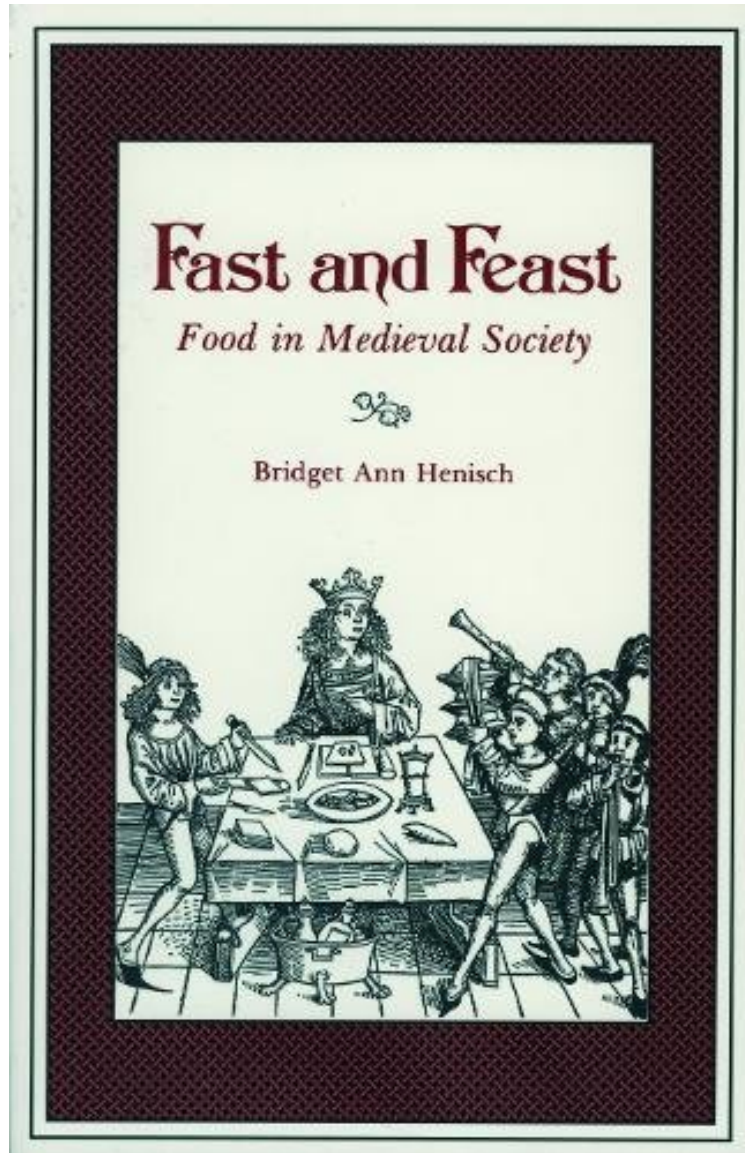


Fast and Feast: Food in Medieval Society

Bridget Ann Henisch

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want me to stop reading it to them...and they'll read it themselves when I'm done???

22 of 22 people found the following review helpful. Entertaining and Informative
By A Customer
This meticulously-researched book on medieval food customs not only contains a great deal of useful information for anyone wanting more information on the era, but is almost as readable as a novel. The author has a great style, both humorous and knowledgeable, and the text is enhanced with illustrations from manuscripts of the period. This is not a "plan your own medieval feast" recipe book but a meticulous and engaging look at medieval attitudes about food, food storage and preparation, and what really went on in the hall and in the kitchen. Highly recommended for anyone with an interest in the period.
0 of 0 people found the following review helpful. Five Stars
By Robyn
This is the best book I have read on food in Medieval Society.

Engagingly written and fully illustrated, *Fast and Feast* explores the medieval approach to food, its preparation, and its presentation. Since attitudes toward food were shaped by the religious and social ideas of the period, the medieval perspective is clearly developed for the modern reader and, in turn, sheds light on the character of life in the Middle Ages. The subject is examined from the varied points of view of all concerned: host, guest, cook, and servant. Bridget Ann Henisch draws her material from a wide range of primary sources: devotional literature, sermons, courtesy books, recipe collections, household accounts, chronicles, and romances. Most of these works were written in England during the thirteenth, fourteenth, and fifteenth centuries, but Henisch also makes reference to texts from other periods and countries. Readers with an interest in food will find her important study both informative and entertaining.

The topic is vividly described and plentifully illustrated.
Manuscripta
Although it is neither a detective story nor primarily a humorous work, there are elements of each in this lively and scholarly book on the broader aspects of food in the Middle Ages. . . . If you would like to know how and when people fasted, . . . you can read about it here. You can also learn when to spit and how to share a drinking vessel with your neighbor with some delicacy. What was a banquet like? . . . If you are intrigued by any of this and much more besides, this is the book for you.
Petits Propos Culinaires
A fascinating narrative of food and life five centuries ago. . . . This book is highly recommended to dietitians, nutritionists, lovers of food history, and students of medieval life and literature.
Journal of the American Dietetic Association
[This book contains] delightful illustrations taken from illuminated manuscripts, and its wealth of information makes it a feast for anyone interested in the history of food.
Daily Telegraph
[Henisch's] familiarity with primary sources is formidable, and we reap the benefit of years of scholarly sleuthing. . . . [A] thorough, well-organized, and well-written study that will be valued not only by the academic, by the general reader as well.
Library Journal
[Fast and Feast] will become a necessary reference book for those studying medieval medicine and also for historians of nutrition, food, and social attitudes. . . . Highly recommended.
Medical History
From the Back Cover
'A fascinating narrative of food and life five centuries ago... this book is highly recommended to dietitians, nutritionists, lovers of food history, and students of medieval life and literature.'
-Journal of the American Dietetic Association
About the Author
Bridget Ann Henisch is author of *Medieval Armchair Travels* and *Cakes and Characters*, and coauthor of *The Photographic Experience*, 18391914 (Penn State, 1994).