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# Teachers College Bulletin



## AN OUTLINE ON THE HISTORY OF COOKERY

BY

ANNA BARROWS AND BERTHA E. SHAPLEIGH

ASSISTED BY

ANNE D. BLITZ

School of Practical Arts, Teachers College, Columbia University

Technical Education Bulletin, No. 28

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- II. All of these processes are dependent on stage of advance in civilization.
- III. All pass through successive stages, as do all other processes, from extremely simple to extremely complex.
- IV. There is no possibility of hard-and-fast chronology, as we find extremely complex stage of civilization existing side by side with, and exerting strong influence upon, extremely simple stage, e.g., Rome and Britain at time of Caesars; America and Philippines.
- V. Civilization proceeds in successive waves. The older cultures, each in turn, pass through all periods of development from savagery through barbarism to civilization; from simplicity and frugality to luxury, extravagance, then to decay, and to a merging with a neighboring civilization in early stages of development, e.g., Egypt and Persia; Greece and Rome; Roman Empire and Franks.
- VI. Question of food is inextricably bound with four other factors in civilization:
  1. Climate and geographic limitations.
  2. Shelter.
  3. Production and control of fire.
  4. Utensils.

## FIRE

### I. DISCOVERY.

1. Legendary. India—Vedas; Phoenicia; Greece—Prometheus, Hephaestus, Zeus; Persia; Rome—Vulcan, Vesta; Scandinavia; Aztecs; American Indians.
2. Natural sources.
  - a. Lightning setting fire to vegetation.
  - b. Sparks struck in working flints.

### II. CONTROL.

1. Preservation of fire kindled naturally.
2. Artificial kindling.
  - a. Friction of two pieces of dry wood; fire-drill later development of this process.
  - b. Striking of flints to produce spark; quartz and pyrites used in certain localities.
  - c. Burning glass—much later development.

### III. FIRE-PLACES.

1. Open fire on ground.
2. Rude fire-place of stones piled together.
3. Dug-out pit lined with stones.
4. Fire-places in caves; near opening, with outlet for smoke and draft.

5. Artificial containers, as early forms of braziers; examples in Egyptian paintings, in Persian reliefs, descriptions in Homeric poems; used in China and Orient to-day.
6. Artificial structure, of stones fitted carefully together, with chimney for draft. All architecture begins with shelter of fire from wind and rain.

### TOOLS AND UTENSILS

All tools imitations of forms found in nature—as bowl, from hollow stone; knife from flint splinter; spoon from shell; forked instrument from forked stick, or human hand, or claw of bird; hammer from human fist.

- I. CONTAINERS: Hollowed stone, natural or artificial; hollowed wood, stumps, ends of logs; gourds for dippers; shells for ladles or spoons; skin bottles and jars; nets and baskets of fibre and reed; baskets daubed with clay for fire-proofing; clay pottery; metal bowls and vessels.
- II. BREAKERS: Rude natural core of stone, fitting hand, used as mallet; grooved to fit handle of wood or stone; chipped on edge for cutting and scraping; knife with handle; spear; arrow-head.
- III. WEAPONS: Mallet; knife; adze; spear and shield; bow and arrow.
- IV. DOMESTIC TOOLS: Knife; scraper; hand-plow; mortar and pestle; rolling mill; quern or rotary mill; washboard and rubber; spoons of shell; forks. Bone and ivory needles and pins, combs, hair-pins, files, small jars, ornaments of all kinds.

### PREHISTORIC TIMES

#### I. PREHISTORIC MAN.

1. Remains of man found in "River-drift" period in England and on continent indicate no use of tools, nor knowledge of fire. Earlier stage of development than found in any known savages in historic times.
2. EARLY STONE-AGE MAN (Paleolithic). To this age belong "kitchen-middens" of Denmark, Scandinavia, many cave-remains of France, Spain, and England. Name derived from rude stone implements.
  - a. Fire known and under partial control—could be preserved when naturally kindled.
  - b. Food. Mainly vegetable; animals occasionally slain included shell-fish, insects, etc. Most food eaten raw. No domesticated animals save dog; no cultivated plants. Food supply wholly that of nature.

- c. Industries. Fishing, some hunting, making of utensils of stone and bone; rude flaked flints chipped to shape, never ground or polished; some spirited drawings as decorations on walls of cave-shelters and on implements.
- 3. LATE STONE-AGE MAN (Neolithic). To this period belong the numerous burial monuments, houses, barrows, graves, monoliths, so common throughout the world. The remains of the pile-dwellings, or lake-dwellings, of Switzerland, Ireland, etc., probably belong to this period.
  - a. Fire under pretty complete control. Can be artificially kindled as well as controlled. Used not only for warmth, but for cooking food.
  - b. Food, both vegetable and animal, prepared by cooking; obtained by hunting, fishing, stock-breeding and tillage. Nearly all food-animals domesticated, many grains, vegetables and fruits cultivated.
  - c. Industries: Spinning, weaving, mining, agriculture, stock-raising, making of polished stone implements of many types, making of pottery, stone-cutting on large scale.
- 4. BRONZE OR METAL-AGE MAN. This period grows out of the preceding so gradually that everywhere there is evidence of overlapping. With the Iron-Age, which is the outgrowth of the Bronze-Age, we come to historic times. This was the period of development of the Homeric heroes.

