



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Spring 2016

Chronicler

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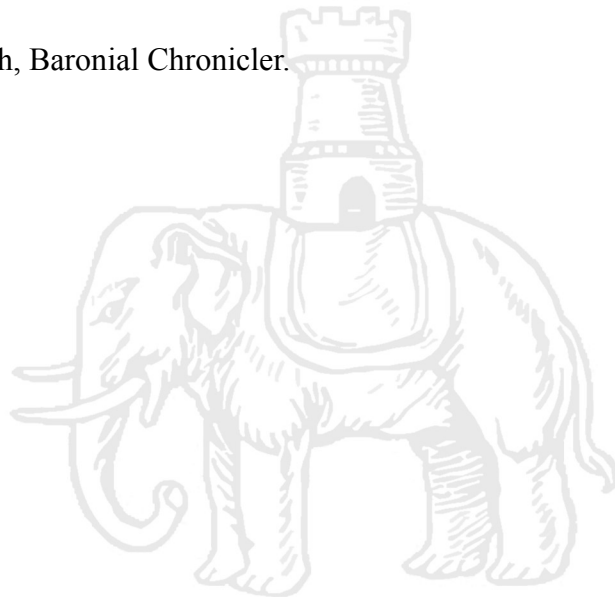
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Letter From the Chronicler

Welcome all the tidings of Spring in our land of Cynnabar! It is fair days such as these that I feel reflect the nature of our people. It's similarity in spirit comes from our brilliance, our warmth, and the vibrancy of character within our populace. Bright days have come once more and it compliments us as a group like no other.

As I look around I see many deeds done, both small and great that all deserve praise, and praise has been had by many. The time of Spring is for new beginnings and the renewal of past resolutions. I am grateful and proud to call Cynnabar my homeland and look forward to the coming year to see what the seeds of our labors will grow to become.

Sincerely,
Lord Gavriil Petrovich, Baronial Chronicler.



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A Missive from Their Excellencies

Ermenrich and Kasha, Baron and Baroness of the Glorious Barony of Cynnabar, unto Our beloved populace, greetings and wishes for eternal health and happiness!

With the advent of Spring comes many new beginnings, among them the appointment of two new Baronial Champions. At Spring Revel on April 17, Lord Einar became the newest Baronial Armored Champion. We also announced that Lord Harkin of the Moorlands will become Our next Baronial Rapier Champion. Both of these men are enthusiastic fighters and learners, and We look forward to working with them throughout the next year. We also wish to thank Lady Elß die Jägerin zum Birke and Lord Ionis Marteel, Our former Rapier and Armored Champions, for the outstanding effort they put forth this year, both representing the Barony outside Our borders and working inside the Barony to help others improve.

Also at Spring Revel, We conveyed two awards from Their Royal Majesties. Lady Elß die Jägerin zum Birke received the Award of the Purple Fret, and Lady Lucia di Bisaccia received an Award of Arms.

The other news from the Revel is that We have two tournament winners! As you know, the Barony is in the middle of the Quest for the Spear of Saint Cynnabarius, a weapon of Great Renown that we must prove our worthiness to win. With that in mind, we have embarked upon the Tasks of the Nine Worthies. The Challenge of Hector was completed in January when We received words of praise from several people in the Barony for those who have inspired them. At Spring Revel, Lord William of Cynnabar won the Challenge of Alexander the Great (with a “Gordian Knot” rapier tournament that was exhaustingly chaotic), and Master Midair MacCormaic won the Challenge of King Arthur (at a “Round Table” armored tournament that was incredibly fun to watch). Which Challenge will be next – Julius Caesar? Charlemagne? Judas Maccabeus? We await word from the Nine Worthies to find out. :)

The next event Cynnabar hosts is St. Cecilia at the Tower, which will be held on April 30 and May 1. On Saturday, in addition to beginner and intermediate music classes all day, there will be two performances. We are hosting a salon for solo and duet performances at noon; among others performing will be Cynnabar members Mistress Jadwiga Krzyzanowska and Cassandra of Cynnabar, as well as former members Lady Simcha bat Yona and Gyuri of Cynnabar. At 7:30 that evening, there will be a large concert; Cynnabar (the Baronial choir) will sing two Italian madrigals, and a group of seven Cynnabar members will perform a scene from Euridice, the earliest extant opera. If you can't come for the entire day, please try to come for one of these performances! You will learn a lot and have a fun time supporting your fellow Cynnabarians.

This summer, We will travel to events throughout the Region and Kingdom. It is a pleasure and Our pride to have a large contingent of Cynnabar members in attendance at any event, so We invite you to join Us as We travel and sit under Our shade fly at each event you attend. We would especially love to see a large Cynnabar presence at events featuring mêlée combat

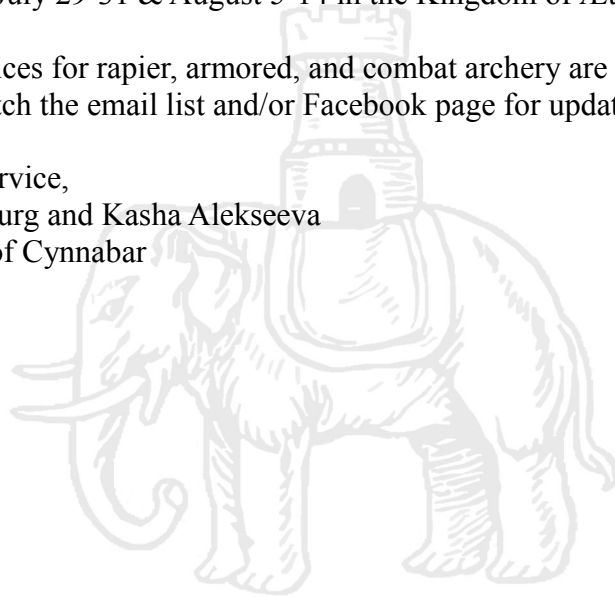
and archery. Also, We encourage everyone who wishes to learn combat archery to do so this summer – there will be plenty of opportunities to learn!

The summer events We plan to attend include:

- St. Cecilia at the Tower: April 30-May 1 in Our Barony of Cynnabar
- Midrealm Coronation: May 6-8 in the Barony of Shadowed Stars
- Battle of the Inland Seas: May 13-15 in the Shire of Altenberg
- Pentamere Archers College: May 21 in the Canton of Ealdnordwuda
- Midrealm Crown Tournament: May 28-29 in the Shire of Mynydd Seren
- Siege of Talonval: June 3-5 in the Shire of Talonval
- SCA 50th Anniversary Celebration: June 24-26 in the Barony of Sternfeld
- Saline Celtic Fest Demo: June 9 in Our Barony of Cynnabar
- Pennsic War: July 29-31 & August 5-14 in the Kingdom of Æthelmearc

Regional mêlée practices for rapier, armored, and combat archery are in the process of being scheduled. Please watch the email list and/or Facebook page for updates.

Sincerely Yours in Service,
Ermenrich von Duisburg and Kasha Alekseeva
Baron and Baroness of Cynnabar



State of Baronial Archery, Spring A.S. 50-51

Lady Godaeth Wisefast, Archery Marshall

Unto the Good Populace of Cynnabar! The beginning of the archery season finds us in good stead, with a Baronial Champion, Forester Grey; our Rangemaster Forester Dillon; and Group Marshal, Lady Godaeth. And as you all have probably heard at this point, our Archery Marshal-in-Training Lady Luiza Vincente will be leaving us about mid-summer, although she is likely to be available at our annual Celtic Festival demo (7-9-16). She has been a constant and cheerful aspect of Cynnabar archery and will be missed. Good fortune, Lady Luiza!

While our archery season (April through November) event-wise will be a bit compressed this year due to the 50th Anniversary celebrations in June, we are still invited to muster at some familiar events: Battle of the Inland Seas (May 13-14-15, Shire of Altenberg) and Siege of Talonval (June 3-4-5). Your very own Forester Grey and Lady Godaeth will be coordinating archery at Siege of Talonval! I look forward devising some challenging shoots for your amusement. And hopefully next year we'll have Baronial Border Wars and Baron Wars added back into our archery event schedule.

We wish safe travels to Baron Forester Alexander who, according to rumor, will once again take up a key position as our spy in Atlantia. I hope many of you had a chance to chat with the worthy lord at Spring Revel: as one of the original Foresters of the Midrealm, he has many stories, all worth hearing!

Reminder: Baronial archery practices are Sundays 2-4pm at Forester Dillon's, *weather permitting.* For directions and more information call Godaeth at (734) 546-0975 or email archery@cynnabar.org. And remember:

*“War is not won in August. War is won now ...
It is won on the practice lines and drill
grounds long before the Kings gather. A bow
released from its slumber in a back closet to a
new and willing hand is another archer this
year or next or even the year after.”*

- Forester Grey Oddson,
Middle Kingdom Royal Archery Champion, Twelfth Night AS XXXVII.

(SCA) Camping with a CPAP

Jeffrey Haas (Malachy von Ulm, Barony of Cynnabar)

After a number of years dealing with sleep issues, I finally had my sleep study and received confirmation that I had sleep apnea. My apnea was bad enough to require the use of a CPAP device. Like many people needing CPAPs, it gave me quite a bit of relief from the problems sleep apnea had been causing me over the years.

Like a number of SCAdians, I enjoy going to outdoor camping events. Some of these range from a single night up to the week-long marathon of Pennsic. My apnea is bad enough that I definitely miss my CPAP if I have to go a night without it. I'd rather not. Other people simply shouldn't be without their CPAP, but I'm among the lucky ones that a single night will only leave me having a bad morning. While that was fine for the occasional overnight trip, it wasn't fine for Pennsic.

It was time to learn how to SCA camp with my CPAP.

I'm drawing the distinction between SCA camping and outright roughing it. I have friends who need CPAPs that go off in the middle of the woods far away from civilization for a week. Their solutions are different. In particular, they've bought a second highly portable machine without humidifier. They're limited by the time they can get out of their portable battery solutions on that smaller unit. For most people doing weekend or week-long SCA camping trips, we're often already bringing a car full of stuff plus the kitchen sink. This means we have a bit more leeway to use the equipment we already have.

The basics:

I have the ResMed S9 unit with humidifier, which seems to be a pretty common CPAP. Normally its power supply wants 90 watts of power. It's a pretty smart power supply. When I'm traveling internationally for my job, it's not too fussy whether it's getting 60 Hz/120 volt power like we have in North America, or the weird stuff coming out of the walls in other parts of the planet.

If you're at a modern camping ground with power, you're probably in luck - you just plug in and you're done. However, when you're camping it's better to not completely count on power from the campground. Campground power isn't known to be the most reliable thing in the world.

The general solution to the problems of being tethered to AC power is running your CPAP from a battery. I'll discuss a few of the options, then spend the remainder of the article discussing what I eventually chose.

The easiest answer:

Many CPAPs already have vendor supported battery options. These tend to be small capacity batteries specially tailored for your CPAP and will last a few nights at most.

On the plus side, they're exactly specified for your equipment. They tend to be made from high end battery components such as Lithium cells and are thus small. In some cases you can get your insurance company to cover them. However, in most cases, you have only a few nights of capacity available from them before requiring a charge.

The biggest minus is the cost and the capacity. The official battery for my S9 costs \$250 and provides only 14-16 hours of service.

Better options can be had if you're willing to deal with some extra size and weight.

The battery:

The most common battery options will be to provide yourself power at 12 volts. The two most common ways to get that is from a lead acid battery, commonly used in cars, or a deep cycle marine battery.

Both options will work perfectly fine for this application. The biggest advantage of the marine cell batteries is how they respond to being heavily discharged over time. Lead acid batteries will get damaged if you drain them too deeply, too often.

In general, the bigger the battery, the longer it will last.

I chose to get a 650 CCA battery from Batteries Plus.

Powering your CPAP from your battery:

Once you have a battery, you have two options to get power from it:

1. Use an inverter. This converts DC power to AC power.
2. Change out your AC CPAP power supply for one that takes DC.

An inverter seems like the easier answer, and it's a fine solution for many situations. It gives you the opportunity to run other equipment off of your battery, if you have the capacity. But here's an open secret: Most modern electronic equipment is mostly full of digital parts that want DC power anyway. A significant portion of your power going through your CPAP power supply is getting wasted as heat. The biggest place this isn't true is the heater element in your CPAP's humidifier which runs on a resistive heating element and is the biggest consumer of power for your CPAP.

