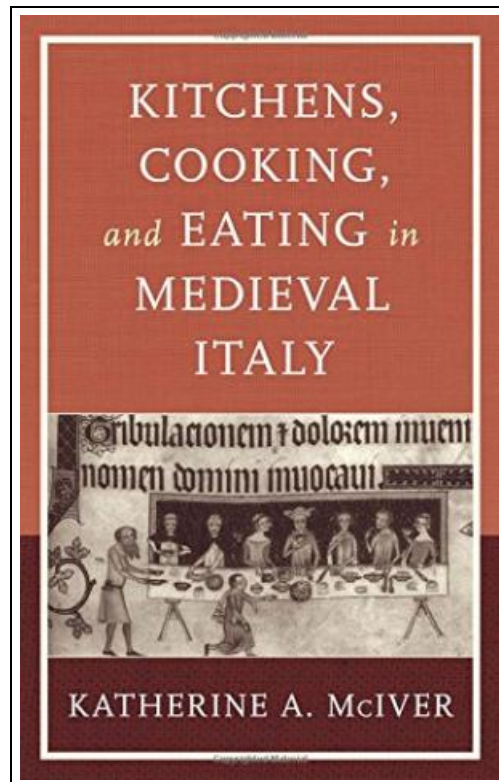


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KITCHENS, COOKING, AND EATING IN MEDIEVAL ITALY (HARDBACK)



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ROWMAN LITTLEFIELD, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. The modern twenty-first century kitchen has an array of time saving equipment for preparing a meal: a state of the art stove and refrigerator, a microwave oven, a food processor, a blender and a variety of topnotch pots, pans and utensils. We take so much for granted as we prepare the modern meal - not just in terms of equipment, but also the ingredients, without needing to worry about availability or seasonality. We cook with gas or electricity - at the turn of the switch we have instant heat. But it wasn't always so. Just step back a few centuries to say the 1300s and we'd find quite a different kitchen, if there was one at all. We might only have a fireplace in the main living space of a small cottage. If we were lucky enough to have a kitchen, the majority of the cooking would be done over an open hearth, we'd build a fire of wood or coal and move a cauldron over the fire to prepare a stew or soup. A drink might be heated or kept warm in a long-handled saucepan, set on its own trivet beside the fire. Food could be fried in a pan, grilled on a gridiron, or turned on a spit. We might put together a small improvised oven for baking. Regulating the heat of the open flame was a demanding task. Cooking on an open hearth was an all-embracing way of life and most upscale kitchens had more than one fireplace with chimneys for ventilation. One fireplace was kept burning at a low, steady heat at all times for simmering or boiling water and the others used for grilling on a spit over...



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