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Medieval Cooking in Today's Kitchen

Greg Jenkins

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This cookbook contains 78 recipes for delicious drinks, hearty breads, soups and hors d’oeuvres, robust entrées, and rich desserts that originate from the folkloric foundations of individual cultures throughout Europe and the English Isles in the Middle Ages. These ancient and exotic foods, libations, and flavors take you through history in a festive time machine?your own kitchen! Each recipe has been researched, translated, prepared by time-honored cooking traditions, and is suitable for modern chefs everywhere. Caws Wedi Pobi “Welsh Rarebit” and sweet and spicy Chawetty Tarts, and rare dishes like Pompys “Medieval Meatballs in Sweet Sauce,” Rissoles Meat Tarts, and roasted Aberdeenshire Pheasant are sure to find great favor with your guests. With simple and fun-to-make recipes, this book includes historical information, preparation suggestions, and a thorough resource guide that takes you and your guests on a culinary journey into the past when our ancestors ruled the ancient world.

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