## II. STAGES OF CIVILIZATION.

There are three recognized stages in development from rudest savagery to civilization; these are:

### I. SAVAGERY.

- a. Lowest stage: food consists of fruit, roots, nuts; since there is no knowledge of fire or use of artificially produced tools, it is all eaten raw.
  - b. Middle stage: in addition to above, food is shellfish, including crabs, molluscs; sea slugs; fish; wild animals caught in chase. Fire is known and used. Weapons are invented.
  - c. Higher stage: invention of bow and arrow makes animal food staple; hunting normal occupation. Control of food production, storage of surplus in settled places, make supply less uncertain. Industries are making of wooden and stone vessels, hand-weaving of rough fibres for fishing nets, reed baskets for cookery, but as yet no making of pottery.
2. BARBARISM. Marked from preceding by invention of pottery. Discovery at first probably accidental, through action of heat on mud or clay daubed on outside of basket in cooking, or through coating food with clay (as fish or bird) before baking in ashes.

- a. Early stage: use of pottery, domestication of animals and first cultivation of cereals.
- b. Middle stage: cultivation and irrigation of plants and cereals, taming and breeding of animals for both flesh and milk; life of herdsman the common one. Use of bronze metal for tools and for ornament.
- c. Higher stage: begins with melting of iron-ore. Iron plow, drawn by animals, revolutionizes production of vegetable foods; ship-building widens intercourse and equalizes distribution of food. This is the stage reached by the Egyptians at the time of their earliest records, by the Greeks in the Homeric legends, by the Germans as recorded by Tacitus, and by the Incas at the time of the conquest of Peru. From this stage barbarism merges into civilization.

### III. FOOD. STAGES OF COOKERY.

1. Stages of preparation of cereals.
  - a. Eaten raw and whole.
  - b. Ground into meal, eaten raw or dried in sun.
  - c. Parched before open blaze.
  - d. Roasted or baked in pits with heated stones.
  - e. As mush or gruel.
  - f. As thin griddle cakes baked on hot surface.
  - g. Boiled in a pot (after invention of pottery), at first by dropping red hot stones into the water, later by placing pot itself directly over flame.
2. Stages of preparation of meats. Little meat eaten until use of fire is well established.
  - a. Carcass thrown directly on fire.
  - b. Meat roasted on stick over flame of fire; from this spit was developed.
  - c. Buried in leaves in embers.
  - d. Daubed in mud or clay, buried in embers.
  - e. Boiled in skin of animal made into rude vessel, or simply used to line cavity in rock or earth. Cooking by means of stones heated red-hot and dropped into water.
  - f. Pot of soapstone or steatite, which could be propped on smaller stones and have fire directly beneath. From this, legs of pots were developed.
  - g. Pottery vessels, set directly on fire.
3. Food supply of uncivilized man.
  - a. Vegetable: corn, rice, cereals, maize, acorns, nuts, dates, figs, cocoanuts, lichens, wild celery, service berry, olive, grape, apple, cherry, squash and potato in America, sunflower seed, chili.

- b. Animal: fish, both fresh and salt; all shellfish, oysters and mussels especially; birds, both game and fowl; animals, domesticated and wild. From these, milk products, especially cheese and butter.

#### IV. FOLKLORE.

1. Legends of fire in every mythology: Persian, Hindoo, Chinese, Greek, Scandinavian, American Indian.
2. Taboos of foods and ways of preparation, usually embodied in religious practices, i.e., Mosaic code; Code of Manu; Greek rites.
3. Traditions of divine gifts of foods: Asia, rice; Greece, olive; America, maize; etc.

REFERENCES: Aesop's Fables; Apocrypha; Arabian Nights Entertainment; Confucius; Herodotus; Koran; Mythology of Greeks, Romans, Scandinavians; Talmud; Vedas.

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## DATES IN ANCIENT HISTORY

EGYPT	JUDEA	ASSYRIA AND BABYLONIA	PERSIA	GREECE	ROME
B.C. 5000 First known records. Menes king.	B.C.	B.C. 4000 Semmerians conquered by Semites	B.C.	B.C.	
3900 Cheops.				1500 Earliest known records	
2000-1580 { Hyksos or Shepherds Kings. Friends of Abraham	1900 Abraham				
1650 Apepi II Friend of Joseph	1650 Joseph				
1245 Menephta II Pharaoh of Exodus		1129 Tiglath-Pileser		1184 Trojan War	
1085 Tanite Kings Contemporaries of David and Solomon	1050 Saul 1045 David Solomon	Sargon II carried Israel into captivity		1000 Homeric Poems	
610 Conquest of Egypt by Nebuchadnezzar	588 { Nebuchadnezzar destroys Jerusalem. Daniel at Babylonian Court	606 Empire of Nebuchadnezzar established.	559 Cyrus comes to throne	800 Lycurgus King of Sparta	753 Legendary founding of Rome
525 Persian conquest by Cambyses	537 Restoration of Judeans to Palestine		538 Cyrus captures Babylonia and Assyria	650 Rise of Athenian State	509 Expulsion of Kings First Republic
332 Conquest by Alexander			521 Darius I	490 Battle of Marathon	
			486 Xerxes (Ahasuerus) defeated at Salamis	479 Battle of Salamis Conquest of Persia	
			331 Darius III conquered by Alexander	461-30 Age of Pericles Golden Age of Greece	358-267 Conquest of Italy by Rome
	A. D. 70 Conquered by Romans			338 Conquest by Macedonia under Philip	133-21 Expansion from Republic to Empire
					58-52 Conquest of Gaul by Caesar
					44 Caesar's death
					27 B. C.-476 A. D. Empire
					476 A. D. End of Empire

## ANCIENT TIMES

5000 B.C. to 476 A.D.

- I. Knowledge of food sources and processes gained through:
  1. Contemporary records, in literature, sculpture, and pictures.
  2. Information as to climate, soil, and geographical conditions.
  3. Observation of conditions in those localities to-day, especially in oriental countries, where life has changed but little with the passing centuries.
- II. Part food plays in literature of past.
  1. Casual references in poems, plays, histories.
  2. Religious and legal restrictions and prescriptions of usages; as in Mosaic law.
  3. Literature of food itself, as in Greek and Roman times, poems celebrating rare foods or great feasts.
- III. Records preserved in history almost wholly those of ruling or noble class.
  1. In pictorial representation, monuments, etc., because only the wealthy could afford these.
  2. In literature, because only the great were thought worthy of celebration and representation.
  3. Foods of common people known only by contemptuous reference, or mentioned for sake of contrast, i.e., account of swine-herd's fare in *Odyssey*.

