
CONTENTS

<i>Chapter</i>		<i>Page</i>
I	INTRODUCTION	iii
II	SOME ENGLISH KITCHENS	13
III	BASIC ENGLISH	19
	Environment and tradition; the land of Britain to Norman invasion of the Saxons.	
IV	FUELS AND FIREPLACES	29
	General notes on the four types of fuel—wood, peat, coal, charcoal; notes on hearthstone, sanding, rush- matting, polishing floors and chimney sweeping.	
V	MEAT	60
	General notes on selection and variety; fats for basting, dredging and flavouring. BEEF: recipes; tracklements. VEAL: recipes. PORK: general notes on “porker” <i>versus</i> “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; trackle- ments and condiments. GOAT: general notes; recipes. ODD ANIMALS: Leverets; Hares; Rabbits; Cockatrice; Hedgehog; Snails; Snakes.	
VI	POULTRY AND GAME	181
	Fowls, ducks, geese, turkey, blackcock, capercailzie, grouse, guinea-fowl, partridge, autumn-partridge, peacock, pheasant, pigeon, plover, ptarmigan, quail, snipe, teal, widgeon, rooks, wild duck, cygnets (swans), sea birds.	
VII	EGGS	208
VIII	MEDIAEVAL FEAST AND FAMINE	223

<i>Chapter</i>		<i>Page</i>
IX	TRADE, MAGIC AND RELIGIOUS COOKING A mediaeval livery cupboard (snack-bar)	232
X	FISH General notes; salt-water fish; fresh-water fish; shellfish	238
XI	SEAWEEDS	285
XII	FUNGI	292
XIII	ELIZABETHAN HOUSEHOLDS	305
XIV	THE NEW WORLD AND THE SAILORS' COOK	312
XV	SALTING, DRYING AND PRESERVING	319
XVI	THE HOUSE AND GARDEN IN 1600	348
XVII	VEGETABLES	351
XVIII	NEW FREEDOM	399
XIX	COACHING DAYS	411
XX	FRUITS, HERBS, SEEDS AND FLOWERS	414
XXI	THE HAFOD Summer pasture	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