CONTENTS

Chapter I	Introduction	Page iii				
II	Some English Kitchens	13				
III		19				
	Environment and tradition; the land of Britain to Norman invasion of the Saxons.					
IV	Fuels and Fireplaces					
V	General notes on selection and variety; fats for basting, dredging and flavouring. Beef: recipes; tracklements. Veal: recipes. Pork: general notes on "porker" versus "bacon pigs"; joints; recipes; tracklements. Venison: general notes; tracklements. Mutton: general notes; mountain mutton—special cooking; fat-stock mutton—special cooking; mutton from the saltings; tracklements and condiments. Goat: general notes; recipes. Odd Animals: Leverets; Hares; Rabbits; Cockatrice; Hedgehog; Snails; Snakes.	60				
VI	Poultry and Game	181				
VII	Eggs	208				
VIII	MEDIAEVAL FEAST AND FAMINE	223				

Chapter IX	Trade, Magic and Religious C A mediaeval livery cupboard				Page 232
X	Fish				238
XI	SEAWEEDS				285
XII	Fungi				292
XIII	ELIZABETHAN HOUSEHOLDS .				305
XIV	THE NEW WORLD AND THE SAI	LORS' C	ООК		312
XV	SALTING, DRYING AND PRESERVIN	NG .			319
XVI	THE HOUSE AND GARDEN IN 160	00 .			348
XVII	VEGETABLES				351
XVIII	New Freedom				399
XIX	COACHING DAYS				411
XX	FRUITS, HERBS, SEEDS AND FLOW	VERS .			414
XXI	THE HAFOD				467
XXII	Dairy Produce				469
XXIII	Bread				493
XXIV	Drinks				536
XXV	THE INDUSTRIAL REVOLUTION .				578
XXVI	Pies, Puddings, Pastries, Cakes				607
XXVII	SUNDRY HOUSEHOLD MATTERS .				637
	BIBLIOGRAPHY				663
	INDEX				667