## EGYPT

- I. NATURAL RESOURCES.
  1. Vegetable.
    - a. Grain, especially wheat, barley, etc.
    - b. Lentils, onions, melons, hops, cabbage, leeks, cucumbers, garlic.
    - c. Fruits, especially grapes—monkeys used to gather them; date palm, cocoanut palm.
  2. Animal.
    - a. Fish of all kinds—cats trained to catch and retrieve them.
    - b. Wild animals, antelope, deer, boar, crocodile.
    - c. Domesticated and milk-giving animals, beeves, goats, sheep, pigs.
    - d. Birds and fowl; Egyptians were the first people to hatch eggs artificially; cats used to retrieve game birds.
- II. IMPORTATION BY TRADE.
  - a. Fruits.
  - b. Gums and spices.
- III. COOKERY.
  1. Methods shown by wall paintings in tombs.

- a. Process of bread making—grinding grain, kneading dough in trough with feet, forming into cakes or loaves, baking before brazier, storing of finished product. Public bakeries.
  - b. Brewing.
  - c. Plowing.
  - d. Harvesting.
  - e. Milking.
  - f. Salting and preserving game.
  - g. Preparing entire meal—plucking geese, cutting and preparing joints of veal and mutton, roasting goose on spit over flame in fire-pot, stewing meat, carving.
  - h. Preparing banquet hall.
  - i. Serving banquet, while wrestlers, tumblers, fencers and musicians entertain guests.
2. Utensils for preparation and cookery of food preserved to-day.
  3. Elaborate accounts of Egyptian fare in Bible and in Greek writings—Herodotus.
    - a. Method of preparing veal.
    - b. Richness of country's food supply—"flesh pots of Egypt."
    - c. Contrast with poor fare in desert.
  4. Egyptian cookery to-day.
    - a. Food supply much the same.
    - b. Methods of preparation traditional.

## JUDEA.

### COOKERY OF BIBLE.

1. In the beginning, largely vegetable.
2. Abel's offering of lamb. Gen. IV: 4.
3. Leviticus—clean and unclean foods—laws.
4. Foods mentioned in Bible.
  - a. Abraham offers unleavened bread to the angel.
  - b. Esau—mess of pottage—lentils, very savory—lentils partaken of in time of mourning.
  - c. Isaac gives blessing to Jacob for kid dressed as venison—indicating that venison was highly regarded.
  - d. Milk and honey—Land of Canaan—delicacies—"seethed milk," butter—song of Deborah, "butter in a lordly dish."
  - e. Bread—leavened and unleavened; leaven dates from earliest use of meal, back to times of savagery—found among most primitive peoples.
  - f. Locusts.
  - g. Food of captivity in Egypt—
 

(1) Corn	(6) Garlic
(2) Melons	(7) Fish

- |               |                                  |
|---------------|----------------------------------|
| (3) Cucumbers | (8) Pork                         |
| (4) Leeks     | (9) Veal (calf, tender and good) |
| (5) Onions    | (10) Cabbage                     |
- h. Wine—grapes.  
 i. Olives—fruit of trees.  
 j. Quail—Exodus.  
 k. Pulse.  
 l. Manna—lichen, still known as food in that locality.
5. Feasts of Bible:  
 a. Nebuchadnezzar.  
 b. Belshazzar.  
 c. Esther.  
 d. Solomon.

## ASSYRIA AND BABYLONIA.

### I. CHARACTER OF COUNTRY.

1. Like Egypt, rich river valley, fertile soil, warm climate, great natural resources.
2. Favored for commerce and intercourse with other nations, constant exchange of commodities, including foodstuffs; constant cultivation of new ways of using native materials.

### II. NATURAL RESOURCES, and those gained by exchange.

1. Vegetable. Much the same as Egypt; grains staple product; many fruits and vegetables.
2. Animal.
  - a. Fish and shell-fish.
  - b. Wild game.
  - c. Domesticated animals.

### III. PREPARATION.

1. Very elaborate—mention of great feasts of Ahasuerus, of Nebuchadnezzar, Daniel at Belshazzar's feast.
2. Great diversity of service, shown by utensils of gold and silver, richly wrought and skillfully shaped—spoons and forks found in ruins.
3. Legal enactments—no cooking on Sabbath, illegal to take medicine on that day; renting of land for market gardening, rent to be one-third of produce; slave labor on farms, in vineyards.
4. Pictures of hunting of deer, goat, lion, boar, many wild birds; of plowing and cultivating land; of care of vineyards and making of wine; of kitchen processes; of banqueting; preserved in clay bricks and cylinders of Ninevah and Babylon.

## PERSIA.

Rise of Persia contemporary with Greece. Conquered Babylonia, reigned as mistress of East till conquered in 5th century B. C. by Greece.

