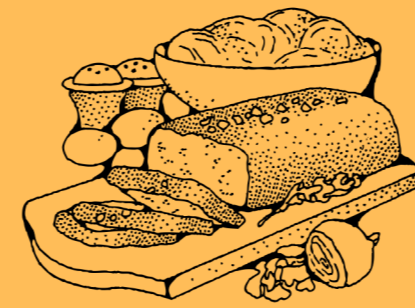


Cooking a 15th Century

French Meal

Audrey Lefort, Anjuli Nielsen, Nick Bourret
University of Victoria: Anthropology 361



After cooking for 3 hours, trying to decipher the **confusing instructions**, grinding our many **spices and almonds**, and salivating over the **rich scent** of the Cinnamon Brewet... we devoured our **Medieval French meal** in less than 10 minutes.



Intro

We followed 7 Medieval recipes to discover

1. The smells, taste, and texture of medieval French dishes, and how they differ from modern-day Western recipes?
2. The workload of Medieval cooking and how we feel as newbies in the kitchen?
3. The feeling of finally sitting down and tasting our creations together?

Methods

We used the following recipe books:

- **Le Viandier** - for the cinnamon brewet
- **Le Ménagier de Paris** - for the poudre douce, turnips, barley water, and almond milk
- **Two Fifteenth-Century Cookery-Books** - for the apple muse

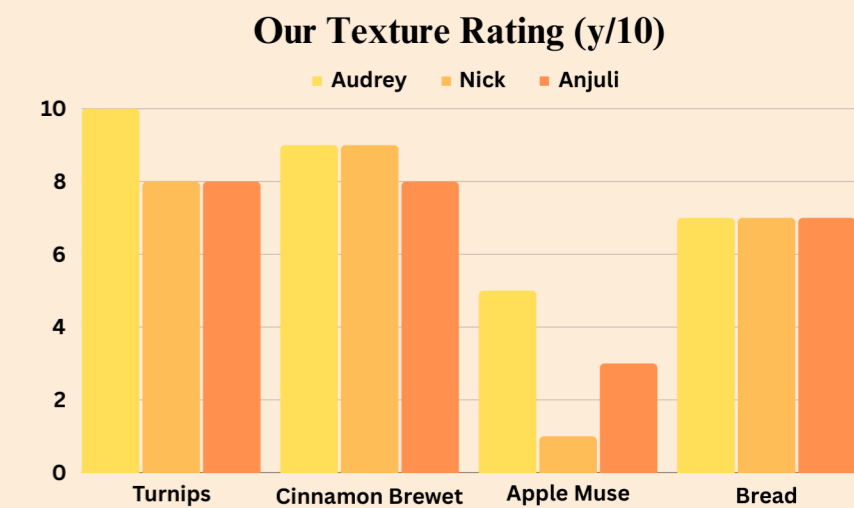
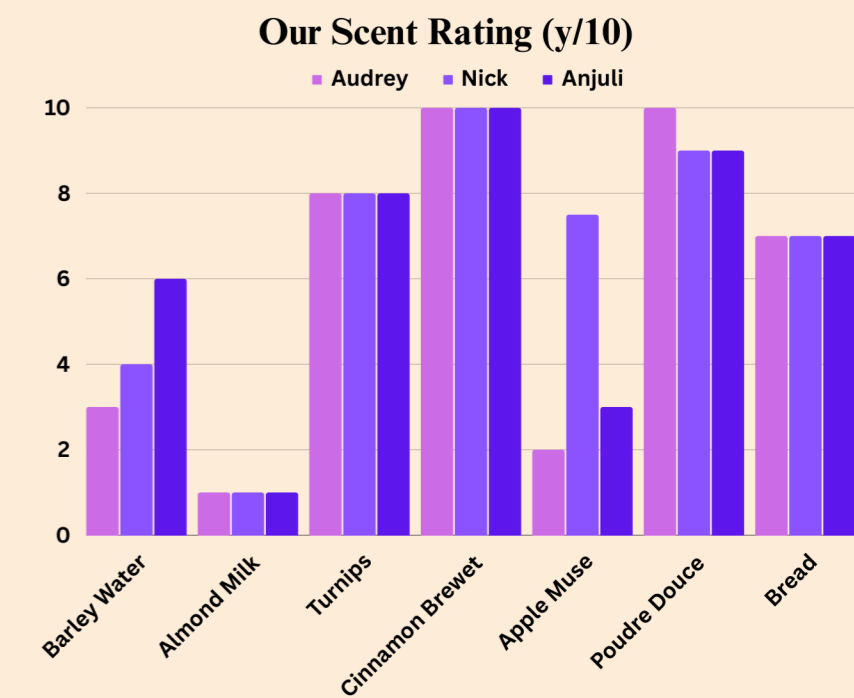
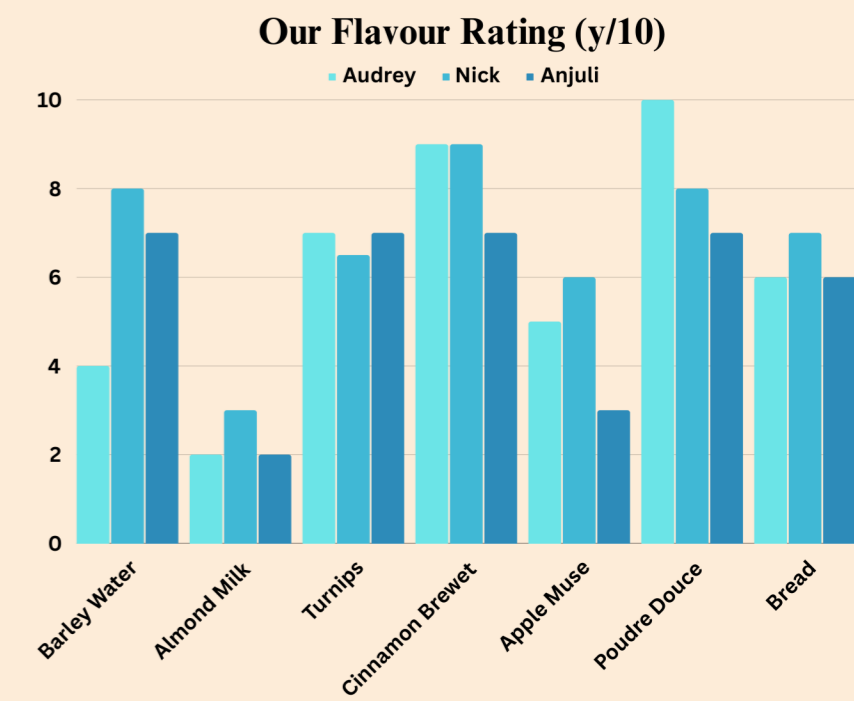


Fig. 1: Our 'Medieval' Kitchen

During the cooking and tasting, we noted down our emotions, questions, and struggles to then reflect and compare with existing Medieval accounts.

Conclusions

1. Medieval flavour profiles are quite different from contemporary flavours, especially the use of unfamiliar spices to enhance flavour or colouring.
2. The use of modern technology facilitated our cooking but falsely represented the actual workload of a Medieval kitchen.
3. Overall it was a great cooking experience that enriched our understanding of Medieval foodways.



Check out our Blog for more information on our experiential project!