

Contents

<i>Author's Note</i>	xiii
<i>List of Illustrations</i>	xv
PROLOGUE	
The Staff of Life	3
PREHISTORY	
1. The Kittiwake at Danebury	7
ROMAN BRITAIN	
2. Conspicuous Culinary Consumption	17
<i>Liquamen</i>	29
THE RAIDER CENTURIES	
3. An Art in Peril	35
MEDIEVAL BRITAIN	
4. 'Newe Conceytes'	47
5. Feasts and Fasts	62
6. Hospitality	72
<i>Pastry</i>	80
THE TUDORS	
7. Strange Vegetables, New Tastes	87
8. 'Sugar Never Marred Sawce'	102
9. The English Huswife	112
<i>Blessed Puddings</i>	122
THE STUARTS	
10. Mad Master Cooks	129

THE COMMONWEALTH AND PROTECTORATE

11. Unhappy Times 141

THE RESTORATION

12. A La Mode 153
 13. Chefs and Sweethearts 164
 Ice 177

WILLIAM AND MARY, ANNE, AND THE HANOVERIANS

14. Human Nature 185
 15. Good Gravy and Hooped Petticoats 198
 16. Brave Stomachs 211
 Drunkenness 221
 17. Taste 225

THE LONG REGENCY

18. Mad for Innovation 239
 A La Russe 251
 19. Painting the Lamb, Roasting the Mutton 257

THE VICTORIANS

20. The Great Laboratory 275
 Poverty's Larder 288
 21. The Flight to Gentility, or Living for Appearances 293

THE TWENTIETH CENTURY

22. Raging Inequalities and the Taste of War 311
 23. Fleeting Fortunes and Discontented Domestics 323
 Waste the Food and Help the Hun! 338
 24. Learning to Walk, Loving to Run 345
 25. 'What I Myself Have Learned . . .' 359
 26. 'Cuisine Poseur' 370

A Note on Measures 377

Sites and Houses 379

Notes 383

Bibliography 417

Acknowledgements 443

Index 445