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## Pleyn Delit: Medieval Cookery for Modern Cooks (Paperback)

By Sharon Butler, Constance B. Hieatt, Professor Brenda Hosington

University of Toronto Press, Canada, 1996. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. This is a completely revised edition of the classic cookbook that makes genuine medieval meals available to modern cooks. Using the best recipes from the first edition as a base, Constance Hieatt and Brenda Hosington have added many new recipes from more countries to add depth and flavour to our understanding of medieval cookery. All recipes have been carefully adapted for use in modern kitchens, thoroughly tested, and represent a wide range of foods, from appetizers and soups, to desserts and spice wine. They come largely from English and French manuscripts, but some recipes are from sources in Arabia, Catalonia and Italy. The recipes will appeal to cordon-bleus and less experienced cooks, and feature dishes for both bold and timorous palates. The approach to cooking is entirely practical. The emphasis of the book is on making medieval cookery accessible by enabling today's cooks to produce authentic medieval dishes with as much fidelity as possible. All the ingredients are readily available; where some might prove difficult to find, suitable substitutes are suggested. While modern ingredients which did not exist in the Middle Ages...



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