In my case, I was lucky. My CPAP has a DC power supply available that I can swap for my AC supply and just attach it directly to my battery. Start with your CPAP vendor for options, but also check other large CPAP supply vendors for options.

If you are able to live without the heated humidifier feature of your CPAP, you can extend the time your battery will last for a trip.

Charging your battery:

The simplest option for charging your battery is a trickle charger. While these are not the fastest chargers, they're probably one of the better options for this application. They don't draw a huge amount of current (1.25 amps) when you're in a power constrained environment, such as a campground. They also are good for topping off and maintaining a battery when it's not in use. However, since they are a trickle charge, if you think your battery isn't going to last a whole trip and will need to be charged, give it as much of the day as you can to top off. An important thing to remember about trickle chargers is that if you drain your battery too low, they may refuse to try to charge the battery again. The unit I bought will stop working at 3 volts. At some point I should buy a voltmeter for my battery to help watch its level; they run roughly \$10.

The other stuff:

The biggest thing to remember to take with you aside from the distilled water for your humidifier is some spare filters for your CPAP. Anyone who is familiar with "Pennsic black

lung” should remember that it’s the same when you’re using your CPAP. Check your filters every day and swap them regularly. Your lungs will thank you.

If you find yourself short of distilled water for whatever reason, bottled water is usually a good short term answer. While it will likely have minerals you’d rather not be breathing for any length of time, most bottled water is produced by reverse osmosis filtering and should be free of bacteria.

How this worked for me:

I tested my setup at home after starting with a full battery and ran it for 3 nights with no problem. I ran it at Pennsic for five nights before taking a day’s charge. After having some friends check my math when I got home, I probably could have run it for a full week of 8 hour nights without too much problem. However, that was mostly because I had picked up the biggest battery I could.

By the time I was done with this project, I had spent about \$275 on the various parts. While this isn’t small change, it was also only slightly more expensive than the vendor supported unit that would give me two nights of sleep. The single most expensive part was the battery itself, and it’s possible to purchase a smaller battery, or simply use a car battery you might have lying around.

While it’s tempting to pick up a faster charger, or use a car battery charger with a shorter charging time, the trickle charger lets you leave your battery plugged in all of the time. While this is primarily intended as my camping setup, it also means that in the event of a power outage, I can get a good night’s sleep just by hauling the battery to my bedroom.

Hopefully this article has helped you figure out some options for camping with a CPAP. As I mentioned above, there are other options; this is just what has worked for me. There is a closed Facebook group for SCA campers; the URL is shown below.

SCA CPAP Support (Closed Facebook group)

<https://www.facebook.com/groups/331882203672583/>

Parts list:

Duracell Ultra Battery Deep Cycle BCI Group 31M Marine and Boat, part number SLI31MDC. \$120 from Batteries Plus.

<https://www.batteriesplus.com/battery/marine-and-boat/deep-cycle/bci-group-31m/sli31mdc>

ResMed S9 Series CPAP DC Power Converter, SKU# 36970. \$84 from the CPAP shop.

<http://www.thecpapshop.com/resmed-s9-series-cpap-dc-power-converter>

Battery Tender Plus. \$67 from Batteries Plus

<http://www.batterytender.com/Automotive/?search=battery+tender+plus+12v+at+1+25a>

Acknowledgments:

While pretty much everything above is fairly straight forward once you realize what you’re looking for, it’s always easier to proceed with these sort of things with a bit of wisdom from those who have done it before, or who have a background in electronics. My thanks goes out to Art Sinclair (Tairdelbach ua Conaill), David Ross (Straum von Bairzog), and Kevin Nickerson.

The South: A Persona Story.

Mistress Kay of Tre Asterium

The South! That is where all the best and most luxurious things come from, and where they land in England. Or so the world appears when you grow up on a manor in the North of England. The best peddlers come from the South, ultimately. They may have passed through Manchester, or Sheffield, or even come back south from York, but the goods we most wish for are from London, and Paris, and Rome. Without the warm south we would not have silken thread to embroider, using the leftovers still from the grand altar cloth my mother stitched for our chapel. We would not have spices for our food, to make it rich, and to show that we, too, are rich. We would not have the beautiful book of hours that Grandfather brought back from his pilgrimage to Italy. He said he got it in Rome, though he never told me who sold it or how much it cost.

The old King, Edward, third of that name, came from the South once, and was married at York Cathedral. My father attended in the train of the Earl of Lancaster, in whose forces he was a soldier in his youth. He always spoke of those days as wonders, with the riches of the South on display in the cold North, against the grey stones of York. He said it almost hurt your eyes to see the nobles in silk against the greys and greens he was accustomed to see. I passed through the South of England in my youth, when I took ship to come here to the Middle. Even that green and pleasant land did not cause me to wish to live there, however. I settled in the Northwoods, a cold place, until warmed by friends. I was very happy there. But I am happiest here in the South of Pentemere, in Cynnabar. Here I met and married my husband. Here I have made an home and friends and been of service. Here I shall remain, despite the attractions of the South.

Starting Points in Cookery

The South

By **THL Johnnae Ilyn Lewis, CE**

*This issue of **The Citadel** embarks upon a new project to “make the way around the compass rose across medieval European history” starting with points South.*

*My contribution to this effort “Starting Points in Cookery” will begin by looking at the cookery books, manuscripts, and associated culinary resources of the Iberian and Apennine Peninsulas. This Starting Point guide is intended to provide the reader with selected reliable sources with which to start one’s culinary adventures. Online sources are highlighted. For those readers and cooks that would like to work with these recipes but don’t speak or read the languages, **the sources in English are highlighted.***

I. The Iberian Peninsula: Spain and Portugal

MANUSCRIPTS

Works or titles are arranged chronologically. I shall start with the one principal Moorish manuscript.

Al-Andalus

After the Muslim conquest of 711- 718 and prior to the *Reconquista* or reconquest, the Moorish or Muslim controlled regions of the Iberian Peninsula were called al-Andalus. For those seeking the background recipes of Muslim Spain, there are two notable works for al-Andalus, of which I will briefly mention the more important and accessible one here.

Perry, Charles, trans. et al. "An Anonymous Andalusian Cookbook from the 13th Century." **A Collection of Medieval and Renaissance Cookbooks**. 7th ed. Vol. II. 1998. A-1--80. Print. Also now at: **David D. Friedman's Home Page**. David D. Friedman. Web. <http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm>.

This is the primary English language work for the recipes of al-Andalus. It is often cited and used within the Society. The translation was sponsored and supported by His Grace, Duke Cariadoc of the Bow and has appeared in his printed and online collections. Often cited as simply *Anonymous Andalusian*.

SPAIN

For much of the Middle Ages, non-Muslim Spain was primarily comprised of the Kingdoms of Aragon-Catalonia, Castile-Leon, Navarre, and Portugal. The major manuscripts for the Spanish Kingdoms are:

LIBRE DE SENT SOVI (1324? to early 15th century) [Catalan]

There are two principal surviving manuscripts for the **LIBRE DE SENT SOVI**. It is the most important surviving Catalan cookery manuscript. The original work may date as early as 1324, making it one of the earliest of surviving texts and contemporary with the great French and better known work of Taillevent. Joan Santanach remarks that the work is a “practical text, a working tool at the service of the cooks.” Santanach’s introduction to the 2008 English translation provides details on the manuscripts, contents, and dating.

The most recent ENGLISH and recommended translation (available on Amazon) is:

The Book of Sent Soví: Medieval Recipes from Catalonia. Edited by Joan Santanach. Translated by Robin M. Vogelzang. Barcelona: Barcino: Woodbridge: Tamesis, 2008.

DE APEREYLAR BE DE MENYAR [MS 2112] (14th century) [Catalan]

The manuscript known as **MS 2112** is now found in the Biblioteca de Catalunya, Barcelona. This is the third of the early Catalan culinary manuscripts and is made up of the text of the work known as **DE APEREYLAR**, which contains roughly 167 recipes, plus another or **THIRD** version of the **LIBRE DE SENT SOVI**. It appears there has been a very long association between the two collections of recipes. To date, the work remains unpublished, but is well described by Scully on pages 22-23 of **The Neapolitan Recipe Collection**. Cristina Borau, *Els Nostres Clàssics* is mentioned as also preparing a printed edition but again this has not been published to my knowledge. See:

Cristina Borau i Morell, “*D’aparellar de menjar, un altre receptari de cuina medieval en català*”. Edited by Antoni Riera i Melis. **Actes del 1r Col·loqui d’Història de l’Alimentació a la Corona d’Aragó: Edat Mitjana**, vol. 2 (*Comunicacions*), Lleida, Institut d’Estudis Ilerdencs, 1995, pp. 801-12.

LLIBRE DEL COC: DE LA CANONJA DE TARRAGONA 1331 [Catalan]

Colman Andrews in **Catalan Cuisine** describes this little known work as "Cookbook of the Canon of Tarragona" and a work of dietary rules. Harvard’s library catalogued it as “Monasticism -- Dietary rules.” Fine press edition of only 105 copies titled: **Llibre del coc: de la Canonja de Tarragona**. [Edited by Joan Serra i Vilaró.] Barcelona: Serra i Russell,

1935. In Catalan.

ENRIQUE DE VILLENA [Enrique de Aragón Villena, marqués de] 1423

His **Arte Cisoria** (Art of Carving), completed in 1423, is not a cookery book but a carving book, which addresses the rules of etiquette and courtesy of carving at the king's table. Doris King Arjona's article "Enrique de Villena and the "Arte Cisoria"" [**Hispania**, Vol. 43, No. 2 (May, 1960), pp. 209-213] provides an excellent summary of the text. It may be found in JSTOR. The manuscript is now in the Escorial; it was first printed in 1766, followed by editions in 1879 and 1948. Worldcat now lists 35 plus entries.

A new edition in Spanish is: Villena, Enrique de Aragón. **Arte cisoria tratado del arte de cortar del cuchillo**. Texto modernizado y notas appendices por Francisco Calero. Introducción por Valentín Moreno. Madrid: Guillermo Blázquez. 2002.

Online: The **Arte cisoria, con varios estudios y notas por F.-B. Navarro** is now available through Google Books: editions:IRiTMcjw8UC

LIBRE DE TOTES MANERES DE CONFITS (Mid-late 15th century) [Catalan]

The manuscript is held by the Biblioteca Universitaria, Barcelona [**MS 68**] and is dated as second half 15th century. This is a short confectionery work, containing recipes for sweets and pastes. Terence Scully recommends the following article in his bibliography.

Faraudo de Saint-Germain, Luis [Lluis]. "'Libre de totes maneres de confits". Un tratado manual cuatrocenista de arte de dulceria." **Boletín de la Real Academia de Buenas Letras de Barcelona**. 1946. Vol. 19, Pp. 97-134. It may be downloaded at: <http://www.uni-giessen.de/gloning/tx/confits.htm>

The manuscript is also included in Grewe, Rudolf, Amadeu-J Soberanas and Joan Santanach. **Llibre de Sent Sovi: Llibre de totes Maneres de Potages de Menjar**. 2nd Edition. Barcelona: Barcino, 2003, 2004, 2009.

MANUAL DE MUJERES (15th/16th c.)

The **Manual de mugeres en el qual se contienen muchas y diversas reçeutas muy buenas** (Manual of Women in which is contained many and diverse very good recipes) is an anonymous household manual. It contains some recipes for sweets, but most of the work is concerned with medicinal and cosmetic recipes. The Biblioteca Palatina de Parma (Italia), Mss. 834 holds the manuscript.

In print: **Manual de mugeres en el qual se contienen muchas y diversas reçeutas muy buenas**. Ed. Alicia Martínez Crespo. Salamanca: Ediciones Universidad de Salamanca, 1995, pp. 14 y 25.

ONLINE IN ENGLISH

Larsdatter, Karen. **Manual de mugeres en el qual se contienen muchas y diversas reçeutas muy buenas.** Translation into English by Karen Larsdatter. Web. **Medieval & Renaissance Culture.** Web. <http://larsdatter.com/manual.htm>

JUAN VALLES (16th c.)

The sole surviving copy of the **Regalo de la vida humana** exists as Codex Vindobonensis Palatinus, Ms. 11160 in the Österreichische Nationalbibliothek in Austria. This is a book of secrets with more than 600 recipes and cures being offered for illnesses and medical conditions. The last four books of the miscellaneous compendium contain culinary recipes. The work was published as an award winning limited edition facsimile:

Valles, Juan. **Regalo de la Vida Humana.** Edited by Fernando Serrano Larráyoz. Pamplona: Gobierno de Navarra, 2009. 2 vol.