- I. Wonderfully fruitful country—reputed seat of Garden of Eden. Climate semi-tropical, many fruit-trees native to soil.
- II. Early history shows greatest moderation and simplicity of living.
1. Food largely vegetable, fruits abounding, rice a staple.
  2. Flesh food of secondary importance in diet to milk and cheese, which form a large part of food of people.
  3. Preparation marked by simplicity, as shown both by records and by simplicity of utensils. Little variety in kinds of dishes and utensils, though there is elaborate ornamentation.
  4. Contrast with food-habits of Egypt and Babylonia, and their luxuries, shown in story of Ochus (Table Traits, p. 306).
- III. Later, Persian living gradually becomes more luxurious, as shown by
1. Records of great feasts—as feast of Ahasuerus in Book of Esther.
  2. Remains of great banquet halls, as that of Darius at Persepolis, Cyrus at Susa.
  3. Sculptured records of table-scenes.
- IV. Influence of foreign trade upon food of Persia.
1. Introduction of new foods.
    - a. Melon from India.
    - b. Plums and cherries from Africa.
    - c. Spices and condiments from Arabia.
  2. More elaborate methods of cookery, by contact with highly developed Egyptian and Babylonian cookery.
- V. Persian luxury, unlike that of Greece, Rome, and barbarian Europe, consisted in skill of preparation and delicacy of flavor rather than in profusion of viands and magnificence of mere bulk.
- VI. With conquest by Greece, Persian wealth declines, civilization decays. Country to-day differs little in food-stuffs and food-preparation from Persia of 600 B. C.

## GREECE.

- I. HOMERIC TIMES. Stage of civilization, higher barbarism—life of men, husbandry, cattle-raising, fighting; life of women, care of household, spinning and weaving, care, storage and preparation of food.
- I. Flesh food.
    - a. Cattle, sheep, goats, swine.
    - b. Roasted on spits over flame of fire—mention of spits large enough to support carcass of an ox, turned by hand.
    - c. Fat of animals and marrow of bones esteemed delicacies.
    - d. Fish held in contempt, eaten only when nothing else was obtainable; fishing by nets, harpoons, hooks mentioned.

- e. Homeric heroes did their own cooking—skill of several in special fields mentioned.
2. Vegetables and grains.
  - a. Bread stuffs—barley, meal, and wheaten flour, baked into loaves, without leaven.
  - b. Fruits—grapes, figs.
3. Beverages.
  - a. Wine only drink, mixed with water.
  - b. Milk not esteemed—Polyphemus, type of savage, only user.
  - c. Honey sometimes mixed with wine for sweetening.
4. Butter unknown, cheese used freely, esteemed highly.
5. Three meals in Homer :
  - a. Breakfast.
  - b. Dinner—hot meal, served in middle of day.
  - c. Supper—light, simple repast.
6. Feasts described at great length, with well-defined ceremonial observances :
  - a. Feast at funeral of Patroclus.
  - b. Provisioning of boat for Telemachus.
  - c. Provisioning of raft by Calypso.
  - d. Feast at home of Nestor.
  - e. Feast at home of Menelaus.
  - f. Feast at home of Alcinous.
  - g. Feast at home of Odysseus.
  - h. Meal at swineherd's hut.

## II. POST-HOMERIC PERIOD, three main centres :

1. Sparta, noted for frugality.
  - a. Public table for men; common contributions to general stock; levy of certain amount per diem.
  - b. Light meat diet; staples, barley meal, cheese, black broth, dried figs, and dates; moderate use of wine.
2. Athens, frugal also—allowance of about fifty cents a day for four adults considered extravagant.
  - a. Meat, usually obtained from sacrifices or public festivities. Whole meat diet regarded as a hardship. Sausage and fish esteemed.
  - b. Vegetables, cereals, fruits cultivated extensively—beans and peas, spinach, cabbage, lettuce, radishes, onions, leeks, turnips; pease porridge staple in diet. Figs, olives, raisin and wine grapes, apples, pears, quinces, pomegranates; nuts—walnuts, chestnuts, almonds; grain—wheat, millet, barley, spelt; leavened bread used freely. Athenians prided themselves on fancy baking, sesame and poppy seeds used as flavor. Standard weights of loaves. Little cake used. Eggs sparingly used. Honey for sweetening entirely.

- c. Wine only beverage, many varieties. Always mixed with water, usually "half and half." Over-indulgence condemned.
  - d. Cheese and oil substitutes for butter in cooking; smoked and dried fish used as relish; oysters considered delicacy. Word "ostracise" derived from this.
3. Ionia, home of luxurious livers. Sybaris noted for its refinements and love of dainty cookery. Sumptuary laws enacted to check these extravagances. Indulgence in wine freer than in Sparta and Athens.
- III. LATER PERIOD—height of Athenian supremacy. Marked by great luxury and profusion of food.
- 1. Seven sages of kitchen, each famed for production of some one dish or sauce.
  - 2. 470 B.C. Cooking society awarded prize to one who produced most excellent dish.
  - 3. Serious study of dietetics as well as art of cookery.
  - 4. Rarity of food and difficulty of securing it more considered than flavor of article itself; period of importation from other and distant countries.
  - 5. Influence of Egypt and Babylonia. Song-birds, game-birds, domestic fowl highly esteemed, also fish, especially deep-sea fish.
  - 6. Cultivation of fruit-trees—study of horticulture, specialization in grafting fruits. Many kinds of wine made; delicate flavor and heady quality appreciated.
- IV. GREEK SERVICE AT TABLE.
- 1. Homeric times.
    - a. Rude board on trestles.
    - b. Thronos, or chair with back and arms, for important persons, stools for common people.
    - c. Many vessels, especially for drink, but no knives or forks at table. Meat cooked so that it fell to pieces, or else cut by steward as it was passed.
    - d. Ceremonial observances, as libation, honoring of guest, showing appreciation of song or story by gift of choice morsels, etc.
  - 2. Later times.
    - a. Elaborate tables, marble, wood, bronze, inlay, etc.
    - b. Guests reclined on couches, piled with cushions; used right hand only in eating.
    - c. No forks, fingers used entirely. Forks used only for kitchen serving.
    - d. Cup-bearer and attendants kept wine cups filled. Tables changed at end of courses.

