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The Medieval Kitchen: Recipes from France and Italy

Odile Redon, Françoise Sabban, Silvano Serventi

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The Medieval Kitchen: Recipes from France and Italy Odile Redon, Françoise Sabban, Silvano Serventi *The Medieval Kitchen* is a delightful work in which historians Odile Redon, Françoise Sabban, and Silvano Serventi rescue from dark obscurity the glorious cuisine of the Middle Ages. Medieval gastronomy turns out to have been superb—a wonderful mélange of flavor, aroma, and color. Expertly reconstructed from fourteenth- and fifteenth-century sources and carefully adapted to suit the modern kitchen, these recipes present a veritable feast. *The Medieval Kitchen* vividly depicts the context and tradition of authentic medieval cookery.

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