PORTUGAL

LIVRO DE COZINHA [MS I.E.33] (Late 15th- early 16th century) Portuguese

This is the primary early Portuguese culinary manuscript. It's now located at the Biblioteca Nazionale Vittorio Emanuele III, Naples. The work is associated with and sometimes catalogued under Marie de Portugal, Princess of Parma. [Infanta Dona Maria] 1538-1577. She married Alessandro Farnese in 1565, which helps explain how the manuscript came to be in Italy. The actual manuscript has been scanned & can be seen here: **Um tratado da cozinha portuguesa do século XV.** Biliotheca Virtual Miguel de Cervantes. <http://tinyurl.com/73lq8kr>

Dissertation:

Newman, Elizabeth Thompson. **Livro de Cozinha: a Critical Edition of an Early Portuguese Cookbook.** Thesis (Ph. D.) University of North Carolina at Chapel Hill, 1964. Microfilm, 1964. Widely cited in numerous works on medieval cookery.

There are then three editions of the work by Giacinto Manuppella. The last is:

Manuppella. Giacinto. **Livre de cuisine de l'infante Maria du Portugal, femme d'Alexandre Farnèse : le premier manuscrit connu de recettes culinaires en langue portugaise, manuscrit de la Bibliothèque nationale de Naples COD. I.E-33.** Lisboa : Instituto de estudos medievais, 2008. French edition.

Online:

Um tratado da cozinha portuguesa do século XV. Alicante: Biblioteca Virtual Miguel de Cervantes, 2003. A modern Portuguese transcription from 1963.

<http://www.cervantesvirtual.com/obra/um-tratado-da-cozinha-portuguesa-do-seculo-xv--0/>

Or <http://213.0.4.19/servlet/SirveObras/05810518790525195209079/index.htm>

ENGLISH LANGUAGE:

Gomes, F. A. **Treatise of Portuguese Cuisine from the 15th Century.** [Collection of recipes, some very original, for the preparation of most varied delicacies] English translation by Baroness Faerisa Gwynarden /Fernanda Gomes. Web.

<http://www.sca.org.au/cooks/Pages/articles/Faerisa/portuguese15thC.html>

PRINTED BOOKS

SPAIN

Spain produced far fewer unique printed editions than most other European countries. The books are spread between the two languages of Catalan and Castilian. Again, this list will attempt to cover all the early highlights to roughly 1625. The list is arranged in chronological fashion. Digital editions, if known, are featured but the availability of digital titles changes rapidly. Please note the styling of the author's name (if credited at all) and titles often varied from edition to edition. Please be aware that various bibliographies and catalogs may also have listed the same works under different spellings. (More details can be provided. Please write and ask.)

MESTRE ROBERT (1520) [Catalan]

Mestre Robert's volume **Libre de Doctrina Per a ben Seruir: de Tallar: y del Art de Coch: ço es de qualseuol manera de potatges y salses** known by the short title **Libre del Coch** is the oldest cookery book printed in what is now Spain. The volume was first printed in Catalan in Barcelona, which was then part of the kingdom of Aragon. The book is based in part on the older Catalan manuscript known as the **LIBRE DE SENT SOVI**. Nothing is known about the author. He claims in the volume to have been a cook to King Ferrando of Naples who reigned from 1458-1494. Scully, as many others do, dates the original material broadly to the 15th century. It contains 229 recipes. The bibliographic record for the Catalan editions is quite complicated.

In print: A reprint of the 1520 was published as follows:

Leimgruber, Veronika, ed. **Mestre Robert, Libre del Coch.** [Biblioteca Torres Amat., 4.] Barcelona: Edicions Catalanes, 1982, 1996. Based upon her 1977 dissertation titled **Libre del coch : tractat de cuina medieval.**

A transcript of **Lybre de doctrina Pera ben Servir: de Tallar: y del Art de Coch** is online at: <http://213.0.4.19/servlet/SirveObras/57915397105571162900080/index.htm>

RUBERTO DE NOLA (1525) [Castilian]

The **Libro de cocina cõpuesto por maestre Ruberto de Nola cozinero ...** or for short the **Libro de Cozina** is the Castilian version of Mestre Robert's Catalan cookery book of 1520. Again the bibliographic record is confused. The work when translated into Castilian has been rearranged. There are additional chapters and recipes not found in the printed Catalan text. Also these printed volumes quickly evolve into two differing series of cookery books. The **Libro de Cozina** volumes are reprinted with only minor changes in 1538, 1543, 1556, and 1577. The other series is known as the **Libro de Guisados**. See below. There are two reprints of the **Libro de Cozina** 1525.

Nola, Roberto de. **Libro de Cozina**. 1525. Edited by Carmen Irazno. Madrid: Taurus, 1969, 1982.

Nola, Roberto de. **Libro de Cozina**. 1538. Madrid: Vicent García, DL, 2003, 2004.

RUBERTO DE NOLA (1529) [Castilian]

The **Libro de Guisados** series begins with the volume titled: **Libro d'guisados manjares, y potajes intitulado libro de cozina: enel qual esta el regimiẽto delas casas delos reyes y grandes señores ...**. Notaker notes it's almost the same as the 1525 **Libro de Cozina** volume except for a different text on pages xii-xv. This is DE NOLA'S more popular title. It appears more often and has been reprinted more often in modern times. There are editions listed for 1529, 1538, 1543, 1544, 1549, 1556, 1560, 1562(?), 1568, and 1577 in the sixteenth century. Then there are reprints in: 1929, 1971, 1982, 1992, 2000, 2002. Several of these are inexpensive paperbacks and can be viewed on Amazon.es.com. Editions include:

Nola, Ruperto de. **Libro de Guisados, Manjares y Potajes**. Editorial Maxtor Libreria, 2010.

Cruz Cruz, Juan. **Cocina mediterránea en el inicio del Renacimiento**. Huesca [Spain]: La Val de Onsera, c1997.

Online: [Libro de guisados de Ruperto Nola 1529.pdf](http://allandalus.com/~apicius/) can be found through <http://allandalus.com/~apicius/>

Libro de guisados, manjares y potajes intitulado Libro de cozina: en el qual ... by Rupert de Nola 1568 is available through Google eBooks. <http://tinyurl.com/c252k9u>

ONLINE ENGLISH TRANSLATION

Carroll-Mann, Robin. "**Libro de guisados, manjares y potajes intitulado libro de cozina**",

Ruperto de Nola, Logrono, Spain, 1529, This English translation by Mistress Brigid is available at www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html
ALESSIO (1563) [Castilian]

Alessio's Italian book of secrets was translated into Castilian as: **Libro de los Secretos del Reverendo Don Alexo Piemontes**. Notaker lists **Piemontes** while many entries list Alejo **Piamontes**. Other editions are 1570, 1573, 1624, 1640, 1647, and 1689. Again the text provides thirteen confectionary recipes as well as the usual revealed secrets, cures, and various remedies for ills and medical conditions.

Free Google eBook

http://books.google.com/books/about/Secretos_del_reverendo_Don_Alexo_Piamont.html?id=mVZZbsRdTyAC

For more on Alessio and the English editions, see the Holloway article mentioned below.

MIGUEL DE BAEZA 1592 [Castilian]

Los Quatro Libros del Arte de la Confiteria Compuestos por Miguel de Baeza Confitero (The four books of the art of confectionery composed by Miguel de Baeza) is described as the first book of conserves and confections published in Castilian. The confectioner lived in Toledo and his work examines sugar production and products. Sadly there are no facsimiles, modern editions, or online editions.

DIEGO GRANADO MALDONADO 1599 [Castilian]

His **Libro del Arte de Cocina, en el Qual se Contiene el Modo** contains 762 recipes, the instructions for the household servants, plus instructions on carving. Taken in part from de Nola, but mostly from Scappi's **Opera**, which is the source for 587 recipes. Later editions are: 1609 and 1614

Granado, D. **Libro del Arte de Cocina**. Edited by Joaquín del Val. Madrid: Sociedad de Bibliófilos Españoles, 1971. Reprint of the 1599.

Granado, Diego. **Libro del arte de cocina**. Spain: by Pagès editors, 1990. Introduction by Xavier Benet. Reprint of the 1614.

Granado, Diego. **Libro del arte de cocina**. Salamanca: Ediciones Universidad de Salamanca, 1999.

Online: **Libro del Arte de Cocina de Diego Granado, Año 1614** can be found through <http://allandalus.com/~apicius/> Also see this .pdf: <http://tinyurl.com/bpyjoo8>

DOMINGO HERNANDEZ DE MACERAS 1607 [Castilian]

Libro del arte cozina provides carving instructions plus recipes for meat cookery, dishes for Saturdays, and fish cookery. Facsimile published by Salamanca: Ediciones Universidad de Salamanca, 1999. Edition also published by Valladolid : Editorial Maxtor, ©2004.

Also see: Pérez Samper, María Angeles. **La alimentación en la España del Siglo de Oro.** Huesca [Spain]: La Val de Onsera, 1998.

Online:

[Libro del Arte de Cozina, compuesto por Domingo Hernandez de Maceras año 1607.pdf](http://allandalus.com/~apicius/)
can be found through <http://allandalus.com/~apicius/>

Also see

http://www.daviddfriedman.com/Medieval/For_Translation/Libro_del_Arte_de_Cozinha/Libro_del_Arte.html

FRANCISCO MARTÍNEZ MONTIÑO 1611 [Castilian]

The **Arte de Cocina, Pasteleria, Vizcocheria, y Conserveria** contains over 500 recipes for the dishes of the Spanish Court. The author was the cook for Prince and later King Philip III from 1585-1621. For historians of the Southwestern USA, Santa Fe's Palace of Governors notes in an exhibit that Governor Don Diego de Vargas listed a copy of the 1611 edition of Martínez Montíño in his will, making it one of the earliest known cookbooks in the Americas. Later 17th century editions include: 1617, 1623, 1623 again, 1628, 1635, 1637, 1653, 1662, 1674, and 1676. There is a Facsimile of the 1778 edition.

Martínez Montíño, Francisco. **Arte de cocina, pasteleria, vizcocheria y conserveria.**

Barcelona : en la imprenta de Maria Angela Marti viuda ..., 1763.

This 1763 edition is online on the Fons Grewe website.

<http://www.bib.ub.edu/fileadmin/imatges/llobres/showboo.php?llibre=gw57>

PRINTED BOOKS

PORTUGAL

The earliest printed Portuguese cookery book is:

DOMINGOS RODRIGUES 1680

Rodrigues (1637-1719) served in numerous aristocratic households before becoming the “Mestre de Cozinha” in the household of King Pedro II. His **Arte de Cozinha** provides recipes for fast and meat days. Reprinted in 1683, 1692, 1693, and 1698.

Rodrigues, Domingos. **Arte de Cozinha, 1680**. Rio de Janeiro, RJ : Editora Senac Rio, 2008.

Two 18th century editions are online through Fons Grewe.

Rodrigues, Domingos. **Arte de cozinha** ... Lisboa: 1758.

<http://www.bib.ub.edu/fileadmin/imatges/llobres/showboo.php?llibre=gw55>

Rodrigues, Domingos. **Arte de cozinha**.... Lisboa: 1765.

<http://www.bib.ub.edu/fileadmin/imatges/llobres/showboo.php?llibre=gw59>

SOURCES FOR COOKERY AND RECIPES IN THE IBERIAN PENINSULA

Spain has embraced both culinary history and modern cutting edge gastronomy, but a great deal of the material being produced is not being translated into English. Here are some recommended works featuring medieval and then traditional recipes. Please consider interlibrary loan or borrowing these volumes from your local academic library. In fact browsing the shelves of a well stocked cookbook section in a large bookstore or library may yield valuable titles with appealing traditional recipes.

With medieval material:

Nadeau, Carolyn A. **Food Matters. Alonso Quijano’s Diet and the Discourse of Food in Early Modern Spain**. Toronto: University of Toronto Press, 2016. Excellent new work on the food of medieval and early modern Spain. Appendix of [original recipes: pp. 197-231. Extensive bibliography and notes. Highly recommended.

Santich, Barbara. **The Original Mediterranean Cuisine. Medieval Recipes for Today**. Chicago: Chicago Review Press, 1995. There are also Australian & U.K. editions dated 1995. This is a widely used medieval collection of 70 Italian & Catalan recipes from the 14th & 15th centuries. Highly recommended.