- e. Women of family not present at feasts; music, juggling, dancing by hired female entertainers.
- f. Symposia at end of meal, learned or polite discussions calling out wit and thought of company.

## ROME.

- I. EARLY HISTORY. Living frugal, like that of early Greeks; food products and methods of preparation very similar. Imitated Greeks in all culinary matters. National dish, porridge.
- II. LATER TIMES—Republic.
  1. Fish, red mullet favorite; shellfish, oysters especially. Game of all kinds, birds especially. Domesticated animals, pork highly prized; beef and mutton used; fowl bred extensively. Romans first to caponize cocks. Geese fattened and stuffed, livers considered great delicacy.
  2. Vegetables—cabbage, lentils, beans, peas, carrots, sorrel, parsley, truffles, mushrooms, asparagus; fruits—apples favorite, plums, cherries, pears, nuts of many kinds, olives, grapes for raisins and for wine.
  3. Beverages—beer and malt liquors used among common people, wine also common beverage; honey used in certain fermented drinks.
- III. EMPIRE—luxury and degeneracy. Feasts of this time marked by:
  1. A profusion of viands, number of articles served rather than excellence the criterion—as Feasts of Heliogabalus, Nero, Claudius, Vitellius.
  2. Articles brought from great distances and noted for their rarity and costliness. See Good Cheer, p. 57.
  3. Gluttony rather than epicureanism the custom of the time.
- IV. TABLE SERVICE—like that of the Greeks—reclined on couches around table. Much the same manner of serving and eating as in later Athenian days. Roman culture borrowed bodily from Greek.

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DATES IN MEDIEVAL HISTORY

EASTERN EMPIRE		WESTERN EMPIRE		ENGLAND	
A.D.		A.D.		B.C.	
324	Constantine the Great Seat of empire removed from Rome to Constantinople			55	Caesar's conquest of Brittain
375	Invasion of Visigoths	410	Sack of Rome by Alaric		
551	Birth of Mohammed	476	Fall of Rome before Germanic invaders	A.D. 500	England under Saxon rule
622	Hejira				
632	Spread of Mohammedan power	480-752	Merovingian Kingdom of Franks, begun under Clovis, prevails in west		
732	Battle of Tours Mohammedans driven south of Pyrenees	732	Charles Martel defeats Mohammedans		
		768	Charlemagne		
		800	Charlemagne founds Holy Roman Empire		
1050	Jerusalem in hands of Mohammedans	1096	First Crusade	871-901	Alfred the Great
		1244	End of Crusades	1066	Norman Conquest
		1347	The Black Death	1215	Magna Charta
		1300-1400	Renaissance	1338-1453	Hundred Years' War
1453	Fall of Constantinople			1340-1400	Chaucer
		1429-31	Joan of Arc		
		1461-1483	Louis XI and unification of France	1455-85	War of Roses
		1492	Voyage of Columbus		

2. Elaborated dishes and utensils; in Italy, table-fork invented.
3. Elaborated cookery itself, and rarity and costliness of viands sought for.

## ENGLAND TO 1500

## I. SAXON ENGLAND.

1. Foods.
  - a. Meats and fish staple in diet, huge quantities being consumed. Customary to roast beeves whole.
  - b. Fowl esteemed and raised for table; wild fowl considered delicacies.
  - c. Few vegetables known; cereals (barley, corn, rarely wheat) ground for bread; acorns commonly used as meal by poor.
  - d. Liquor distilled from grain the common drink, even among rulers. Mead, made from honey, favorite drink.
2. Table customs.
  - a. Huge feasts, to celebrate battles or as signs of good will, frequent occurrences.
  - b. Men and women sat at table together, ranged according to rank, all sitting at same board.
  - c. Dishes and utensils rude—cups of horn, dishes of wood, meat served on spits on which it was roasted; no forks, but each guest brought his own knife. Table cloths used, but not napkins.
  - d. Heavy drinking the rule. Singing and professional jesting the entertainment. The bard improvised verses in honor of giver of feast.
3. Architecture.
  - a. Dining hall largest room in the one-story structure. Table simply boards laid on trestles, removable when not in use. Guests sat on benches without backs.
  - b. Kitchen early separated from dining hall, built around chimney, where all cooking was done before open fire.

## II. NORMAN ENGLAND.

1. Foods.
  - a. Greater refinement at once came in with the more cultured Normans. Cookery for first time in England regarded as an art. Flavor and delicacy more esteemed than mere quantity, as among Saxons. With this period comes influence of Crusades, with its importation of Eastern fruits, as citron, cloves, lemons, oranges, figs, and dates, and its spices for preserving meats through winter. Norman nobles brought their own stewards and cooks, and these positions became posts of honor in household.
  - b. Drinks. Upper classes used wines almost entirely; despised beer, ale and mead, which continued to be beverages of

