

Abstract

Traditionally, medieval cuisine belongs to the realm of historical or cultural anthropology, as the diet reflects the customs of different social classes, ethnic groups and religious regulations (fasting, kosher meals). Meals are part of ritual and change according to economic and social change. The present work deals in a somewhat unconventional way with the question of how period cuisine is cooked today. The increased interest in research on medieval everyday life and courtly society in the last two decades has expanded the level of knowledge of life at the time and made this information available to those interested in history from the general public. Few things are more everyday than the preparation and consumption of food. Yet today, as centuries ago, something as ordinary as cooking seems to have been pushed out of the main field of vision, off the stage on which history is performed. Or is it otherwise? Period cuisine is something more, it brings to life the roots of our eating habits, our culture, and then as now, the communal meal is the cement of the social group.

The object of this paper is to introduce the reader to period cuisine of the first half of the 14th century, and to show the different approaches to period cooking at living history events as paths that, while sharing a common goal, differ markedly in execution. Why is this the case when the initial theoretical basis available is the same? My inspiration and guidance came from conversations with the cooks themselves as well as my own observations. The thesis includes a critical evaluation of the Czech literature on the question of period cuisine, which is a primary source of information for those interested in revived history. We take an unconventional look at what was going on inside the interest group and look literally under the hood.

Key words: everyday life, period cuisine, intangible culture, reenactment