Thibaut-Comelade [Thibaut i Comelade], Eliane. **La Table Medievale des Catalans**.

Montpellier, France: Les Presses du Languedoc, 2001. On medieval Catalan fare with recipes. See also her more recent book: **Cuina medieval catalana : historia, dietètica i cuina**. Valls, Tarragona: Cossetània Edicions, 2006.

Traditional Cookery

The cookbooks for Spain and Portugal can cover the entire nation or just concentrate on a region. Many are also listed as Mediterranean and not Spanish. Helpful works on traditional

or ethnic cookery of Spain and Portugal with recipes and/or photos include:

Anderson, Jean. **The Food of Portugal**. New York: William Morrow, 1986, revised ed. 1994.

Andrews, Colman. **Catalan Cuisine**. Boston: The Harvard Common Press, 1988, 1999.

Luard, Elisabeth. **The Food of Spain and Portugal**. 2004. London: Kyle Cathie, 2007. Revised edition.

Mendel, Janet. **Cooking from the Heart of Spain. Food of La Mancha**. New York: Morrow, 2006.
<http://mykitcheninspain.blogspot.com/>

Ríos, Alicia, and Lourdes March. **The Heritage of Spanish Cooking**. New York: Random House, 1991.

Roden, Claudia. **The Food of Spain**. New York: Ecco, 2011. New and recommended. 624 pages. Regional recipes combined with travel and historical notes.

Wright, Clifford A. **A Mediterranean Feast**. New York: William Morris & Co., 1999. 815 pages. Extensive bibliography and footnotes. <http://www.cliffordawright.com/caw/> is his website.

Also:

Gitlitz, David M. and Linda Kay Davidson. **A Drizzle of Honey. The Lives and Recipes of Spain's Secret Jews**. New York: St. Martin's Press, 1999. A problematic work based in part upon Inquisition records with conjectured recipes. Not for novices.

Consider also:

Trutter, Marion, ed. **Culinaria Spain**. Cologne [Germany]: Könemann, 1999, 2004. There are numerous editions in numerous languages and in both hardback and a reduced format paperback. The English version has been remaindered, so prices can be very cheap.

Culinaria Spain: Country Cuisine Culture is the new 2010 revised edition. These new Culinaria editions have tended to focus more on Euro products and include fewer historical notes.

Academic works in Spanish and Portuguese:

Martínez Llopis, Manuel. **Historia de la Gastronomía Española**. 1981, 1989, 1995, 1998. 11 editions, inc. a paperback by Alianza Editorial; the 1995 is by Huesca: Ediciones La Val de Onsera. Also available now as an eBook.

Rego, Manuela. **Livros Portugueses de Cozinha**. 2nd ed. Lisbon: Biblioteca Nacional [Portugal], 1998.

Academic works in English:

Adamson, Melitta Weiss. **Food in Medieval Times**. Westport, Conn.: Greenwood Press, 2004. Discusses Spain on pages 115-123.

Albala, Ken. **Cooking in Europe 1250-1650**. Westport, Conn.: Greenwood Press, 2006. Includes recipes from de Nola, Montino, Granado, and Maceras.

Albala, Ken. **Food in Modern Europe**. Westport, Conn.: Greenwood Press, 2003. Discusses Spain and Portugal on pages 141-151.

Chaban, Rafael. "Medieval Spain." **Regional Cuisines of Medieval Europe: A Book of Essays**. Edited by Melitta Weiss Adamson. New York; London: Routledge, 2002. pp. 125-152.

Medina, F. Xavier. **Food Culture in Spain**. Westport, Conn.: Greenwood Press, 2005.

Santich, Barbara. **Two languages, two cultures, two cuisines : a comparative study of the culinary cultures of northern and southern France, Italy and Catalonia in the fourteenth and fifteenth Centuries**. Thesis (Ph. D.) Flinders University of South Australia, 1988. Online through Adelaide Research & Scholarship: <http://hdl.handle.net/2440/45528>

Scully, Terence. **The Neapolitan Recipe Collection. Cuoco Napoletano**. Ann Arbor: The University of Michigan Press, 2000. In association initially with Rudolf Grewe, Scully edited for the first time the Neapolitan manuscript or MS Buhler 19, located at the Pierpont Morgan Library in New York. Scully's introduction is well worth reading if one is working with medieval Catalan cookery and especially the **LIBRE DE SENT SOVI**.

For those seeking information on food in art related to Spain, one might start with:

Alcock, Joan P. "Velazquez' Cooks and Portrayal of Food in Spanish Still Life Art in the Seventeenth Century." **Cooks & Other People**. [Proceedings of the Oxford Symposium on Food and Cookery. 1995.] Edited by Harlan Walker. Totnes, UK: Prospect Books, 1996. Pp. 15-24.

Online:

Professor Thomas Gloning's website attempts to keep track of the work being done in the realm of historical cookery. See his lists at: "A-SPAN || Old Spanish cookbooks and cookery: Sources and studies;" "A-KTLN || Old Catalan cookbooks and cooking: Sources and studies;" and "A-PORT || Old Portuguese cookbooks and cookery: Sources and studies."
<http://www.uni-giessen.de/gloning/kobu.htm#bibl>

Teresa de Castro, PhD, maintains a website on Catalan and Spanish gastronomy at:
<http://www.teresadecastro.com/indexenglish.html> or <http://www.teresadecastro.com/>

Fons Grewe (Italian, Latin, French, English, Spanish, and Dutch, 16th-18th cent.) Rudolf

Grewe's collection of 38 early modern printed cookbooks and related texts, scanned by the Biblioteca de la Universitat de Barcelona. (The instructions are in Catalan.)

SCA RESOURCES AND ADDITIONAL PROJECTS by Society Members include:

A Brief View of Early Spanish Cuisine. Edited by Eden Rain. [The Feudal Gourmet.] Seattle, WA: Madrone Culinary Guild, 2001. Inexpensive overview of Spanish cuisine written for an SCA audience. Recommended. <http://www.liripipe.com/mcg/pamphlts.htm>

The excellent work of Mistress Brighid ni Chiarain of Tethba (mka Robin Carroll-Mann) East Kingdom can be found in the Florilegium and on SCA Cooks. Her website is: <http://breadbaker.tripod.com/>

Northshield's Baroness Faerisa Gwynarden, OL/Fernanda Gomes has provided numerous contributions to the **Florilegium**. Her translation of the Portuguese manuscript appears here: <http://www.sca.org.au/cooks/Pages/articles/Faerisa/portuguese15thC.html>

SCA Cooks' member Suey (Susan Lord-Hunt) posts from Chile & maintains a blog at <http://spanishfoodma.blogspot.com/>. As of January 2012, she renamed her blog *Medieval Spanish Chef* and relocated it to <http://www.medievalspanishchef.com/>.

Out in the West Kingdom, the Perfectly Period Feast in November 2010 featured "a feast as it might have been served in a small-but-noble Spanish household about 1440." See http://www.inthewest.org/wiki/Collegium_XLV_Feast or <http://sundragon-cooks.livejournal.com/915.html> or <http://groups.yahoo.com/group/PerfectlyPeriodFeast/>

Medievalcookery.com provides an easy gateway to numerous Spanish and Portuguese works. The Midrealm's Master Edouard Halidai (Daniel Myers) created the site. <http://www.medievalcookery.com/etexts.html>

The **SCA Cooks List** discusses Spanish and Portuguese food, sources, and books. These posts often are archived in Stefan's Florilegium <http://www.florilegium.org> Look there for articles on banquets, dishes, menus, and sources. See "[fd-Spain-msg – 1/29/08 Food of medieval Spain. References. Cookbooks.](#)"

II. Apennine Peninsula: Italy

Italy has not only a rich tradition of culinary manuscripts but also an equally rich history of printed cookery books. It is worth noting that when we speak about Italy in the Middle Ages, we are in fact talking about a mix of regions and city states, often controlled by foreign powers or by the Papacy. The Italian peninsula was not unified into a single state until the later part of the 19th century. These medieval and Renaissance Italian ruling courts left

behind a wealth of accounts, household ledgers, diaries, documents, and letters, but due to space, we will concentrate **on just the principal manuscripts** before turning to the printed volumes and guides. For those readers and cooks that would like to work with these recipes but don't speak or read the requisite Italian or Latin, sources in English are noted, but please note there may be limited English translations. Sources for classical Roman cuisine will be addressed more fully at another time and only one is mentioned in brief in this article. This short bibliographic guide is intended to provide the reader with reliable sources with which to start one's culinary adventures for Italy, especially for the time period known as the Renaissance.

MANUSCRIPTS

Italy's medieval culinary manuscripts and variant manuscripts are tucked away in archives, libraries and museums. The numbers of recipes contained in these manuscripts varies widely from a scattered few to substantial collections. Some have already been edited and published, but most are not translated or even transcribed. This short and *selective* list will concentrate on the more substantial, prominent, and published collections, which can be easily located and found. The titles are arranged chronologically. Recipe counts are approximate.

One major and invaluable collection of manuscripts can be found in these collections published as:

Arte della Cucina. Libri de Recette testi sopra lo scalco, i trinciante e i vini. Dal XIV al XIX secolo. Edited by Emilio Faccioli. Milan: Edizioni il Polifilo, 1966. Two volumes. Hereafter cited as Faccioli **Arte della Cucina** 1966.

L'arte della cucina in Italia. Edited by Emilio Faccioli. Torino: Giulio Einaudi editore, 1987, 1988, 1992. An expanded collection. Hereafter cited as: Faccioli **L'arte della Cucina**, 1987.

Many of the manuscripts are also available in various books and articles edited by Claudio Benporat. See entries for details.

LIBER DE COQUINA (13TH -14TH CENTURIES)

The title **Liber de coquina** translates as *Book of Cookery* so it may be seen as a generic description of the contents. Gillian Riley in **The Oxford Companion to Italian Food** provides a valuable introduction to these manuscripts and their related associations, which have been traced and discussed by numerous bibliographers and food historians like Bruno Laurioux. For our purposes here and in brief, we will just say that there are a number of works that discuss the early manuscripts, which are 'books of cookery' and are so titled. They include:

I ricettari di Federico II: dal "Meridionale" al "Liber de Coquina." Edited by Anna Martellotti. Florence: Leo S. Olschki Editore, 2005. Recipes from the Court of Frederick II

Holy Roman Empire. 1194-1250. Text in Italian and Latin.

The **Liber de Coquina** manuscript known as Bibliothèque Nationale, Paris MSS 9328 is dated as 14th century. It's in Latin and associated with Naples.

A transcription appears in Marianne Mulon: "Deux traités inédits d'art culinaire médiéval".

Bull. philol. et hist. année 1968, vol 1, p. 369-435.

It's online at <http://www.uni-giessen.de/gloning/tx/mul2-lib.htm>

See also **Liber de Coquina. Das Buch der Guten Küche.** Edited by Robert Maier. Frankfurt am Main: F. S. Friedrich Verlag, 2005. German text and translation.

GIAMBONINO DA CREMONA.

LIBER DEFERCULIS ET CONDIMENTIS (13TH-14TH CENTURIES)

This is an eleventh-century Arabic recipe and dietary collection which was translated into Latin in the thirteenth century by a cleric and then into German. Associated with the Islamic era in Sicily. Published as

Liber de ferculis di Giambonino da Cremona. Edited by Anna Martellotti. Fasano, Italia: Schena editore, c2001. This edition is an Italian translation of a German edition with Latin.

ANONIMO TRECENTESCO DELLA CORTE ANGIOINA (14th century)

Known as the "Anonymous Treatise of the Courts of Angioina," the manuscript, MS lat. 7131 Bibliotheque Nationale Parigi, dates from Court of Charles II of Anjou between 1285 and 1309.

In print:

"*Anonimo trecentesco della corte angioina.*" Appears in Faccioli **L'arte della Cucina** 1987. Pp.19-41.

Marianne Mulon: "Deux traités inédits d'art culinaire médiéval". **Bull. philol. et hist. année** 1968, vol 1. p. 369-435.

I ricettari di Federico II: dal "Meridionale" al "Liber de Coquina." Edited by Anna Martellotti. Florence: Leo S. Olschki Editore, 2005.

Note: It was reported to be in process of being transcribed and translated, but that was several years ago. Efforts to recently reach the translator have been unanswered.

ANONIMO MERRIDIONALE. LIBRO A

(LATE 14TH- EARLY 15TH CENTURIES)

The MS 1339 manuscript is privately owned. 146 recipes.