- common people. Heavy drinking still customary with both classes. Cider popular beverage.
- c. Vegetable foods much more common than in Saxon period. See Good Cheer, p. 85c.
2. Architecture.
- a. Dining hall. Gothic architecture, with high arched roof and gallery at one end. Long ceremonial table, with raised table on dais across end where master and distinguished guests sat. Elaborate ceremony of service.
- b. Divisions of kitchen, with pantry, buttery, etc.
3. Derivation of our words to-day from
- a. Anglo-Saxon terms, i.e., Lord, Lady.
- b. Norman terms for foods, i.e., beef, veal.
- c. Monastic divisions of labor, i.e., butler, steward.
4. Sports and occupations.
- a. Hunting. Wild deer, boar, hare, etc., hunted and kept in preserves.
- b. Hawking. Sport of nobility in Norman England. Hawks used to bring down small birds, used as food and esteemed as delicacies.
- c. Fishing. Occupation rather than sport; nobility seldom engaged in it, though sea-food was staple of diet.
- III. PICTURE OF ENGLISH IN CHAUCER'S DAY.
1. Monastic fare, Prologue to Canterbury Tales.
2. Traveller's fare, at inns.
3. Fare of gentlefolk, description of Merchant and of Cook.
4. Table manners, description of Prioress.
- IV. APPEARANCE OF BOOKS OF COOKERY.
1. Treatise on Cookery, 1375, by Guillerant, cook to Charles V.
2. *Forme of Cury*, 1390, in England, by cook to Richard II.
3. *De Honesta Voluptate et Valitudine*, 1474, in Venice.
4. *De Re Culinaria*, *Collius Apicius*, 1498.
5. *The Noble Boke of Cookery*, 1500, in England.
6. *Boke of Kervynge*, *Wynkyn de Word*, 1513, in England.
7. *Kuchenmeistery*, *Strassburg*, 1516.
8. *Manual by Scappi*, privy cook to Piux V, 1622.
9. *Proper Newe Boke of Cookery*, England, 1570.
10. *The Good Housewife's Treasury*, England, 1588.

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## DATES IN MODERN HISTORY

EUROPE	ENGLAND	AMERICA
1559 Katherine de Medici in France	1536-39 Henry VIII confiscated monastic lands	1519-36 Conquests of Mexico and Peru
1588 Defeat of Armada Break of Spain's dominion	1558-1603 Reign of Elizabeth	1607 Jamestown Colony
1572-1609 Rise of Dutch Republic	1564-1616 Shakespeare	1619 Plymouth Colony
1618-1648 Thirty Years' War	1649 Beheading of Charles I	
1661-1715 Louis XIV of France	1649-1660 Commonwealth and Cromwell	
1682-1725 Peter the Great of Russia	1660-85 Charles II	
	1702-14 Queen Anne	
1740-1786 Frederick the Great of Prussia	1714 House of Hanover on English throne	1755 French and Indian War
1789 French Revolution	1757 English in India	1776-83 American Revolution
1794 Reign of Terror		1789 Adoption of American Constitution
1795-1815 Napoleon I	1837-1901 Reign of Victoria	1845-48 Mexican War
1848 Napoleon III	1839-42 English in China	
1853-56 Crimean War		1860-65 Civil War
1870-71 Franco-Prussian War		1898 Spanish-American War
1870 Unification of Italy		
1871 Unification of Germany		

## MODERN TIMES: 1500 to Present Day

- I. Period opens with strong interest in
  1. VOYAGES AND DISCOVERIES.
    - a. To New World, bringing back maize, squash, tobacco, potato, chocolate (from Mexico), turkey.
    - b. To Indies and Eastern lands, bringing back coffee, tea, cucumber.
    - c. Popularizing rarer vegetables, cabbage from Holland, etc.
  2. COLONIZATION.
    - a. England in America, Indies, India, China, Africa.
    - b. France in America.
    - c. Spain in North America and South America.
    - d. Holland in America and Africa.
  3. SCIENCE.
    - a. Gardening and horticulture; grafting, propagating, experimenting, carried to high stage of perfection. Hop-growing introduced into England.
    - b. Cattle raising and breeding; cattle successfully fattened for market as had never before been done; scientific interest in improving breeds.
    - c. Interest in preserving food. Sir Francis Bacon's experiment with cold storage for fowl.
  4. CLASS CONSCIOUSNESS.
    - a. Rise of merchant class to position of social importance; demands on their part for best in market; rival nobility in display and luxury.
    - b. Revolt of poor people against coarse fare, demand for more adequate wages, more liberal food-supply.
    - c. Great wealth pouring into Europe changes conditions of living of all classes.
- II. CONTRAST BETWEEN FARE OF UPPER AND LOWER CLASSES great cause of discontent.
  1. Magnificence of courts of
    - a. Catherine de Medici.
    - b. Louis XIV.
    - c. Elizabeth.
    - d. Peter the Great and Katherine of Russia.
    - e. Frederick the Great of Prussia.
  2. Culmination in
    - a. French Revolution.
    - b. English Reforms of 1832.

## FRANCE

- I. FAMOUS MONARCHS WHO INFLUENCED FRENCH COOKERY.
  1. Catherine de Medici.
    - a. Brought Italian elegance of food-preparation.
    - b. Set standard of magnificence.
  2. Louis XIV.
    - a. Chefs.
    - b. Favorites.
    - c. Taste in dishes.
  3. Marie Antoinette and French Revolution.
  4. Napoleon, contrast between
    - a. Soldierly fare.
    - b. Imperial court.
- II. NATIONAL CHARACTERISTICS.
  1. Love of excellence in quality.
  2. Sauces.
  3. Delicacy of flavor.
  4. Right proportioning of foods served together.
- III. FAMOUS CHEFS.  
 Bechamel, Vatel, Vincent dela Chapelle, Robert, Mést, Very, Riche, Hardy, Careme, Ude, Francatelli, Soyer.
- IV. DEVELOPMENT OF RESTAURANTS

## ENGLAND

- I. ELIZABETHAN TIMES.
  - a. Passion for new things, aping of foreigners.
  - b. Prosperity made for magnificence among nobles, plenty among commons.
  - c. Scientific interest in food products and in distilling, horticulture, etc.
- II. COMMONWEALTH.
  - a. Time of repression; excess of every kind forbidden.
  - b. Political turmoil, civil war, turned men's minds from all soft living and luxury.
  - c. Religious severity did away with observance of feast days.
- III. RESTORATION AND AGE OF QUEEN ANNE.
  - a. French influence felt strongly at court.
  - b. Steady commerce with colonies made new products staple in diet.
  - c. Scientific agriculture increased production of food stuffs enormously.
- IV. PRESENT TIME.
  - a. Reform bills of 1832 lowered food prices.
  - b. Tendencies noted in III continue to operate more strongly, especially importation and productivity.

