



# Food Through the Ages: From Stuffed Dormice to Pineapple Hedgehogs

*Anna Selby*

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With people's fascination for food increasing, there are more cookery shows and magazines than ever, Medieval banquets are sold-out events and classic recipes and ingredients are back in fashion, which is what this book sets out to explore.

Highlighting the advantages and disadvantages of each era from Roman times onwards. Anna Selby recreates classic recipes from Epicurius' stuffed dormice to recipes which readers really will want to recreate. She explores how trade and improved transportation increased foodstuffs available and reflects on how we're returning to the old-fashioned notion of seasonal foods – just like our ancestors had to do.



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