In Faccioli **L'arte della Cucina** 1987. And in

Due libri di cucina. Edited by Ingemar Bostrom [Boström]. Stockholm, Sweden: Almqvist & Wiksell International, [1985].

ANONIMO MERRIDIONALE. LIBRO B (EARLY 15TH CENTURY)

The MS 1339 manuscript is privately owned. 65 recipes.

Printed in **Due libri di cucina**. Edited by Ingemar Bostrom [Boström]. Stockholm, Sweden: Almqvist & Wiksell International, [1985]

ONLINE ENGLISH TRANSLATION: Translation into English by Rebecca Friedman.

http://www.daviddfriedman.com/Medieval/Cookbooks/Due_Libre_B/Due_Libre_B.html

ANONIMO FIORENTINO BUONE VIVANDE (14TH CENTURY)

Manuscript held by Biblioteca Riccardiana MS 1071. Florence. 57 recipes.

Printed in:

Zanichelli, Domenico, Giacomo & Salomone Morpurgo. **LVII Ricette di un libro di cucina del buon secolo della lingua**. Bologna: Nicola Zanichelli, 1890.

FRAMMENTO (14TH CENTURY)

The manuscript designated as Biblioteca universitaria della Università di Bologna, MS 158 contains a number of manuscripts including the already mentioned **ANONIMO TOSCANO**, and **LIBRO DELLA COCINA**. Scully reports the **FRAMMENTO** is part of a longer collection from several sources. 92 recipes.

Printed in **Frammento di un libro di cucina del secolo XIV edito nel di delle nozze Carducci- Gnaccarini**. Edited by Olindo Guerrini. Bologna: Nicola Zanichelli, 1887.

And

Benporat, Claudio. "Un Ricettario de cucina trecentesco: MS. 15/1 della Biblioteca Universitaria di Bologna." **Appunti di Gastronomia**. LXII (2010) pp.5-30.

LIBRO DI CUCINA/ LIBRO PER CUOCO [ANONIMO VENETIANO/VENEZIANO]
(LATE 14TH- EARLY 15TH CENTURIES)

The manuscript of 125 plus recipes is designated as Biblioteca Casanatense No. 255. It is closely related to the **Anonimo Toscano**, the anonymous Tuscan cooking manuscript.

Transcription of the manuscript was published as:

Libro di cucina del secolo XIV. Edited by Lodovico Frati. Livorno: R. Giusti, 1899. Reprinted 1970. Bologna: Arnaldo Forni Editore, 2011.

The 1899 edition is available on Google Books: <http://tinyurl.com/b9jssyt> and in Faccioli. **Arte della cucina.** 1966. Faccioli **L'arte della Cucina** 1987.

ONLINE:

Transcriptions by Thomas Gloning, <http://www.uni-giessen.de/gloning/tx/frati.htm>
Candida Martinelli. [PDF Anonimo Veneziano.](http://italophiles.com/site_overview.htm) http://italophiles.com/site_overview.htm

ENGLISH TRANSLATION:

The highly recommended English translation of this manuscript by Louise Smithson appears at <http://helewyse.medievalcookery.com/libro.html>

ANONIMO TOSCANO LIBRO DELLA [DE LA] COCINA.
(14TH- EARLY-15TH CENTURY)

180 plus recipes are found in this manuscript, which is designated as Manuscript Biblioteca universitaria della Universita di Bologna, MS 158.

A transcription appears in Faccioli. **Arte della cucina.** 1966. Vol. 1:19-57. Faccioli **L'arte della Cucina** 1987.

and

Zambrini, Francesco. **Il libro della cucina del sec. XIV, testo di lingua non mai fin qui stampato.** Bologna, G. Romagnoli, 1863. [Series: Scelta di curiosità letterarie inedite o rare dal secolo XIII al XIX.; Dispensa 40]

The 1863 edition is available on Google Books: <http://tinyurl.com/bjlcprpa>

ONLINE

Transcriptions are at Thomas Gloning <http://www.uni-giessen.de/~g909/tx/an-tosc.htm>

Candida Martinelli. [PDF Anonimo Toscano](http://italophiles.com/site_overview.htm) http://italophiles.com/site_overview.htm

ENGLISH TRANSLATION:

Helou, Ariane N. **An Anonymous Tuscan Cookery Book.** ©2013. **Renaissance Food. Early modern Gastronomy: texts and translations.** Web.

<https://renaissancefood.wordpress.com/2013/06/26/an-anonymous-tuscan-cookery-book/>

BOCKENHEYM, JOHANNES. REGISTRUM COQUINE.

(1431-1435 OR EARLY 15TH)

The primary manuscript is designated as Bibliothèque Nationale [Paris, France]. MS Latin 7054. Laurioux also describes a shorter manuscript, which is in private hands. There's a listed secondary manuscript MS 1518 which now belongs to the BiNG in Lugano. The author is listed as Bockenheym, Johannes, who flourished from 1417-1435. A German by birth, Bockenheym became a "common chef" at the court of Pope Martin V in 1417. Louise Smithson reports that it's "An interesting cookbook as recipes are designated as suitable for certain classes of people, i.e. clergy, laborers, Germans, whores etc." 74 recipes.

Appears in print as

Bockenheym, Johannes. **La cucina di papa Martino V.** Translated by Giovanna Bonardi. Milano: A. Mondadori, 1995. Text in Latin and Italian.

Laurioux, Bruno. "Le «Registre de cuisine» de Giovanni Bockenheym, cuisinier du pape Martin V." **Mélanges de l'École Française de Rome** 100. (1988) pp. 709-760.

Representative Articles

Ballerini, Luigi. "Food for the Bawdy: Johann of Bockenheim's *Registrum Coquine*." **Gastronomica**. 1: 3 (Summer 2001) pp, 32-39. & Ibid. "Bockenheim Revisited." **Gastronomica**. 3: 2 (Spring 2003) pp. 50-63). Both available through JSTOR.

CUOCO NAPOLETANO. NEOPOLITAN COLLECTION. (15TH CENTURY)

The "Cuoco Napoletano" is a manuscript held by New York City's Pierpont Morgan Library; it's known formally as MS Bühler 19. Terence Scully, emeritus professor of French at Wilfrid Laurier University in Ontario, translated the manuscript in the work below and argued that this may well be the earliest version of the recipes credited to Martino.

Published as

Scully, Terence. **[Cuoco Napoletano.] The Neopolitan Recipe Collection. Cuoco Napoletano.** Ann Arbor, MI: The University of Michigan Press, 2000. [The title on the title page varies from what is given on the jacket and spine, hence the [.].] Highly recommended.

ONLINE

<http://name.umdl.umich.edu/4120161.0001.001>

MARTINO LIBRO DE ARTE COQUINARIA (MID 15TH CENTURY)

The cook is now known as Maestro Martino, Martino de Rossi, or Martino of Como. His work exists both as extant manuscripts and as recipes in early printed volumes. The

manuscripts have been transcribed and published by a variety of scholars in recent years. The recipes were initially printed in part by Platina and then as under the title of **Epulario** and even as Maestro Giovane. SEE ALSO BOOKS SECTION

The manuscripts dating from 1450-1460 are known as **Libro de Arte Coquinaria**. There are three primary manuscripts plus a presentation manuscript. Three have been published.

-Libro de arte coquinaria composto per lo egregio maestro Martino coquo olim del Reverendiss Monsignor Camorlengo et Patriarcha de Aquileia. (Book of the Art of Cooking Composed by the Distinguished Master Martino One-time Cook to the Most Reverend Monsignor Chamberlain and Patriarch of Aquileia) Library of Congress MS 153. This LC manuscript was once owned by Joseph Vehling. *Edition by Riley.*

-Manuscript in the Vatican's Biblioteca Apostolica, MS Urbinate Latino 1203, nearly the same as LoC MS 153, although written in a different hand. *Edition by Benporat.*

-Libro de Cucina del Cuoco. (Book of Cooking), also called the Riva del Garda manuscript, discovered in the 1980s in the local library of Riva del Garda, Switzerland. *Edition by Benporat.*

Books:

Libro de Arte Coquinaria. Photographed by J.D. Vehling, Chicago, 1941? [Facsimile of LoC 153 manuscript preserved in the Library of Congress, Washington, D.C.] LoC 153 is also published as part of Faccioli. **Arte della Cucina** 1966. Latin text accompanied by parallel Italian translation.

Benporat, Claudio, ed. **Cucina Italiana del Quattrocento.** Firenze: Leo S. Olschki Editore, 1996. [Series: Biblioteca dell' Archivum Romanicum. Serie I, Storia, letteratura, paleografia, v. 272] Martino's three unpublished codexes plus Italian gastronomy of the 15th century. Recommended.

English Translations:

The Art of Cooking: The First Modern Cookery Book. The Eminent Maestro Martino of Como. Edited and with an introduction by Luigi Ballerini. Translated and annotated by Jeremy Parzen. Berkeley and Los Angeles: University of California Press, 2005. Skip the "fifty modernized recipes by Stefania Barzini."

Maestro Martino: Libro de Arte Coquinaria, Rome, ca. 1465. Translated by Gillian Riley, with an appreciation by Alice Waters and supportive text material by Bruno Laurioux, Gillian Riley, and Paul Shaw. Oakland, CA: Octavo Editions: 2005. 287 pp. (CD-rom) HIGHLY RECOMMENDED

ONLINE:

Maestro Martino: Libro de arte coquinaria -- Based on **Arte della cucina**. 1966, courtesy of Thomas Gloning: <http://www.uni-giessen.de/gloning/tx/martino2.htm>

Also Candida Martinelli. [PDF Maestro Martino](http://italophiles.com/site_overview.htm) italophiles.com/site_overview.htm

Article:

Jenkins, Nancy Harmon. "Two Ways of Looking at Maestro Martino." **Gastronomica: The Journal of Food and Culture**. Vol. 7, No. 2 (Spring 2007) (pp. 97-103) On JStor.

WELLCOME MANUSCRIPT (LATE 15TH- EARLY 16TH CENTURIES)

Terence Scully cites this Wellcome Manuscript and described it as: "an untitled, unpublished Italian recipe collection of the fifteenth century now held by the Wellcome Institute for the History of Medicine. London. WMS 211." 395 numbered and 12 unnumbered recipes. The work is described <http://tinyurl.com/bjgwzc7>

Now published as Benporat, Claudio. "Il Ms. Western 211 del Wellcome Institute for the History of Medicine di Londra." **Appunti di Gastronomia**. **LXIV** (2011) pp. 5-100

LIBER COQUINARIUM BONARUM (15TH CENTURY?)

MS. 319 is held by the Bibliotheque Municipale di Chalons-sur-Marne. 141 Latin recipes. In print as

Benporat, Claudio. "Hic est liber coquinarium bonarum MS. 319 della Bibliotheque Municipale di Chalons-sur-Marne." **Appunti di Gastronomia**. **XXIII** (1997) pp. 25-66.

ANONIMO PADOVANO (LATE 15TH- EARLY 16TH CENTURIES)

MS R 3550 is held in the Collection of the Guild of St. George in the Ruskin Gallery, Sheffield, UK.

Print Benporat, Claudio. "Un Testo Inedito cinquecentesco de cucina e scalcheria veneta." **Appunti di Gastronomia**. **XXVII** (1998) pp. 20-46.

Also discussed in Benporat, Claudio. **Cucina e Convivialità Italiana del Cinquecento**. Firenze: Leo S. Olschki Editore, 2007 & Benporat, Claudio. **Feste e Banchetti. Convivialità Italiana fra Tre e Quattrocento**. Firenze: Leo S. Olschki Editore, 2001.

DELICATE VIVANDE [BUONE E DILICATE VIVANDE] (15TH CENTURY)

An unpublished collection of 114 recipes. Designated as London British Library MS Add 18165.

ANONIMO SENESE (UNDATED 15TH CENTURY)

The little known manuscript designated as Musee Massena Bibliotheque de Cessole. Nice, France. MS 226. It contains 56 recipes.

Rebora, Giovanni. "La cucina medievale italiana tra oriente ed occidente." **Miscellanea storica ligure**, [Genoa] 19 (1987 or possibly 1990) pp. 1431-1579.

MANOSCRITTO LUCANO (16TH CENTURY)

This manuscript contains 86 recipes and is designated as: Biblioteca Nazionale. Naples. MS XII. E. 19.

Print Sorrentino, Leijla Mancusi. "Apparecchi diversi da mangiare et rimedii." **Appunti di Gastronomia**. XI (1993) pp.18-104.

