

### 1: Tudors - food facts - History cookbook - Cookit!

*Food & Feasts in Tudor Times has 3 ratings and 2 reviews. Samantha said: I knew going into this that it was a book directed at children, but that was all.*

Tweet When you think of a Tudor banquet an image may come to mind of a loud and riotous feast, Henry VIII at one end of the table gnawing on a large chicken leg, guests eating and drinking way too much and not a table manner in sight! As with many historical stereotypes the reality is somewhat different; banquets were actually quite formal occasions with rules that mirrored the class system and social etiquette of the day. The Banquet in the Pine Forest Sandro Botticelli Society was very hierarchical in Tudor times, people were not born equal, and this sentiment was echoed at the banquet table. Those next in social status would have sat on one of the two tables either side of the top table, those next in status would sit at the next set of tables and so on. The food served at a banquet would also have been graded according to status so servants and those placed furthest away from the top table would not have expected to be offered the same lavish dishes as the ones given to the host of the banquet such as a Lord or the King and his immediate guests. It was down to the way food was shared that a number of formal rules were developed that directed people on how they should behave at mealtimes. These were mainly concerned with being considerate to others and cleanliness, starting with the necessity to wash your hands before sitting down. If you were at the top table you would have washed your hands in a small bowl called a ewer which was brought to your table by a servant. Things considered bad manners at a banquet included putting old bones back on a shared plate, nose picking, ear scratching or blowing your nose – exactly the kinds of things that would be frowned upon today. Your behaviour at a banquet could and would be noticed so good table manners were vital if you wanted to succeed at the Tudor Court. The most magnificent banquets were of course the ones hosted by the royal family. France led the way when it came to banqueting, a Tudor cook would have been only too aware of their high standards and would have tried hard to provide a banquet with a similar level of luxury and content. A royal banquet would often be accompanied by a fair amount of pomp and ceremony too, especially if it proceeded a great event like a coronation, marriage or christening. It was written by the Tudor chronicler Edward Hall. Each noble and lord proceeded to his allotted place arranged earlier according to seniority. At the sound the duke of Buckingham entered riding a huge charger covered with richly embroidered trappings, together with the lord steward mounted on a horse decked with cloth of gold. The two of them led in the banquet which was truly sumptuous, and as well as a great number of delicacies also included unusual heraldic devices and mottoes. How can I describe the abundance of fine and delicate fare prepared for this magnificent and lordly feast, produced both abroad and in the many and various parts of this realm to which God has granted his bounty. Or indeed the exemplary execution of the service of the meal itself, the clean handling and distribution of the food and the efficient ordering of the courses, such that no person of any estate lacked for anything. An abundance of food meant that everyone could get to eat the foods they particularly enjoyed, it also ensured there was enough food left over for the servants who ate later. The food served at a Tudor banquet was indeed sumptuous and would have focused very much around meat, which in Tudor times was cooked on a spit over an open fire. As vegetables were considered a food for the poor they were not eaten much by the wealthier members of society. In fact it was a common misconception of the time that raw vegetables could actually make you ill – how times have changed! New foods and spices were also being discovered and imported during the Tudor period, such as nutmeg and sugar from the New World. These ingredients were hugely expensive luxuries and gave rise to a number of new and unusual recipes that the nobility used to further demonstrate their wealth and status. Reproduction of a Cavendish Marchpane Sugar in particular became very popular with the wealthy classes during the middle ages. By the 16th century elaborate new ways of using sugar had been discovered so it could now be moulded into elaborate edible models which were sometimes used to create a striking centrepiece for the banquet. These models may have been created from marchpane, a Tudor version of marzipan, which was made from three main ingredients; almonds, sugar and rosewater. Satisfying a sweet tooth in Tudor times certainly required a lot of hard work! To give you some idea of how lavish these

banquets would have been, the following description is of a great feast given in by the Count of Anjou, third son of Louis II, King of Sicily. This was hollow, and formed a sort of cage, in which several live birds were shut up, their tufts and feet being gilt. The first course consisted of a civet of hare, a quarter of stag which had been a night in salt, a stuffed chicken, and a loin of veal. The two last dishes were covered with a German sauce, with gilt sugar-plums, and pomegranate seeds. At each end, outside the green lawn, was an enormous pie, surmounted with smaller pies, which formed a crown. For the three following courses there was a roe-deer, a pig, a sturgeon cooked in parsley and vinegar, and covered with powdered ginger; a kid, two goslings, twelve chickens, as many pigeons, six young rabbits, two herons, a leveret, a fat capon stuffed, four chickens covered with yolks of eggs and sprinkled with powder de Duc spice, a wild boar, some wafers darioles, and stars; a jelly, part white and part red, representing the crests of the three above mentioned persons; cream with Duc powder, covered with fennel seeds preserved in sugar; a white cream, cheese in slices, and strawberries; and, lastly, plums stewed in rose-water. Besides these four courses, there was a fifth, entirely composed of the prepared wines then in vogue, and of preserves. These consisted of fruits and various sweet pastries. The pastries represented stags and swans, to the necks of which were suspended the arms of the Count of Anjou and those of the two young ladies. Leave a Reply Your email address will not be published.