## AMERICA

## I. COLONIAL COOKERY.

- a. Marked by frugality and simplicity.
- b. New food products, maize especially, staple.
- c. Little imported save wine and condiments.
- d. Effect of mingling of various national stocks seen in cookery, i.e., New England and Dutch of New York.

## II. REVOLUTIONARY COOKERY.

- a. Provision liberal, but without European refinement.
- b. Vigorous outdoor life of times called for heavy diet; meat large part.
- c. Contrast:
  1. New England
  2. Virginia and Maryland
  3. Frontier, Kentucky, etc.

## III. PRESENT DAY INFLUENCES.

1. Wars and conquests.
2. Commerce and intercourse.
3. Developing of vast natural resources.
4. Immigration.
5. Scientific advances.
  - a. Cooking schools.
  - b. Literature of cookery.
  - c. Production of better varieties of foods.
  - d. Preservation of foods, cold storage, transportation, etc.
6. Famous hotels and restaurants.

## CHINA

A vast country, shut off from rest of civilization both by natural barriers and by temper of people themselves. Its civilization goes back to 3000 B. C. In itself and apparently independent of any surrounding civilization, China passes through all the stages outlined from simple brute existence to the most complex social organization and development. It had, however, almost no influence on other peoples, because of its isolation. Therefore its food customs are considered with those of modern times, for it is only in our own day that they have become familiar.

## FOOD PRODUCTS.

1. Animal. Fish of all kinds, shellfish, sea-snails, eels, shark-fins, sea slugs. Beef not used as food, mutton esteemed, pork used freely, deer and antelope used. Fowl or game birds regarded as delicacy. Dogs, rats, moles, used for food. Eggs staple of diet.
2. Vegetables. Many varieties of grain, rice staple article of diet, celery, bamboo shoots; nuts, fruits, oranges, etc., fir cones.

3. Beverages. Wine, distilled liquor from rice, tea; Chinese an abstemious race, drunkenness a disgrace.
4. Two meals per day, luncheon and dinner. Women never present at formal dinner. Service always of four (or multiple of four) covers. No knives, forks, or spoons used. Chop-sticks of ebony or ivory instead. All food served in small portions so that cutting is unnecessary. Ceremonial elaborate.

## INDIA

Food habits comparatively unknown till modern times, though civilization as ancient as Persia. Climate ranges from tropical to temperate. No distinct botanical features. Much game of all kinds. Agriculture sole industry of the people. Largely vegetarians, cookery very simple. Had little influence on ancient world, more on England in 19th century.

## CHARACTERISTIC DISHES

- I. GERMANY noted for
  1. Sausage.
  2. Sauerkraut.
  3. Breads and cakes of all kinds.
  4. Wines and beer.
- II. NORWAY AND SWEDEN.
  1. Plain, simple foods.
  2. Fish, especially preserved by smoking.
  3. Great variety of fancy breads.
- III. SPAIN.
  1. Olla podrida.
  2. Peppers in cookery.
  3. Wines.
  4. Choice fruits.
- IV. ITALY.
  1. Oil in cookery.
  2. Cheese.
  3. Wines.

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## CHRISTMAS

In the celebration of the Christmas festival on the 25th of December, Christian nations are in reality perpetuating the older pagan feasts which marked the period of the winter solstice, the time when the sun begins his upward climb in the heavens, the return to light and warmth. From earliest times this has been the occasion of revelry, feasting and rejoicing among all peoples. Among the Phoenicians it was the feast of Baal, or Bel, the Sun God; among the Romans, the feast of Saturn, or Saturnalia, and it is from the customs of this celebration that the masking, mumming, or pantomime, so characteristic a part of the Christmas festivities in the Old World, is derived. Among our Teutonic ancestors, it was the Feast of Odin, and our name of Yule-tide, and the ceremonial of the Yule-log, are reminders of these older forms of Druid worship, to mark the turn of the year, or the "wheeling" of the sun in the heavens. The canny fathers of the church endeavored, in so far as was possible, to make the high-days and holy-days of the Christian calendar coincide with the periods of traditional celebration among the people, thus making a painless transition. And in their successful carrying out of this policy, hosts of customs in no way connected with the Christian character of the celebration were transferred bodily. Thus mince-pie, a characteristic Christmas dish, is the lineal descendant of the old Teutonic "blood-pudding" or sausage, which differed from common sausage by being sweetened and having plums mixed with it. Not until a comparatively late date was it baked in a crust; and indeed plum-pudding and mince pie are first cousins, both springing from this famous dish. We may include here, too, the old plum-porridge, or pottage, with which the Christmas feast always opened, for it belongs with the other two in point of derivation.

In England, the main dish of the Christmas feast was the boar's head. It was prepared by pickling, then roasted, and served on a platter of gold or silver, its tusks gilded, a roast apple in its mouth, sprigs of rosemary and bay to deck it, and the inevitable mustard to season it. So important was its place in the feast that its entrance was preceded by heralds or trumpeters, and it was borne in, held aloft by the chief steward himself. None meaner in degree than a knight might carve it. The old Oxford carol,

"Caput apri defero,"

was sung as it was borne around the board.