The original plus a transcription in German was printed as Süthold, Michael. '**Manoscritto Lucano.**' **Ein unveriffentliches Kochbuch aus Süditalien vom Beginn des 16. Jahrhunderts**. Genève: Droz, 1994. Based upon his dissertation.

Also Süthold, M.: "Manoscritto Lucano." **Ein unveröffentlichtes Kochbuch aus Süditalien vom Beginn des 16. Jahrhunderts**. Genf 1994.

MARIA VITTORIA DELLA VERDE (1583-1607)

Sister/Suor Maria Vittoria della Verde's notebooks from 1583-1607 were only recently published in 1989 in the volume **Gola e Preghiera Nella clausura Dell'Ultimo '500** as transcribed by Giovanni Moretti. Sister Maria was an "enclosed" Dominican nun in the Perugian convent of S. Tommaso. The devotional notebooks gradually evolved into notes on needlework and recipes for the revenue-generating sweets, cakes, and wafers.

Casagrande, Giovanna, editor and archivist. **Golo e Preghiera nella clausura dell'ultimo '500**. Edited by Giovanni Moretti. Foligno: Edizioni dell'Arquata, 1989.

CASTELVETRO, GIACOMO (1546-1616?)

Castelvetro was born in Modena, spent years working as a teacher, and escaped the Papal Inquisition in 1611 to settle permanently in England where he wrote his manuscript about the English diet and lamented the fruits and vegetables of his Italian upbringing. His manuscript, **Brieve racconto di tutte le radici, di tutte l'erbe e di tutti i frutti, che crudi o cotti in Italia si mangiano** c. 1614, can be found in the library at Trinity College.

Online: <http://www.liberliber.it/biblioteca/c/castelvetro/index.htm>

In print

Castelvetro, Giacomo. **The Fruit, Herbs & Vegetables of Italy**. Translated by Gillian Riley. London: Viking, 1989. Revised edition. Totnes, UK: Prospect Books, 2012.

PRINTED BOOKS

With the publication of Platina, the Italians plunged into creating printed cookery books. Besides volumes written by cooks, the Italians published a number of works credited to the stewards of households. This office was known as the *Scalco*, and these works often contain information, not just on the running of the household and place of the servants, but also on serving, the table, various foods, and recipes. (Professor Ken Albala refers to the *Scalco* as developing into “the professional banquet manager.”)

Culinary works in Italy were printed in both Italian and in Latin; once published in one language, the volumes were often translated and re-printed in the other. If printed in Rome, then the next edition might appear in Venice or Bologna or vice versa. Titles might vary from edition to edition. Again, this list will attempt to cover the early highlights to roughly 1625. The list is arranged in chronological fashion. Digital editions, if known, are featured but the availability of digital titles changes rapidly. Please be aware that various bibliographies and catalogs may also have listed the same works under different spellings and dates. (More details can be provided. Please write and ask.) Please again note the styling of the author's name (if credited at all) and titles varied from edition to edition.

PLATINA 1470

Platina is the pen name of the learned humanist Bartolomeo Sacchi (1421-1481). He served as the first Vatican Librarian, and there is a famous fresco by Melozzo da Forli depicting Platina's installation as Librarian under Pope Sixtus IV. Platina's **De Honesta Voluptate et Valetudine** carries the distinction of being the first published cookery book. The work is a mix of gastronomic musings on various foods along with recipes but the recipes are not Platina's. In penning those, he had the invaluable help of Maestro Martino's recipes, perhaps a Martino manuscript, and possibly even the personal help of Martino himself. It should be mentioned Platina's work also existed as a manuscript; one of those manuscripts, circa 1468,

is held by the Biblioteca Trivulziana. Milan. MS 734.

Platina's **De Honesta Voluptate et Valetudine** was first printed in Latin in Rome circa 1470. The first dated editions are the two Venetian editions, which followed in 1475. Other Latin editions include twice in 1480, 1485(?), 1494, twice again in 1498 and also in 1499, 1503, twice in 1517, 1528, 1529, 1530, 1532, 1537, 1538, and twice again in 1541. Publication in Italian followed in 1487. There are eight Italian editions with the last being in 1516.

In Print: Platina has been published numerous times in a variety of languages. The best and highly recommended English translation remains

Platina: On Right Pleasure and Good Health. A Critical Edition and Translation of *De Honesta Voluptate et Valetudine*. Edited and translated by Mary Ella Milham. Tempe, Ariz.: Medieval & Renaissance Texts & Studies, 1998. V. 168.

Milham's translation also appeared in a less expensive paperback as

Platina's On right pleasure and good health: based upon the critical edition and translation of *De honesta voluptate et valetudine*. Edited and translated by Mary Ella Milham. Asheville, NC: Pegasus Press, 1999. Abridged. It does not include the Latin original or the notes.

Online http://alfama.sim.ucm.es/dioscorides/consulta_libro.asp?ref=X533841967&idioma=0
Maestro Martino

APICIUS DE RE COQUINARIA 1498

In Apicius, the early printed book encounters the cookery or perhaps the gastronomy of ancient Rome. Apicius is the name we commonly attach to a collection of classical recipes from as early as the first century. Marcus Gavius Apicius was a famous gourmet and the collection came to bear his name. This printed book is based upon a manuscript held by the Vatican Library dating from the 9th century and in much later 14th -century copies. In Latin, the 1498 Venetian edition is titled **Apitii Celi De re coquinaria libri decem. Suetonius Tra[n]quillus De claris gra[m]maticis, Suetonius Tra[n]quillus De claris rhetoribus** The uniform title of the work, used by bibliographers, is **De re Coquinaria**. Other editions are dated **1503, 1541, and 1542**.

There are modern English translations of Apicius.

Apicius. **The Roman Cookery Book**. Translated by Barbara Flower and Elisabeth Rosenbaum. London: Harrap, 1958, 1974.

Apicius. A Critical Edition. Edited and translated by Christopher Grocock and Sally Grainger. Totnes, UK: Prospect Books, 2006. HIGHLY RECOMMENDED.

Also see:

Granger, Sally. **Cooking Apicius. Roman Recipes for Today.** Totnes, UK: Prospect Books, 2006. Also recommended.

Online: Medievalcooking.com lists several online links to online editions, including the 1541 edition.

EPULARIO 1516 THROUGH 1683

The full title varies from edition to edition, being commonly **Opera nova chiamata Epulario** or **Epulario il quale tratta del modo di cucinare ogni carne uccelli, e pesci d'ogni sorte.** There are 53 known editions through 1683, making it extraordinarily popular. Early editions are credited to one Giovanni de Rosselli, but bibliographers are conflicted about whether or not Rosselli even existed. Was he a real person, a cook, or just a publisher's ploy? In any case, Rosselli's name was dropped from editions printed after 1521. The work is comprised of Martino's recipes, so it's not in any way original.

The 1517 is online through the Digital Gastronomic Library sponsored by Academia Barilla.

It was translated into English in 1598 as ***Epulario, or The Italian Banquet Translated out of Italian into English.*** That edition may be found on microfilm and on EEBO.

Reprints/Facsimiles: The 1598 edition is available as an EEBO Edition through Amazon.

Also: **Epulario, or the Italian Banquet.** Printed by A.I. for William Barley, 1598. Reprinted by Falconwood Press, 1990. Sold at SCA events and in many collections.

ONLINE: 1562 edition <http://books.google.com/books?id=ZiQ6AAAaAAJ>

OPERA NOVA CHE INSEGNA CIRCA 1526

Credited to Eustachio Celebrino, this is described by Notaker as being a booklet with chapters dedicated to setting the table, menus, meat conserving, and confectionary.

Indiana University's Lilly Library owns a copy and I will cite the title in full so readers might see what these titles might say: **Opera noua che insegna apparecchiare vna mensa a vno cõuito : & etiã a tagliar in tauola de ogni sorte carne & dar li cibi secondo lordine che vsano gli scalchi p[er] far honore a Forestieri intitulata Refetorio. Appresso agiontoui alcuni secreti apertinenti al cucinare & etiam a conseruare carne e frutti longo tempo.** The undated (circa 1520-1530) OPERA NOVA DE RICETTE appears to be the same book with added fruit recipes. Neither has been reprinted.

MAESTRO GIOVANE **OPERA DIGNISSIMA** CIRCA 1530

The Opera dignissima & utile per chi si diletta di Cucinare: con molti bellissimi secreti di

componere: & conservare vivande: & molti altri secreti di piu cose: Composto per il valente Maestro Giovane de la Cucina is another version of Maestro Martino's recipes, concentrating on meat and fowl. 133 recipes. Scully lists it as 1515. No facsimile.

CRISTOFORO MESSISBUGO BANCHETTI and LIBRO NOVO

1549

Messisbugo was a *scalco* and court official for the Este family in Ferrara. His patron was Duke Ercole II d'Este. Ennobled by Emperor Charles V, Messisbugo achieved the rank of count palatine. His book first appears as **Banchetti Compositioni di Vivande** in Ferrara in 1549, a year after his death. The 300 plus recipes are sometimes sketchy and abbreviated, written as they were for the stewards and not for the cooks.

Print

This earliest volume was reprinted under the title: **Banchetti, composizioni di vivande e apparecchio generale**. Venezia : Pozza, 1960 and then again in Vicenza: Neri Pozza, 1992.

Online: The 1557 is online through the Digital Gastronomic Library sponsored by Academia Barilla. It's also available as a scanned edition courtesy of the Bayerische Staatsbibliothek. <http://reader.digitale-sammlungen.de/resolve/display/bsb10165028.html>

Banchetti, composizioni di vivande e apparecchio generale.

Beginning then in 1552, MESSISBUGO's volume is printed in a new edition in Venice under the title **Libro Novo**. Editions follow in 1556, 1557, 1559, 1564, 1571, 1576, 1578, 1581, 1585, 1589, 1596, etc. There are some twenty editions in all. This second volume describes fourteen banquets of the Este Court, followed by over three hundred recipes.

The 1557 edition is available in facsimiles published by Arnaldo Forni Editore. 1972, 1980, 1982, 2008.

Christofaro di Messisbugo, **Libro novo nel qual s'insegna a' far d'ogni sorte di vivanda [Venetia, 1557.]** Bologna: Arnaldo Forni Editore, date varies.

English Translation

Master Basilius Phocas (aka Charles A. Potter, Lexington, KY) has completed a translation. Contact him for prices and availability for his CD at basiliusphocas@hotmail.com

ALESSIO 1555

In 1555, the book of secrets, **De' secreti del reuerendo donno Alessio Piemontese, prima parte, diuisa in sei libri** by "Alessio", first appeared in Venetia per Sigismondo Bordogna. The work was quickly translated and appeared all over Europe in a number of languages

ranging from Latin, German, Spanish, French, Dutch, to Polish. Nearly thirty editions appeared in Italy and were reprinted in Venice, but also in Milan, Pesaro, Lucca, and in Rome. It was translated and printed in English, beginning in 1558. The “*Thirde Boke*” or section of volume one contains the first printed English recipe for sugar paste as well as additional confectionary recipes. See my articles listed in the bibliography for more information on this work.

Translation:

Alessio. *The Secretes of the Reuerende Mayster Alexis of Piemount*. 1558. It may be found as on microfilm and on EEBO. It's also available as an EEBO Edition through Amazon.

Also *The Secretes of the Reuerende Mayster Alexis of Piemount*. London, 1558. Norwood, N.J. : Walter J. Johnson, Inc. and Amsterdam: Theatrum Orbis Terrarum, Ltd., 1975. The English Experience Series. 1975. #707.

ROMOLI. LA SINGOLARE DOTTRINA 1560

Domenico Romoli's (alias *Il Panunto*) **La singolare dottrina de M. Domenico Romoli ...** appears in at least twelve editions through 1637. This is another book dedicated to the *scalco* or steward and is a huge text covering how noble households might be governed, along with advice on the choice and preparation of various foods, along with the menus and recipes needed. Not much is known about the author but Gillian Riley reports the work shows warmth and humor and reflects on experiences gained through a lifetime of service. Worldcat does not indicate that it has been released in a modern edition or in a facsimile, but it is online.