### 2: Feast & Fast in

*Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.*

Contact Author Source Medieval feasts were much like our modern dinner parties. They started light - with soups and salads - and moved on to heavier foods and then, of course, dessert! The more formal or special the occasion, the more extravagant the meal think: You might also consider integrating various decorations to help your home have more of a medieval feel, as well as forgoing some of our modern conveniences such as silverware. The level of authenticity is entirely up to you -- just remember to have fun! Mind Your Manners Medieval feasts were also governed by their own rules of etiquette. These were especially important in the courts, where social rank governed nearly everything an individual was capable of doing in life. So, in order to have a proper feast, you should probably consider enforcing some select rules. Two main sources of late medieval etiquette come from *The Boke of Keruyng*, written by Wynkyn de Worde in 1485, and *The Boke of Nurture*, written by John Russell around 1486. These works primarily inform us about etiquette in manor houses during the Tudor period. They describe in detail how to set the feast, skills needed by servers and carvers, and were also intended as handbooks for the pages who served the most important guests. Unfortunately, these two books often contain conflicting advice. This is likely the result of regional customs or differences between households. Also, some methods are not well explained, often omitting the basics that were obvious to people living in medieval households but are not evident to us now. So, many scholars of medieval etiquette tend to rely on common sense in order to properly teach us about the rules. Often, creating a medieval feast required LOTS of servants. For example, the feast for the enthronement of George Neville as Archbishop of York in 1471 had 57 cooks, scullions, spit-turners, and other assorted staff in order to feed guests. Thus, there are some aspects of medieval feasting that will probably not be replicated. You might not have people to serve the food, and elect to have everyone serve themselves. Some important medieval etiquette tips that you might include are: They did have spoons, which can also be used by your guests. These groups ranged from 2 to 6 people each, who shared the food placed in front of them. Thus, you would need multiple serving trays of the same item for large parties. Choose the amount appropriate for your occasion and abilities. Each course, however, had a mix of foods. The separation between appetizers, main courses, and desserts had not yet occurred. Again, choose what best fits your party. The hall was usually decorated with hung tapestries. At one end of the hall was a raised table for the lord, his family, and distinguished guests. On the lower level were two table where everyone else sat, positioned down both sides of the hall so that the lord was in full view at all times. Note that guests only sat on one side of the table so as to make serving via servants easier. Cushions were provided for important guests, with everyone else sitting on stools. Generally, the Lord would be seated first at the head table, while everyone else stood waiting to sit. The order of your guest placement is entirely up to you! No one ate anything until the Lord had taken his first bite. Also, guests did not begin a course until the entire course had been served to all guests. Pronged forks only came into use in the late Tudor period, just before the Renaissance. Unless you were the Lord, you were expected to bring your own knife, spoon, and drinking vessel. These were generally made of wood, bone, or clay though knives were often made of metal. Dishes were served in the order thought to be important. Medieval physicians often argued over whether light or heavy foods were served first, though these debates were often ignored in medieval households. Often, the meal order was: Medieval meals followed the Christian calendar, which dictated certain days for fish and certain days for "flesh" meats. Between courses, a removen was used to clean the tables. During this time, there were often entertainments provided for the guests, such as staged pageantry, musicians, the court fool, jugglers, etc. Source Source **The Menu: Main Dishes and Sides** We know quite a bit about medieval menus. We also know from medieval recipes that many dishes were highly spiced. *The Forme of Cury*, written around 1390, details dishes that were spiced with pepper, salt, cloves, mace, cinnamon, ginger, and dyes. These spices were used in great quantities, but you can use them to your taste. We also know that fresh fruit was used to dress meat, fish, and poultry. Your menu items might include: Freshly baked white bread baguette or loaf with

