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Gypsy Feast: Recipes and Culinary Traditions of the Romany People (Hippocrene Cookbook Library)

Carol Wilson

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The Romany people are descendents of the ancient warrior classes of Northern India who trekked westwards around AD 1000. Although they were, and still are, referred to as "gypsies," their correct and preferred name is Roma. Their migration took them through Persia and Armenia, into Europe and later to the Americas. Today, the Roma live scattered throughout the world.

Roma foodways were traditionally determined by their nomadic way of life. Thus, the cuisine came to include whatever was readily available, such as wild fruits and vegetables, berries, herbs, flowers, fish and shellfish, and wild game. Today, few Roma continue to live as nomads, and their traditional cuisine has largely been replaced by that of the mainstream society. Gypsy Feast evokes a memorable picture of the old Romany ways, including recipes, information on feasts and celebrations, marriage and funeral customs, and a unique way of life that has almost disappeared.

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