Online:

The 1587 is available through Google Books <http://tinyurl.com/b4tsn5f> and the 1593 edition through Google Books <http://tinyurl.com/alrqcpq>

SCAPPI OPERA 1570

The **Opera dell' arte del cucinare** by Bartolomeo Scappi is the definitive and grand volume of Renaissance cookery. Today we would call it an encyclopedia of cookery. Not only does the work contain hundreds of recipes, it also contains invaluable engravings, depicting the tools and equipment of a 16th-century kitchen. Bartolomeo Scappi served as a private cook for a number of patrons, including several prelates, cardinals, and popes, including Pope Pius V. There are at least 17 editions, including 1574?, 1576?, 1581?, 1596, 1598, 1600, 1605, 1610, 1622, 1642, and 1646. The 1604 edition is supplemented with Vincenzo Cervio's work on carving, making it the complete treatise on carving and cookery. Anyone working with Italian Renaissance cookery or recipes should start with Scappi.

FACSIMILE

Scappi, Bartolomeo. **Opera: (dell' arte del cucinare)**. 1570. [Tesi antichi di gastronomia, 12.] Bologna: Arnaldo Forni, 1981, 2007. Either as one or two volumes. Available through Arnaldo Forni Editore.

English Translation

Scappi, Bartolomeo. **The Opera of Bartolomeo Scappi (1570) : l'arte et prudenza d'un maestro cuoco**. Translated by Terence Scully. Toronto: University of Toronto Press, 2008.

Online

The 1570 can be found through Google Books: <http://tinyurl.com/bgb4e74>
(The 1622 and 1610 editions are also available through Google Books.)

For more on Scappi, see:

Krohn, Deborah L. **Food and Knowledge in Renaissance Italy. Bartolomeo Scappi's Paper Kitchens**. Farnham, Surrey: Ashgate, 2015.

CERVIO, VINCENZO. IL TRINCIANTE 1581

Il Trinciante di M. Vincenzo Cervio, ampliato et a perfettione ridotto dal Cauallier Reale Fusoritto da Narni... by Cervio, Vincenzo.

In an age where the carver presided over the table, carving and serving, this is the pre-eminent carving and table manners manual of Renaissance Italy. Reprinted with an edition of Scappi in 1604. (The other name in carving is that of Mattia Giegher, whose work was published in the later 17th century and has been republished by Arnaldi Forni Editore and found on the Academia Barilla site.)

Facsimile of the 1593 by Arnaldo Forni Editore, 1980. Titled **Il Trinciante, ampliato, et a perfettione ridotto da Fusoritto da Narni**. (Roma, 1593).

1593 is online at the Fons Grewe Site

<http://www.bib.ub.edu/fileadmin/imatges/lilibres/showboo.php?llibre=gw009>

The 1593 edition can also be found online through Academia Barilla.

GIOVANNI BATTISTA ROSSETTI DELLO SCALCO 1584

Rossetti was the scalco for Lucrezia d'Este duchessa d'Urbino and was active in the 1550s.

The nearly six hundred page volume was printed in Ferrara and concentrates on banquet preparation.

Facsimile: **Dello Scalco, nel quale si contengono le qualità di uno Scalco perfetto** (Ferrara, 1584). Bologna, Forni, 1991.

Online

The 1584 edition can be found online through Academia Barilla.

OTHER RECOMMENDED BOOKS

Louise Smithson also suggests these works:

Massonio, Salvatore. **Archidipno overo dell'insalata e dell'vso di essa** 1627 (a work on salads); **Libro di Mons. Paolo Giovio De Pesci Romani / tradotto in volgare da Carlo Zancaruolo**. 1560 (a work on fish); **L'insalata e piante che in qualunque modo vengono per cibo del'homo**. 1570 (a work on plants by Constantius Felicius); **Le Vinti giornate dell'agricoltvra et de'piaceri della villa**. 1575 (grapes, vineyards, agricultural crops); **Del beuer caldo costumato de gli antichi Romani** 1593; and **Del compendio de, secreti rationale. Dell'eccell. dottore, & caualiero** 1581 (a work on dairy crafts and cheese.) See her website at <http://www.medievalcooking.com/helewys/> for more information.

ACADEMIC WORKS IN ITALIAN:

Benporat, Claudio. **Cucina e Convivialità Italiana del Cinquecento**. Firenze: Leo S. Olschki Editore, 1997, 2001, 2007. The cuisine of the 16th century.

Benporat, Claudio. **Cucina Italiana del Quattrocento**. Firenze: Leo S. Olschki Editore, 1996, 2001. Provides a number of manuscripts.

Benporat, Claudio. **Feste e Banchetti. Convivialita Italiana fra Tre e Quattrocento**. Firenze: Leo S. Olschki Editore, 2001. "The historical reconstruction of a convivial celebration that took place in Italian courts in the 14th and 15th centuries...."

Benporat, Claudio. **Storia della Gastronomia Italiana**. Milan: Mursia, 1990.

La Cucina Medievale: Lessico, Storia, Preparazioni. Compiled by Enrico Carnevale Schianca. Firenze: L. S. Olschki, 2011. [Series I, Storia, letteratura, paleografia, v. 386.] First rate encyclopedia of ingredients, Notes on initial appearances in recipes. Insane and great bibliography.

Malacarne, Giancarlo. **Sulla Mensa del Principe. Alimentazione e banchetti alla Corte dei**

Gonzaga. Modena, Italy: Il Bulino, 2000. Cookery from the court of Mantua and the Gonzaga family.

Stufa, Maria Luisa Incontri Lotteringhi della. **Desinari e cene: Dai tempi remoti alla cucina toscana del XV secolo.** 1965. Firenze: Edizioni Polistampa, 2010.

Those that read Italian may want to investigate the gastronomic publication **Appunti di Gastronomia**, which edited by food historian Claudio Benporat.
<http://www.appuntidigastronomia.com/>

ACADEMIC WORKS IN ENGLISH:

Adamson, Melitta Weiss. **Food in Medieval Times.** Westport, Conn.: Greenwood Press, 2004. Discusses Italy on pages 124-131.

Albala, Ken. **The Banquet. Dining in the Great Courts of Late Renaissance Europe.** Urbana, IL: University of Illinois Press, 2007.

Albala, Ken. **Cooking in Europe 1250-1650.** Westport, Conn.: Greenwood Press, 2006.

Albala, Ken. **Eating Right in the Renaissance.** Berkeley, CA: University of California Press, 2002.

Albala, Ken. **Food in Modern Europe.** Westport, Conn.: Greenwood Press, 2003. Discusses Italy on pages 118-140 and also discusses Scappi in detail.

Astarita, Tommaso. **The Italian Baroque Table. Cooking and Entertaining from the Golden Age of Naples.** Tempe, AZ: ACMRS, 2014. The 17th century cookery of Antonio Latini with material on earlier centuries.

Capatti, Alberto and Massimo Montanari. **Italian Cuisine. A Cultural History.** Translated by Aine O’Healy. New York: Columbia University Press, 2003.

Dickie, John. **Delizia! The Epic History of the Italians and Their Food.** New York: Free Press, 2008.

The Four Seasons of the House of Cerruti. Translated by Judith Spencer. New York: Facts on File, 1983, 1984. [Facsimile and translation of the 14th -century Latin manuscript **Tacuinum Sanitatis in Medicina.**]

Grieco, A.J. “From the cookbook to the table. A Florentine table and Italian recipes of the fourteenth and fifteenth centuries.” Lambert, Carole. **Du manuscrit à la table.** Montréal/ Paris 1992, 29-38.

Krohn, Deborah L. **Food and Knowledge in Renaissance Italy. Bartolomeo Scappi's Paper Kitchens.** Farnham, Surrey: Ashgate, 2015. Highly Recommended.

McIver, Katherine A. **Cooking and Eating in Renaissance Italy.** Lanham, MD: Rowman & Littlefield, 2015.

Montanari, Massimo is a prominent Italian food historian. His works have been appearing in English courtesy of Columbia University Press. See: **Cheese, Pears, & History in a Proverb.** New York: Columbia University Press, 2010. Also see: **Let the Meatballs Rest and Other Stories About Food and Culture**, 2012 and the 2013 volume **Italian Identity in the Kitchen, or Food and the Nation.** His latest is **Medieval Tastes. Food, Cooking, and the Table.** 2015.

Parasecoli, Fabio. **Food Culture in Italy.** Westport, CT: Greenwood Press, 2004 & **Al Dente. A History of Food in Italy.** London: Reaktion Books, 2014.

Pisani, Rosanna Caterina Proto and Josephine Rogers Mariotti. **Invito alla mensa del mercante del Trecento. Usi, arnesi e ricette della cucina medievale. [An Invitation to the Table of a Merchant of the Trecento: customs, utensils and recipes in the medieval kitchen.]** [Italy: s.n., 2009?] [English and Italian Edition available through Amazon. Short volume but worth a look.]

Riley, Gillian. **The Oxford Companion to Italian Food.** Oxford: Oxford University Press, 2007. Highly recommended encyclopedia with biographies and historical details.

Salloum, Habeeb. "Medieval and Renaissance Italy: Sicily." **Regional Cuisines of Medieval Europe: A Book of Essays.** Edited by Melitta Weiss Adamson. New York; London: Routledge, 2002. pp. 113-123.

Varey, Simon. "Medieval and Renaissance Italy: The Peninsula." **Regional Cuisines of Medieval Europe: A Book of Essays.** Edited by Melitta Weiss Adamson. New York; London: Routledge, 2002. pp. 85-112.

Single Subject:

The subjects everyone wants information on are pasta, the introduction of the tomato, followed by ice cream.

Serventi, Silvano and Francoise Sabban. **Pasta. The Story of a Universal Food.** Translated by Antony Shugaar. New York: Columbia Universal Press, 2002. A single subject, comprehensive history of pasta with footnotes and bibliography.

De Vita, Oretta Zanini. **Encyclopedia of Pasta.** Translated by Maureen B. Pant. Berkeley, CA: University of California Press, 2009.

Tomatoes are surveyed in our article: "Sixteenth Century Italian and Spanish *Tomato* References" by Johnnae Ilyn Lewis, Helewyse de Birkestad, and Brigid ni Chiarain. Web. 2002. www.florilegium.org/files/FOOD.../16C-Tomato-art.html or <http://www.mkcc.rhawn.com/Research.html>

Gentilcore, David. **Pomodoro! A History of the Tomato in Italy**. New York: Columbia University Press, 2010.

Smith, Andrew F. **The Tomato in America**. Columbia, SC: University of South Carolina Press, 1994.

For Ice Cream: see David, Elizabeth. **The Harvest of the Cold Months. The Social History of Ice and Ices**. Edited by Jill Norman. London: Michael Joseph and NY: Viking Penguin, 1984, Faber & Faber, 2011.

Weir, Caroline and Robin Weir. **Ice Creams, Sorbets and Gelati. The Definitive Guide**. London: Grub Street, 2010.

For liquors: Vicario, Renato. **Italian Liqueurs. History and Art of a Creation**. [Sansepolcro] : Aboca, 2011. English Edition: 2014.

ART AND ILLUSTRATED HISTORIES

At Home in Renaissance Italy. Edited by Marta Ajmar-Wollheim and Flora Dennis. London: V&A Publications, 2006.

Bertelli, Sergio. et al. **The Courts of the Italian Renaissance**. New York: Facts on File, 1986. Includes timelines, maps, and genealogical charts for the ruling families.

Braudel, Fernand. **Out of Italy: 1450-1650**. 1974. Translated by Sian Reynolds. Paris: Flammarion, 1989.

Camporesi, Carla Geri and Barbara Golini. **From the Art of the Medicis to the Tables of Today**. 1999. Translated by Judith Moser. Lucca, Italy: Maria Pacini Fazzi Editore, 2001. Combines traditional recipes linked to still life color reproductions of the Medici collections that are kept in the Uffizi Gallery deposits, in the Palatine Gallery and at the Medici's Villa of Poggio Imperiale.

The Edible Monument. The Art of Food for Festivals. Edited by Marcia Reed. Los Angeles: the Getty Research Institute, 2014. Catalogue to accompany the recent exhibit.

Galardi, Giovanna Giusti. **Sweets at Court. Paintings and Other Tasty Treats**. Livorno: Sillabe, 2001. Print. [Translation of **Dolci a Corte dipinti ed altro**. Publisher: Livorno: Sillabe; Firenze: Ministero per i beni e le attività culturali, Soprintendenza di Firenze, 2001.]

Malacarne, Giancarlo. **Sulla Mensa del Principe. Alimentazione e banchetti alla Corte dei Gonzaga.** Modena, Italy: Il Bulino, 2000. Cookery from the court of Mantua and the Gonzaga family.