bowls of whipped butter. A good type of bread is Focaccia, toasted at degrees for 20 minutes to become crispy. Present on a cutting board or in baskets. Alternatively, you may also present scones there are many recipes to choose from served with various spiced jellies. Serve in small bowls set on the tables before the meal begins. Hard-boiled eggs, cut in half with yolks removed. Blend the yolks with honey and French mustard, then spoon back into the cut halves. Chilled Strawberry or other fruit Soup. Pottages a soup of meat and vegetables. Ham, leek, and pea soup is one example. A roasted animal of some sort - ranging from chickens and pigs to peacocks and seals. However, since finding this type of game can be hard and expensive , I suggest sticking to modern types of meats served in a medieval style. This mainly includes roasted meats, but there are other recipes which may be of interest. Fish, especially eel, tench, or tuna. Pork pot pies, stuffed with pork, bacon, and layered between pastry dough. Season with salt, pepper, sage, or other spices. Capon with Orange or Lemon Sauce is a chicken stewed in wine, fruit, and spices. Malardis is a roasted duck recipe, served with fritters and brawn. Ragouts of game and wild birds, including swan and geese. Fried oranges or other fruits. Meatballs with a honey mustard glaze and sprinkled with saffron. A popular cheese was Wensleydale, which can be traced back to Norman times. However, also keep in mind what was not typically served at medieval feasts: Medieval physicians feared that these foods were the cause of putrified fevers though we now know this to be false. Sweets While you will probably still opt for the wedding cake, consider serving other desserts for those guests who do not like cake, or as an alternative to cake. One alternative to the traditional wedding cake would be to serve a Sotiltees also spelled "soltetie". In medieval times, these were sculptures of food that came in various forms - castles, ships, or scenes from fables. While traditionally served before the main course, you could consider a sotiltee as an alternative to or form for your wedding cake. Traditionally, these are purely sugar pieces, but can be adapted to cake form given that you have a well-trained baker. These are small, heart-shaped tarts filled with cherry sauce a recipe for cherry tort is the modern equivalent. Fresh fruits were very common, including strawberries and grapes. However, medieval tradition disliked the idea of eating raw fruits. Commonly, fruits were baked or cooked in wine and spices. Chocolate became fashionable after its introduction by the Spanish in the late fifteenth century, as an import from the Americas. Chocolate could be served as bite-sized pieces shaped or not or as an end-of-the-night party favor for guests, given its traditional delicacy status. Croquembouche is a traditionally French dessert of small cream puffs filled with lemon cream and arranged in a tall cone-shape and then glazed with caramel. Medieval Feast for Kids! Questions must be on-topic, written with proper grammar usage, and understandable to a wide audience.

### 3: Tudor food and drink - Wikipedia

*Get this from a library! Food & feasts in Tudor times. [Richard Balkwill] -- A social history of the Tudor period in England, explaining what foods were eaten and how they were prepared.*

Breakfast was a small, simple meal, generally consisting of cold foods, as the cook fires were just being lit as the breakfasters were rising. Leftovers, eggs, butter, bread and small beer were commonly taken with breakfast. But, since breakfast was by definition eaten early, those who did not rise early did not eat it. Unless they were traveling or fond of the hunt, nobles generally did not rise early enough to eat breakfast, and dispensed with it in favor of a hearty mid-day meal. Working men and women however, who rose with the sun, seldom failed to fortify themselves against the day. The farmer would either have his dinner brought out to him as he worked in the field, or bring it out with him in a bag. The craftsman would close his shop and go upstairs to his lodgings, where his wife would have the meal waiting for him and his laborers and apprentices. For the gentry and nobility, the mid-day meal could be the beginning of a round of feasting that could last all day, or it could be a simple and unpretentious repast, depending upon the occasion and the temperament of the diner. The final meal, eaten at the end of the working day between 5: However, unlike dinner, which would often be eaten in the fields, the evening meal would be eaten at home at the common table. With us, the nobility, gentry and students do ordinarily go to dinner at eleven before noon, and to supper at five or between five and six at night, especially in London. The husbandmen dine also at high noon, as they call it, and sup at seven or eight. Common folk generally ate "white meats", which contained precious little meat, and consisted primarily of such things as milk, cheese, butter, eggs, breads and pottages soups - occasionally supplemented with locally caught fish, rabbits or birds. Bringing down larger game in the forest was poaching, and a very hazardous pastime. The gentry and the well to do of the towns dined upon "brown meats", such as beef, venison, mutton and pork. The poor also ate a great many more greens than the rich, who insisted that their vegetables be elaborately prepared. All classes ate fish, not because they liked it though many did but because the law required that fish be consumed on Fridays and Saturdays, and other meats laid aside. This was a government mandated support for the fishing industry. Spoiled meat makes you sick, and no amount of salt, pepper and cumin will change that. They seasoned their meat to make it taste good. Though the peasant had ready access to beef, pork and other expensive meats he raised them, he could not generally afford to keep much for his own use. His best stuff went to fill the bellies of the gentry and the townsmen, while the money gained from selling his best stuff paid his rent. The few animals he could afford to keep for private consumption he would save for special occasions. Even when there was no special occasion, all social classes would put on the table as much food, in as many varieties, as was economically possible. For the rich man, this meant countless dishes, some elaborately decorated and intended entirely for show, served according to an elaborate ritual by numberless servants; and for the common huswif, this meant a daily challenge of trying to make the same old stuff seem new and different. All but the very poor however, brought to the table far more than they could eat, and their "broken meats" leftovers, fed the servants and kept the destitute of the realm from starving to death. Concerning their diet, in number of dishes and change of meat the nobility of England do exceed most, having all things that either may be bought for money or gotten for the season. Gentlemen and merchants feed very finely, and a poor man it is that dineth with one dish. John Lyly, Euphenes and his England Most meats were prepared by "seething" boiling, and sugar and currents were used in truly prodigious quantities. Salting and pickling were also common practices, since there was no refrigeration to keep the meats from going bad. Meat and fish was generally eaten fairly soon after slaughtering for this reason, or were pickled to keep for the future game meats were often aged for a few days or weeks however, to make them tender. All social classes loved to feast. For the common man and woman, feasting was reserved for holidays or weddings. For the rich, every meal could be a feast. The feast would generally consist of two "courses". The first would be what we would call appetizers. I will now proceed to the setting forth of a banquet; wherein you shall observe that marchpanes marzipans have the first place, the middle place, and the last place; your preserved fruits shall be dished up first, your pastes next, your wet suckets candied fruits after

