

# Food, drink and identity - cooking, eating and drinking in Europe since the Middle Ages

## Berg - Food & Diet in the Middle Ages

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Notes: Includes bibliographical references and index

This edition was published in 2001

Tags: #Middle #Ages #Food

## Food & Diet in the Middle Ages

Plain fresh milk was not consumed by adults except the poor or sick, and was usually reserved for the very young or elderly. Cabbage is harvested, fermented and salted, and chili and seafood is added. It was common for a to have shared ownership of an oven to ensure that the



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bread baking essential to everyone was made communal rather than private.

## The ideology of convenience. Canned foods in women's magazines (Flanders, 1945)

British Library, Sloane 2435, f. Spiced wines were usually made by mixing an ordinary red wine with an assortment of spices such as ginger, cardamom, pepper, grains of paradise, nutmeg, cloves and sugar. These are given as gifts for special occasions, including birthdays, weddings and holidays.

## Food and Drink in Medieval England

Many of the poor city dwellers had to live in cramped conditions without access to a kitchen or even a hearth, and many did not own the equipment for basic cooking.

## Middle Ages Food

Their meals were probably not eaten totally alone, but with a select number of servants or other elite company. The share of meat in the diet in the Middle Ages increased after the Black Plague, and towards the end of the Middle Ages counted for about one fifth of the Medieval diet.

## **A Swift Overview of Eating and Drinking Since Antiquity**

The villagers drank water and milk.

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