



Tudor Cookery: Recipes and History (None)

Peter Brears

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Contains over 50 recipes from the 16th century- all of which can be reproduced in the modern kitchen. The recipes include dishes such as Savoury Tongue Pie; Smothered Rabbit; Mutton in Beer and Sweet Cubes of Jellied Milk. The book also describes the historical background and has information on food, cooking equipment, the serving of meals and the development of taste and etiquette. As well as looking at what people ate in Tudor England, it also looks at the importance of the colonization of the New World on the Elizabethan diet. For the first time rare and exotic vegetables began to arrive - tomatoes from Mexico, kidney beans from Peru and from Chile, the potato. But the most important introduction was sugar from the West Indies, which quickly led to widespread tooth decay amongst the aristocracy - its greatest users. Even Queen Elizabeth had black teeth. The book is fully illustrated with full color photographs and woodcuts.

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