them, then your dried suckets, then your marmalades and your goodinycakes tarts , then your comfits of all kinds; next your pears, apples, wardens baked, raw or roasted, and your oranges and lemons sliced; and lastly your wafer cakes. Gervaise Markham, *The English Housewife* Gervaise goes on to describe two pages worth of dishes for the second course, preceded by the "grand sallat" salad , the green sallat, the boiled sallat and smaller compound sallats. These are followed by "fricassees", "boiled meats", "roast meats", "cold baked meats" and "carbonadoes". This elaborate setting is for the banquet of a wealthy man. For a more humble feast which "any goodman may keep in his family for the entertainment of his true and worthy friends He goes on to advise the addition of sallats, quelquechoses inventive sweets , fricassees etc, making perhaps "no less than two and thirty dishes". This would be a wedding or Christmas feast. For the daily meal he would have to be content with somewhat fewer of the above delicacies. In a civilized household, at some point before the meal, the hands would be washed, often in water sweetened with roses or rosemary. In nearly every home, the meal would begin with the saying of Grace. If there was a clergyman present, he would offer the blessing; or if a guest was known for his piety or learning, he might be called upon to give thanks. Often, the eldest son would be called upon, or failing all that, the master of the house would take upon him the task of conveying the thanks of the assembled company to the Almighty either ex tempore or according to a memorized formula. And when the time is come this life to end: Vouchsafe our souls to heaven may ascend. With the saying of Grace, the company would begin to eat. If a man had servants, they would pass from guest to guest, with each dish, and the guests would help themselves to as much from each plate as they liked. Even in gentry households, the fingers were generally used for plucking out the tasty morsels from the dishes, the sign of good manners being that you did not return to the dish anything you had touched. If no servants were available, the women and children of the house would serve the dishes, sitting down to eat after all the men and guests had taken what they wanted. All men at the table ate with their hats on unless they went hatless out of deference to a high-ranking member of their dinner party , and every well bred guest had a clean, white napkin on the left shoulder or wrist, upon which soiled fingers or knives could be wiped. The servants who attended the table were hatless, since they could not remove their hats their hands being full and they would not dream of attending upon their betters with their hats on. Conversation at the table was considered commendable, but riot and clamor was frowned upon. During the meal, numerous healths would be pledged the term "toast" was not used. The pledging of healths would often reach ridiculous extremes, and would continue long after the food had been carried away; ending only after the entire company was too cup-shot to continue. The meal, interspersed with healths, could go on for several hours. Beer and Ale were the most popular drinks, but wine in its many forms was also very popular among those who could afford it. The diners would eat off of plates suitable to the wealth of the hosts. The commonality generally ate off of wooden trenchers and bowls for everyday meals, but might have pewter plates for special occasions. The wealthier would have pewter for daily use and silver for special occasions. Common folk generally drank out of crockery, wood or leather, with pewter cups being a valued luxury. The better sort drank out of pewter or silver cups, and the very wealthy had glass goblets for the best company. When a guest came to supper, he or she would bring utensils along. The host was not expected to supply them. The rich would have a beautifully made and adorned knife and spoon and occasionally a fork carried in an ornamental case. The poor man often went about with his spoon in his hat or his pocket, and his knife on his belt. Common folks did not eat with forks. After the meal or between courses, the rich would often be entertained by musicians, singers, masquers or players. All social classes would often enliven an evening by dancing and providing their own entertainment. Elizabethans were a musical lot and it was a dull company indeed that did not contain a sufficient supply of capable or at least enthusiastic musicians and singers. The feast was the prime Elizabethan social occasion. There could be no celebration without at least one, and it was the opportunity for the Elizabethan man and woman to enjoy that which was most dear to them: Walter Nelson Date of First Publication: Oct 27 Date of Last Update:

### 4: Tudor Christmas Food by Sarah Bryson - The Tudor Society

*What people ate in Tudor times depended on who they were. Every aspect of the process, from the formal to the informal, was indicative of status, even before any food was actually consumed. The ceremony of service, with its rituals and strict protocol, was vital to royalty and the nobility, as were the behaviour and appearance of those who served.*