Riley, Gillian. **Food in Art. From Prehistory to the Renaissance.** London: Reaktion Books, 2015.

Tomasi, Lucia Tongiorgi and Gretchen A. Hirschauer. **The Flowering of Florence. Botanical Art of the Medici.** Washington, D.C.: National Gallery of Art, 2002.

Varriano, John. **Tastes and Temptations. Food and Art in Renaissance Italy.** Berkeley, CA: University of California Press, 2009.

Young, Carolin C. **Apples of Gold in Settings of Silver. Stories of Dinner as a Work of Art.** New York: Simon & Schuster, 2002.

ONLINE:

Professor Thomas Gloning's website attempts to keep track of the work being done in the realm of historical cookery. See his lists at "A-ITAL || Old Italian cookbooks and cookery: Sources and studies;" "A-Mart || Maestro Martino: Libro de arte coquinaria;" and "A-PLATINA || Bartolomeus Platina: De honesta voluptate et valetudine." <http://www.uni-giessen.de/gloning/kobu.htm#bibl>

The Academia Barilla Gastronomic Library houses a collection of over 10,000 books, ranging from general cookbooks to specialized Italian culinary histories. The library is open to the public and can be accessed online. The Digital Gastronomic Library sponsored by Academia Barilla offers a number of editions online. It requires registration.

<http://www.academiabarilla.com/gastronomic-library/default.aspx>

Also check out TaccuiniStorici.it <http://www.taccuinistorici.it/ita/>

Fons Grewe offers the late Rudolf Grewe's collection of early cookery books ranging from works in Italian, Latin, French, English, Spanish, and Dutch from the 16th-18th centuries. Scanned and provided by the Biblioteca de la Universitat de Barcelona.

A catalogue of books published by Leo S. Olschki Editore of Florence can be found at <http://www.olschki.it/page.htm> and also check out Arnaldo Forni at <http://www.fornieditore.com/> for facsimiles.

SOURCES FOR COOKERY AND RECIPES IN ITALY

It was once hard to locate quality Italian recipes and cookbooks in English, but there are now hundreds of Italian cookbooks, and shelves once dedicated to French cookery now belong to the Italians. Jessica's Biscuit [www.ecookbooks.com] offers over 600 in-print volumes under Italian cooking. Amazon.com lists 3000 new and used paper and hardback volumes. Please consider interlibrary loan or borrowing cookery volumes from your local library before purchase. In fact, browsing the shelves of a well-stocked cookbook section in a large library or bookstore may also yield interesting titles. I also urge that readers save money and consider buying used copies.

With medieval material, working recipes, and in English:

Santich, Barbara. **The Original Mediterranean Cuisine. Medieval Recipes for Today.** Chicago: Chicago Review Press, 1995. Widely used medieval collection of 70 Italian & Catalan recipes from the 14th & 15th centuries. Highly recommended.

Redon, Odile, Françoise Sabban & Silvano Serventi. **The Medieval Kitchen. Recipes from France and Italy.** 1991. Translated by Edward Schneider. Chicago: The University of Chicago Press, 1998. Offers 150 14th and 15th century recipes. A favorite of Society cooks!

If you read French, the next and recommended volumes in the series with a great deal of Italian material are titled

Sabban, Françoise and Silvano Serventi. **La Gastronomie à la Renaissance - 100 recettes de France et d'Italie.** 1997 and **La Gastronomie au Grand Siècle - 100 recettes de France et d'Italie.** 1998. These volumes continue the series begun by Redon, Sabban and Serventi and would make excellent companion volumes, but they've not been translated into English.

Riley, Gillian. **Renaissance Recipes.** San Francisco: Pomegranate Artbooks, 1993.

Willan, Anne. **Great Cooks and Their Recipes. From Taillevent to Escoffier.** 1977. 1990. U.S. expanded edition 1992. Chapters on Martino, Scappi, and Leonardi.

Traditional

The modern cookbooks for Italy can cover the entire nation or just concentrate on a region. Many are also listed as Mediterranean and not Italian. For those preparing Italian feasts or specific dishes for Society events, I would urge caution in just taking a "medieval" or historical Italian recipe out of these books or off the Internet. Upon investigation, many of these even designated "medieval" Italian recipes may not be very medieval or historically accurate. Here, then, is a very select collection of helpful, entertaining, and informative works, but not necessarily medieval or historically focused. These include on *traditional* or regional cookery with recipes and/or photos.

Andrews, Colman. **The Country Cooking of Italy.** San Francisco: Chronicle Books, 2011.

Carluccio, Antonio and Priscilla. **Carluccio's Complete Italian Food**. New York: Rizzoli, 1997.

The **Culinaria Italy** volumes are worth a look. They exist in an original edition titled Piras, Claudia and Eugenio Medagliani. **Culinaria Italy. Pasta Pesto Passion**. Cologne: Könemann, 2000. Numerous editions in both hardback and a reduced format paperback.

The new edition is titled **Culinaria Italy Cuisine Country Culture** by Piras and Ruprecht Stempell [Tandem Verlag (2009)]. It focuses on slightly different products and contains less history.

The Silver Spoon. New York: Phaidon Press, 2005. The 1950 Italian bible of cookery enlarged and translated into English for the first time. New edition in 2011.

Wright, Clifford A. **Cucina Paradiso. The Heavenly Food of Sicily**. New York: Simon & Schuster, 1992, and **A Mediterranean Feast**. New York: William Morrow, 1999. Both are worth a look.

I also like the works by Lynne Rosetto Kasper, Faith Willinger, Claudia Roden's **The Good Food of Italy, Saveur Cooks Authentic Italian**, etc. The brand new volume **La Cucina Italiana. The Encyclopedia of Italian Cooking** [Rizzoli, 2012] contains 470 pages and 500 recipes with beautiful photographs. The books just keep coming.

Volumes that I can recommend on Italian pastries and confections are by Victoria Granof and then by Maria Grammatico and Mary Taylor Simeti and on baking by Carol Field:

Grammatico, Maria and Mary Taylor Simeti. **Bitter Almonds. Recollections and Recipes from a Sicilian Girlhood**. New York: William Morrow & Co., 1994.

Granof, Victoria. **Sweet Sicily. The Story of an Island and Her Pastries**. New York: ReganBooks, 2001.

Field, Carol. **The Italian Baker**. New York: Harper & Row, 1985 and **The Italian Baker Revised**. Ten Speed Press, 2011. Still the classic and best volume on baking.

Festival Foods

Bianchi, Anne. **Italian Festival Food**. New York: Macmillan, 1999.

Field, Carol. **Celebrating Italy: The Tastes and Traditions of Italy Revealed Through its Feasts, Festivals, and Sumptuous Foods**. New York: William Morrow & Co., 1990.

Italian American foods and cookery are not the same as medieval cookery or even traditional Italian regional cookery, but I will mention that the following three books are quite good:

Mariani, John F. **The Dictionary of Italian Food and Drink**. New York: Broadway, 1998 and **How Italian Food Conquered the World**. New York: Palgrave Macmillan, 2011.

Schenone, Laura. **The Lost Ravioli Recipes of Hoboken A Search for Food and Family**. New York: W.W. Norton & Co., 2007.

SCA RESOURCES AND ADDITIONAL PROJECTS by Society Members

I cannot say enough about Baroness Helewyse's (Louise Smithson's) work in Italian cookery and her many articles and links which are now housed at

<http://www.medievalcookery.com/helewyse/>

You can't go wrong starting with her work, recipes, and articles.

Master Eduardo [Waldon, David.] **Exploring Italian Renaissance Cuisine**. Redmond, WA: The Madrone Culinary Guild, n.d. "A reprint of two papers from the Oxford Symposium on Food and Cookery, one on fish consumption, the other on a feast menu from the Italian Renaissance. Includes several recipes reconstructed from contemporary sources.

<http://www.liripipe.com/mcg/pamphlts.htm> His website is at <http://www.vastrepast.net/www.vastrepast.net/Welcome.html>

Out in the West Kingdom, the **Perfectly Period Feast** in March 2013 featured a feast of "1580's Ferrara (north-east Italy)! Vittoria lead us to new heights with an event of feasting and spectacle." See <http://groups.yahoo.com/group/PerfectlyPeriodFeast/>

Medievalcookery.com provides an easy gateway to numerous Italian works. The Midrealm's Master Edouard Halidai (Daniel Myers) created the site.

<http://www.medievalcookery.com/etexts.html>

Italian foods have long graced our tables. The **SCA Cooks List** often discusses Italian food, sources, and books.

<http://lists.ansteorra.org/listinfo.cgi/sca-cooks-ansteorra.org>

These posts often are archived in Stefan's Florilegium <http://www.florilegium.org>

Look there for articles on banquets, dishes, menus, and sources.

Lastly, there are also my articles appearing in various places. For instance,

Holloway, Johnna. "Scappi's Recipe for Beef Ribs." **Tournaments Illuminated**.

182: 2; 2012. Pp.13-14, 32.

Holloway, Johnna. "Trionfi, Sugar as Triumph." 2004. Archived through SCA Subtleties List Files.

ACQUIRING BOOKS FROM ITALY AND SPAIN

Previously, I have talked about acquiring other European books. The same general advice goes for acquiring Italian titles. I have had excellent luck in buying some volumes from Italy, but really bad luck in some cases in which ordered books never shipped or were lost. Shipping costs can also be simply outrageous! Try ordering more than one book at a time to reduce costs. Also try Swiss dealers as they often deal with Italian books. Websites such as bookfinder.com and abebooks.com do list these volumes, at often widely varying prices. Amazon has recently also expanded to Italy so that may also prove to be useful, but also search Amazon.com as well as Amazon.it. Last, but not least, please also consult your local libraries and consider interlibrary loan when doing research. Be sure you really need the book before ordering.

The same general advice goes for acquiring Spanish titles. I have had excellent luck in buying volumes from Spain, but shipping can be very expensive and is often now two or three times the cost of the book. Try ordering more than one book at a time to reduce costs. Websites such as abe.com do list these volumes, at often widely varying prices. Amazon has recently also expanded to Spain so that may prove to be useful. Search also under Amazon.com as Spanish books can be found on that website as well as at the new Amazon Spain <http://www.amazon.es/>. Last, not least -- Please also consult your local libraries and consider interlibrary loan when doing research.

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Holloway, Johnna. "Alessio and the Secretes of Cookery." **Tournaments Illuminated.** Summer 2003, Issue 147. pp. 9-12.

Notaker, Henry. **Printed Cookbooks in Europe, 1470-1700.** New Castle, Delaware: Oak Knoll Press, 2010.

Worldcat. [OCLC] <http://www.worldcat.org/>

Also extensive use was made of various catalogues, as well as Professor Gloning's and Daniel Myers's websites as mentioned in the article.

For the Italian Section:

Flandrin, Jean-Louis and Odile Redon, "Les livres de cuisine italiens des XIVe et XVe siecles," **Archeologia medievale** 8 (1981). Pp 393-408.

Handlist of Italian Cookery Books. Compiled and edited by Richard Morland Tollemache Westbury, Baron. Firenze: Leo S. Olschki Editore, 1963. [Biblioteca di Bibliografia Italiana, XLII.] Baron or Lord Westbury's bibliography is still used and provides a helpful chronological list of titles.

Hieatt, Constance B., Carole Lambert, Bruno Laurioux, and Alix Prentki. "Repertoire des Manuscrits Medievax Contenant des Recettes Culinaires." In **Du Manuscrit `a la Table**. Edited by Carole Lambert. Montreal: Les Presses de l'Universite' de Montreal, 1992. pp. 315-362.

Laurioux, Bruno. "I libri di cucina italiani alla fine del Medioevo: un nuovo bilancio." **Archivio Storico Italiano**. [Firenze: Leo Olschki 1994] 154 (1996): 33-58.
Also catalogued as: **Archivio della Società romana di storia patria**. 154 (1996).

Smithson, Louise. "Italian culinary manuscripts." [by Helewyse de Birkestad]. Web. **Medievalcooking.com**.
<<http://www.medievalcooking.com/helewyse/Italianfoodmanuscripts.html>> Very helpful and accessible list.

Also Terence Scully's translations of Scappi's **Opera** and **The Neopolitan Manuscript** both contain excellent bibliographies on manuscripts and early Italian volumes.

Arnaldo Forni Editore. "Gastronomia/enologia." Web.
<http://www.fornieditore.com/Default.aspx?s=356> The Italian publisher of excellent and expensive facsimiles. The series is titled: Testi antichi di gastronomia.

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