Another dish in high favor for this feast was the peacock. One can only account for the esteem in which this bird was held by the fact of its rarity and beauty, for even after all the elaborate preparation and the lavish use of good materials to make it palatable (one old recipe calls for the flesh of three wethers, tender and good, to make the gravy for a single bird), the meat was dry, stringy, and tasteless. The bird was first carefully skinned, then stuffed with minced flesh, savory herbs, and a dressing of yolks of eggs, then roasted and dressed with the before-mentioned gravy. The skin with the plumage was then sewn in place, the tail spread to display its full beauty, the beak gilded, and a bit of

cotton soaked in brandy inserted therein. It was borne to the table with this ablaze, and only the ladies might bring it in, or carve it and serve it. Sometimes it was baked in a pie, and then in serving, the head protruded from one end, the full-spread tail from the other. An oath taken upon this pie was peculiarly sacred, and knights swore upon it their devotion to the lady of their choice. Hence comes the old expression "by cock and pie." Swans were sometimes given the place of honor when peacock could not be obtained, and brawn and sirloin of beef were other Christmas favorites. In France and Spain as well as in England, the oyster occupies a prominent place at the feast, and a gift of a barrel of oysters is a delicate attention from one friend to another. While we find frequent mention of venison-pasties, this is not a distinctively Christmas dish in any country.

The Christmas cake is an institution in every land. It is of the richest composition the means of the household can afford; old tradition says it should be baked a month before it is to be eaten, and dipped in spiced ale or brandy every day for a fortnight. It usually contains fruits and nuts, and in the old days was sometimes so huge as to be baked in sections, as a single oven could not accommodate it. It was iced and built up with sugar devices, much as bride-cakes sometimes are. Sometimes it was called Twelfth-cake, and then in the baking, a bean, a pea, and a clove were put in it. When it was cut, the person to whose portion the bean fell was king, she who had the pea was queen, and the clove designated the knave. These dignitaries were installed with revelry, and ruled till Twelfth Night, being absolute in all commands for their little reigns.

The wassail-bowl was another famous Christmas institution. The derivation of the word signifies a health, and in the older days, before wines were common and easily obtainable, it was composed of spiced ale, with roasted apples bobbing in it. In later days, mulled wine was its basis. It was passed round the board, hot and spicy, and each took a deep draft from the common cup. It is not until the sixteenth century that we find individual cups used for this drink, for the ceremony of partaking of it was in itself of a certain democratic significance.

Frumenty, a dish of wheat cakes seethed in milk, with pounded almonds, was a great standby, served sometimes with venison, sometimes as a dish by itself. Geese, capon, pheasant, and carp-tongue pie are all mentioned as Christmas dishes. Hares, venison, a fine piece of brawn, were all customary Christmas gifts from one householder to another. Originally such gifts were made on New Year's Day, and this is still the custom in some continental countries. New Year's day marked the height of the Roman Saturnalia, and this is but another relic from that time.

Certain games and folk-customs, which with us are associated with Hallowe'en, really belong to the Yule celebration. Among these are bobbing for apples, and jumping for the cake. This last was a rude sport, where a cake, daubed with treacle, was suspended by a string from a

beam in the ceiling, and the contestants, with arms bound behind them, jumped and tried to bite the cake. Then there was the Christmas Eve blessing of the orchards, where the whole company, after partaking of offered the remnants of the cake to the largest apple tree, and sprinkled the ground with the wine, thus assuring abundance for the coming year.

On Christmas morning all the children of the community could go from house to house, asking for simnel cakes, and no one would refuse them. Their elders made similar calls, but instead of the simnel cakes, they were served with "egg-hot," a forerunner of our own "egg-nogg," made with cider, and with cakes of pounded almonds, our marzipan. Everywhere extravagance of provision, hearty eating and deeper drinking were the rule of the day.

With the Period of the Reformation, and especially with the rise of the Puritans in England, all observation of Christmas and of Twelfth-night as times of feast and revel was not only frowned on, but forbidden both by law and by church authority. But the love of the festival was too deeply implanted to be thus uprooted, and with the passing of Cromwell, we see the old spirit breaking out again in even wilder rejoicing. Our own Puritan ancestors came to America while Christmas was in eclipse, and consequently New Englanders kept the day as a fast, till their Knickerbocker neighbors had corrupted them. Much of the character of the celebration in America to-day is borrowed from our German settlers, and dates back only to the middle of the last century.

For excellent descriptions of Christmas celebrations, see

SCOTT.....	Marmion, 1808
CHAMBERS.....	Book of Days, 1888
HACKWOOD.....	Good Cheer, 1911
IRVING.....	Bracebridge Hall, 1818
DICKENS.....	Pickwick Papers, 1837
DICKENS.....	Christmas Carol, 1843
DICKENS.....	Cricket on the Hearth, 1844
ASHTON, JOHN.....	A Righte Merrie Christmase, 1894
HERVEY, T. K.....	Book of Christmas, 1888
SANDYS, WM.....	Christmas Tide, 1852
SCHAUFFLER, R. H.....	Christmas, 1907

### SUGGESTED TOPICS FOR CLASS DEVELOPMENT

- Food Taboos in Primitive Society.
- Wars and Food.
- The Effect of Climate upon Diet.
- Religion and Food.
- Dinner Throughout the Ages.
- Development of Utensils.
- Methods of Applying Heat to Food.
- The Crusades.
- Royal Tastes.

Feasts in History.  
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 The Literature of Cookery.  
 Folklore and Food.  
 Table Customs.  
 National Dishes.  
 Famous Chefs.  
 The Bread of All Nations.  
 Cooking Schools and Their Influence.  
 Commerce and Food Habits.  
 American Holidays.

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