Celebratory banquets and feasts have always been part of royal life, but what would they have involved in the past? What makes a dish fit for a queen? If past royal delicacies are anything to go by then pretty much anything, including seagull, marigolds or peacock - with the skin and feathers put back on after cooking of course. The winning school will see its recipes served to the Queen at a special reception. But what was on the menu in times gone by and would serving a canape directly to the monarch have resulted in you losing your head? Towards the end food was served to guests at the table sequentially, known as "a la russe". There were four to six courses, with seven to nine dishes in each. For big occasions dishes often included cod with oyster sauce, ballotines of duck in Cumberland sauce and roast lamb. There would be a dessert course, with dishes like chocolate profiteroles. A buffet of hot and cold meats was also kept on a sideboard during the meal, just in case you got hungry between courses. Queen Victoria insisted on all windows being open. What was unusual about Victoria was the speed with which she ate. Usually a banquet would last for hours, but she could put away seven courses in 30 minutes, says Gray. Everyone was served after the Queen and when she had finished all the plates were cleared for the next course. She also insisted on all the windows being open whatever the time of year because she got hot. For her Diamond Jubilee banquet 24 chefs were brought over from Paris to help, according to the Royal Collection. There was a very well established etiquette. Seated in order of importance, highest ranking closest to top table. Food: After self-service went out of fashion and dishes were not left on table, elaborate flower displays were used as decoration. Drinks: Fine wine and Madeira would be served, but Victoria often had whisky with her meal. Minor guests: On big occasions members of the public were allowed to watch the banquet from viewing galleries. Charles II For Charles II dining was extremely important, it was one of the things that defined him as a king. At a banquet he would sit at a top table, under a canopy. The table would be raised so he could be seen by everyone and to show his status. Only a very select group of people could sit with him, a maximum of just six. Charles II loved pineapple. The King would always be served on bended knee. He had three "officers" to attend to him - a carver, a server and a cup bearer. Cleanliness was extremely important and Charles would have someone whose sole job was to dab his mouth during the meal. They included a 2ft-high, silver salt cellar, made in the shape of a castle and encrusted with jewels. Often there were also silver fountains on the table flowing with wine or water. There were not courses as we know them, more stages of service. Each could involve hundreds of plates. At one banquet in , guests were served dishes alone during the first course, says Kathryn Jones, curator at the Royal Collection and author of *For the Royal Table: Dining at the Palace*. By his reign a dessert course had developed. Charles loved fruit and was one of the first people in the country to eat a pineapple.

*Tudor food is the food consumed during the Tudor period of English history ().*

Tuesday, 28 August You are what you eat: Food and Status in Tudor Times. What people ate in Tudor times depended on who they were. Every aspect of the process, from the formal to the informal, was indicative of status, even before any food was actually consumed. The ceremony of service, with its rituals and strict protocol, was vital to royalty and the nobility, as were the behaviour and appearance of those who served. Elaborate manners and rules often took priority over the actual process of consumption, posing the question whether the Tudors were more aesthetes than gourmards. When it came to the food itself, the ingredients, presentation and quantity of dishes consumed varied vastly, from the labourer with a bowl of boiled vegetables, to the King at a three course banquet, his food cooked in exotic spices and decorated with gold leaf. What, how and where you ate, denoted exactly where you stood in society. The basic ingredients marked perhaps the greatest difference. For those on the lowest rung of the social ladder, meals comprised mostly seasonal vegetables, supplemented with oats, bread and pulses. Many of the herbs the Tudor housewife would have relied upon are unrecognised now and no longer used, such as herb-mercury, sorrel, wormwood and mallows. Apples, quinces and pears were stewed and preserved, baked in pastry or thickened with oats or bread crumbs to make a sort of pottage, or stew. Many of these would have been available in season across England in Tudor times, although people were rather suspicious of fresh fruit, thinking it could upset the stomach and preferring dried or preserved alternatives. Central to the diets of rich and poor were fish and bread. Both had religious connotations and their use varied hugely by class. As a Catholic country before the 1530s, fish was prescribed in England for fast days and afterwards, was still eaten to promote the industry. Storing and transporting it was a problem, so the best, freshest fish could be found at the coast, although medieval monasteries were famous for their carp ponds. The bread they ate varied in colour, with the shade of it literally equated with status. The finest, white flour was baked into hand-sized loaves for the richest tables while the poorer ate brown or even black bread, made up from the flour of ground acorns, peas and beans. Bread was a staple for everyone, with even the stale crumbs used in other recipes. It formed the basis of the breakfast consumed by labourers early in the morning, to get them through until the first formal meal of the day. The yearly consumption of the household of George, Duke of Clarence was recorded in detail in the late fifteenth century. Fish days were well provided for, with the high status sturgeon and salmon eaten alongside eels, stockfish, sprats and herrings. London was the centre of the spice trade, where mixtures of ginger, cloves, saffron, almonds, cinnamon and pepper could be bought from the merchant or grocer, made up to different levels of heat. Spices were used in all manner of dishes, sweet and sour, from tarts and pies, to plates of meat and savoury puddings. Sugar also arrived from Cuba and Jamaica, sold in large cones or loaves and sprinkled over dishes, rather like salt. Food was highly coloured on the richest tables too, with ingredients dyed brightly to catch the eye: On special occasions, dishes were presented in rainbow stripes of colours and sweets were adorned with gold and silver leaf. The wealthy could also enjoy imported treats from Spain, Italy and Portugal; marmalade, oranges, figs, walnuts, lemons and pine nuts. All these expensive ingredients were kept carefully locked away in the kitchen, to prevent their theft by unprivileged hands. They were issued in small amounts by the cook, for the kitchen staff to use in recipes. Served up with in all their glory, they must have proved a real visual feast. The feasts of the wealthy comprised many dishes and courses. One fifteenth century banquet, to celebrate the appointment of the Bishop of Ely, had three courses including dishes of venison, swan, pheasant and peacock all cooked in thick, spiced sauces, mixing sweet and sour. Custards and jellies were served alongside meat, which seems odd to the modern palate but typical of the fruit and meat combination that prevailed in many surviving dishes such as mince pies. John, God as a shepherd and various saints. Hours of labour must have gone into these, merely for the pieces to be briefly on show. Huge quantities of supplies were called for, running to thousands of deer, sheep, pigs, chicken and other varieties of meat. The kitchens at Hampton Court, which Henry VIII obtained from his minister Wolsey in the late 1530s, give an impression of the scale of the operation, with the separate departments for baking, boiling, brewing and

cooking, along with the sections dedicated entirely to the making of waffles and storing of spices. Different forms of food were kept in the wet or dry larders and large pieces of meat turned on spits in the huge fireplaces. Since before the advent of the Tudors, kings had been regulating when and how they should eat. Manuals outlined the behavioural expectations for children and those in service: Henry VIII ruled in that his meals should be taken at eleven in the morning and six in the evening. All those in attendance needed to be clean and tidy, well-mannered and skilled at their jobs: The King and Queen sat on a raised dais in the Great Hall, looking down over their court and used the best gold plate, eating with spoons and knives encrusted with jewels. Richard III dined off silver and gold at his coronation and drank from a cup of gold, covered in cloth of the same colour. At other times, royalty might dine quietly alone in their chambers, or invite special guests to join them in their apartments; in summer, or on special occasions, feasts were often eaten out of doors in huge tents and arbours. Not everyone was so fortunate. The narrator rejects brown bread as being made of bran and beef as being full of bones. Instead, the poem insists the only safe thing to consume is ale! The poor man at his table, or eating in the fields as he worked, would have used his fingers and perhaps, one sharp knife of his own. At home, he would have eaten from iron, brass or pewter dishes; the wills written by lower class Tudors are full of bequests to friends of such tableware, as are accounts of their theft. Court records list how such items were often a target, giving an indication of what the average household possessed. In , two men were hung for stealing two dozen pewter dishes worth 10s from the house of Thomas Patch. Such items were clearly prized by the poor. They would have laid their table with them as proudly as the King with his gold and silver. If he was eating at home, there would be no one to serve the poorer Tudor man, except his wife and family. Etiquette must have given way to hunger and necessity, as the family dined in a room that was probably multi-functional. Pieces of dried meat were often hung from the ceiling in poor homes to smoke and herbs as well as other items were stored in main living rooms, high up, out of the reach of animals. To own and use a room specifically for eating was a significant social step up. Meals among the poor were more likely to fit in around working hours and take less time than the hour-long banquets enjoyed by the monarchy. By the Elizabethan era, food had become even more impressive for the rich. The discovery of the New World and opening up of new trade routes brought more produce to England. The consumption of sugar rose. Cordials were also popular as were preserved treats that could last through the long winter months. The main meal was often followed by a banquet consisting entirely of sweet foods, wafers, fruit and other delicacies that showed the expense the host had gone to. The more luxury and waste incurred by such a banquet, the greater the status displayed. Luckily for the poor, many of the left-overs were passed on to the Almoner, whose job it was to redistribute them among those who came to beg at the gates. The Tudors were very status-conscious. Throughout the period, food was a powerful visual tool used to re-enforce social position, along with clothing and housing. The diets of the rich were varied and exciting, both to eat and to look at. Eating was a ritual, with food on display to assembled guests, dressed in expensive sauces and spices.

### 6: PPT – Tudor foods PowerPoint presentation | free to view - id: bab-YTcyN

*"Food and Feast in Tudor England" is not only enjoyable to read (i.e. more than just a dry recitation of the facts), but highly informative as well. Each chapter covers a various aspect such as Food and Society in the 16th Century, Kitchens and Kitchen Equipment, Health and Diet, and Tableware to name a few.*

Tudor houses are very well known for their black and white type of style. Most ordinary homes in Tudor times were half timbered - they had wooden frames and the spaces between were filled with small sticks and wet clay called wattle and daub. As in modern architecture Tudor Houses were built according to the wealth of the owners. Tudor Homes People covered the floors with rushes or reeds or woven mats of reeds or rushes , which they strew with sweet smelling herbs. Chimneys were also a luxury in Tudor Times, although they became more common. However as more and more people could afford chimneys they had an important effect on houses. In wealthy Tudor houses the walls of rooms were lined with oak paneling to keep out drafts. People slept in four-poster beds hung with curtains to reduce drafts. In the 16th century some people had wallpaper but it was very expensive. Other wealthy people hung tapestries or painted cloths on their walls. Only rich people could afford carpets, although they were often hung on the wall because they were too expensive to be placed on the floor. Tudor homes often had some kind of garden as well. For people with less money, a garden would be quite small and was a place where they could grow their own herbs and vegetables. In the 15th century only a small minority of people could afford glass windows. During the 16th century they became much more common. However they were still expensive. If you moved house you took your glass windows with you! Bricks were a new innovation and expensive and often only used for the mansions and palaces of the rich Tudors. Initially bricks were only used for the construction of chimneys. Wealthy Tudors had clocks in their homes. The very rich had pocket watches although most people relied on pocket sundials. Rich Tudors were also fond of gardens. Many had mazes, fountains and topiary hedges cut into shapes. Most men wore trousers made from wool and a tunic which down to just above their knee. Women wore a dress of wool that went down to the ground and often wore an apron over this and cloth bonnet on their heads. After , all men over the age of 6 had to, by law, wear a woollen cap on Sundays. All except the nobles. Poor people wore simple loose-fitting clothes made from woollen cloth. This was a large, decorative frill made from lace worn around their neck. Tudor Fashion Tudor England is famous for its beautiful and ornate clothing, particularly during the reign of Queen Elizabeth I. Wool, linen and sheepskin were the most cheap materials to produce and are therefore limited to low status clothing of Poor Tudor men. Colors, styles and materials were dictated by class and rank. But whether a man was wealthy or poor he was not allowed to wear whatever he liked due to the Tudor Sumptuary or Statutes of Apparel. Clothes were a way of displaying how wealthy a person was. Rich people could afford clothing made of fine wool and silk. Well-to-do Tudor women wore hooped skirts with padded hips, which reached to the floor. Rich Tudor wore tight-fitting jackets called doublets and wore another jacket called a jerkin over the doublet. Fur was a popular trim among the wealthy. Wigs were very popular with rich Tudor women because when Mary Queen of Scots was beheaded, it was said that her wig fell off. Rich ladies also wore tight corsets to make them look thinner. They were made from very coarse wool. Colours also displayed how rich you were. The rich would wear colours like gold, silver and purple and the poor would have had colours like brown, yellow and blue as they were the cheapest colours for clothes to be dyed with.

### 7: Elizabethan Dining | Mass Historia

*Desserts and puddings decorated with marzipan became very fashionable during Tudor times. These were made to look like vast castles or fierce animals and made a striking focal point at Tudor feasts. Tudor feasts were very lavish events.*

Food not only provided nutrition and sustenance, but in the Tudor period, it also helped define social hierarchy. By examining the table and food in homes during this era, historians could easily ascertain as to what economic and social sphere the family belonged to. The food available, the amount served during a meal, and the way it was presented were all regulated by the Tudor government in what were known as Sumptuary Laws. While the food and drink of the Tudor Era have made an impact on the current cuisine of England, the most lasting influence of the diets of the Tudor population has been the rigid social hierarchy it helped enforce. Through the food a Tudor English family ate, one could reasonably assume how much land they owned, what region they lived in, and their socioeconomic status at the time. The most obvious way food manifested itself as a distinguisher between the rich and poor was through the decadence of Tudor feasts. Tudor feasts were a common occurrence for the upper class of society, as it presented an opportunity for the nobility to display the extent of their wealth and influence. At these feasts, everything from the seating arrangements, to the silverware, to the amount of dishes served was dictated by social hierarchy. The closer a guest sat to the head of the table, the higher status in society he held. Additionally, only the highest of the nobility could use ornate dishes and silverware during their feasts. At the most prestigious of these feasts, one could expect delicacies such as quail, swan, peacock, and woodcock. The customs practiced throughout the dining hall were so important to the upper class that there were many etiquette books written about where to sit the patrons, as well as laws passed to set limits on the amount of dishes that were allowed to be served. Cardinals received the highest designation; they were granted up to nine dishes per meal. Following the cardinals, dukes, archbishops, and earls were allowed seven. This order of consumption was defined by yearly income and title, ensuring that the wealthiest and most influential figures always had the most to eat. Feasting and the decadent meals that accompanied it were such a large part of high society that many lords kept a strict budget on how much they were allowed to spend per year on the festivities. Usually, this meant that one would spend around ten percent of his property value per year on food for his own consumption. Combine that with the amount spent on food for guests, and it is clear that the Tudor upper class spent a hefty sum of money on food. The world of banquet halls filled with garnished meats and many servants was a common occurrence for the Tudor upper classes, however for most of Tudor England this world was utterly foreign. The most obvious difference between the food consumed by the wealthy and the commoners was the lack of diversity in the dishes. For the upper class, it was no problem to import meats, spices, and fowl. However, for the common Tudor family, the only food that could be consumed was that which they could produce, or whatever livestock they could raise. This meant a heavy emphasis on bread and pottage, which was made by boiling vegetables, usually cabbage, together with grains. While the commoners were subsiding on grains, vegetables, and the limited amount of food they produced on their property, the nobility was able to import spices, exotic meats, and sugar from across Europe and the rest of the world. Although the wealthy ate pottage as well, it was often made using meat stock and occasionally oysters, which would almost never be found on the plate of a commoner. As most families at this time lived in poor conditions, it severely limited their diets to only what could be found in their own region. As a result, meat was rarely found in the commoner household, and vegetables and bread were most often consumed instead. While the feasts of the upper class reflected their lavish and expensive tastes, the meals of the Tudor commoners also reflected their lifestyle of barely making ends meet, and was consequently bland and unappealing. Today, many of the same foods that were consumed during Tudor times seem to have gone by the wayside in English cuisine. Pottage, the staple food of Tudor times, has all but disappeared from the English diet. Additionally, the consumption of a wide range of fowl, such as peacock and quail, has also seen a sharp decline in popularity. Reasons for this change in eating habits can be attributed to globalization, as well as modern technologies such as the freezer. This eliminated the stark regionalization of English diets during the Tudor period. Cornish pasties, Yorkshire pudding, and fish and

chips are no longer just limited to their places of origin, and have become staples of the diets of Englishmen throughout the country. This is not to say that there are no holdovers from the diets of Tudor England through modern times. Roasted meats, pies, tarts, and sweetmeats all remain popular food items in England today. The most lasting effect of Tudor cuisine, however, is the social hierarchy it helped implement. The amount of food one could serve and consume, as well as the amount of guests he could entertain, defined where he stood within the sphere of the Tudor hierarchy. While English politics have significantly changed since the Tudor Period, the decadence and elaborate meals the upper class of England have enjoyed have not been so effected, as even today, the cuisine of the high society in England remains drastically different than that of the lower and middle classes. Sutton, , 12â€”

### 8: Food in Tudor England | Perspectives on Tudor & Stuart History

*The Tudor people ate a lot of fresh food because there was no way of storing food to be eaten later. There was no such thing as freezers or fridges in the Tudor times.*

Nothing could be further from the truth. It was fascinating to go a Tudor Christmas event today. The house was decked with greenery, holly, mistletoe as befitting a Tudor house at Christmas. There was no Christmas tree of course. That was a Victorian innovation into Britain. The best thing for me though was seeing the Christmas meals which would have been eaten by the different ranks in society. Poverty in England was probably at its height in Tudor times. The poor people were reduced to eating bread made out of acorns and pottage, a vegetable or weed soup. Times were very harsh for the poor in 16th Century. British social history at its finest, today gave a real feeling for the people, the plight of the many and the pampering of the few. Above you will see one of the dishes at the feast of a wealthy family In the background you will see dried fruits and bread shapes. Below you will see a sweet dish covered in dried fruits and decorated with rosemary sprigs. There was little protein at the table and many sweet dishes. It was eaten more in 18th Century Georgian times though than Tudor. It is a traditional fruit cake but the difference was that a bean and a pea were hidden in each half of the cake. The people who had a slice containing the pea and the bean were the King and Queen of the party for the evening. It was still more food than most would generally eat. Mutton, rye bread and pastries containing animal offal would also have been on the table. There was more protein e. The poor would have been given a meal if they called at the big house. There were no sugary treats. By our modern standards, the meal with the vegetables and no sugar would have been the healthier option.

### 9: his story, her story: You are what you eat: Food and Status in Tudor Times.

*At a Tudor feast, it was just as important for each dish to look spectacular as taste delicious. "Peacock royal" was a particularly popular dish. A peacock was skinned, stuffed with dried fruits and spices, cooked, and then placed back inside its feathered skin.*

Tudor Food and Drink: Vegetables were considered to be the food of the poor and were not often eaten by rich Tudors. Poor people in the Tudor period would eat vegetables, bread and whatever meat they could find, such as: They also used to eat fish caught from rivers and lakes. The diet of rich Tudors was based around eating meat. They would have eaten the same types of meat as listed above, but they also would have eaten more expensive meats, such as: Herbs were often used to flavour Tudor meals. Rich people would have had a separate herb garden to grow all of the mint, rosemary, thyme, sage and parsley they needed. The Tudors ate with spoons and knives. The rich would have used spoons made of silver or pewter, and the poor would have used wooden spoons. Knives were used to cut the meat and then the pieces were eaten with fingers. Forks started to be used right at the very end of the s. Due to successful voyages of exploration during the Tudor period, more trade routes were established and rich Tudors were able to get their hands on more exotic foods. Foods and spices new to the Tudors, such as sugar and nutmeg were incredibly expensive and offered the rich a chance to demonstrate their wealth by using these ingredients in their meals. Desserts and puddings decorated with marzipan became very fashionable during Tudor times. These were made to look like vast castles or fierce animals and made a striking focal point at Tudor feasts. Tudor feasts were very lavish events. These would have had many different courses and would have lasted many hours. Honey was used to sweeten food and drinks. It was much cheaper than sugar and it was also used to preserve fruit for up to a year. Everyone in Tudor times drank ale even children. The rich also drank wine. Some of the wine was produced in the vineyards of south-England, but most was brought in from Europe. The rich people of Tudor England would have used wine glasses. These were imported from Italy and were incredibly expensive. The poorer people would have drunk from wooden goblets.

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