

## A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages


By Andrew Jotischky


 Download

 Read Online

A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky

How did medieval hermits survive on their self-denying diet? What did they eat, and how did unethical monks get around the rules?

 [Download A Hermit's Cookbook: Monks, Food and Fasting ...pdf](#)

 [Read Online A Hermit's Cookbook: Monks, Food and Fastin ...pdf](#)

# A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages

*By Andrew Jotischky*

**A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages** By Andrew Jotischky

How did medieval hermits survive on their self-denying diet? What did they eat, and how did unethical monks get around the rules?

## **A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages** By Andrew Jotischky **Bibliography**

- Sales Rank: #1861427 in Books
- Published on: 2011-08-04
- Released on: 2011-08-04
- Original language: English
- Number of items: 1
- Dimensions: 8.79" h x .78" w x 5.68" l, .90 pounds
- Binding: Hardcover
- 224 pages

 [Download A Hermit's Cookbook: Monks, Food and Fasting ...pdf](#)

 [Read Online A Hermit's Cookbook: Monks, Food and Fastin ...pdf](#)

## Download and Read Free Online A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky

---

### Editorial Review

#### Review

This is a sparkling book, hugely informative about monasticism in general and hermits in particular with the addition of some surprisingly appetising recipes. Mortification and nettles turn out to be only one part of the story of how hermits battled with the devil; hospitality and humility were equally important as was a good knowledge of bread-making and a sound digestion. Tree bark is probably not to everyone's taste.  
(Henrietta Leyser, St Peter's College, Oxford)

Extract Featured  
(*History Today*)

Extract featured in the *Platelicker* section  
(The Big Issue)

Full page extract featured  
(*The Times*)

'What underlies this entertaining, informative account of monastic diet is the unexplored issue of food consumption as a means exercising individual and social control... this is a book that does more than it says on the tin.'  
(*Times Higher Education Supplement*)

Andrew Jotischky's book is a valuable addition to the literature on the monastic life and deserves more than a specialist readership. And it has many appetising monastic recipes. (*BBC History Magazine*)

This is a sparkling book, hugely informative about monasticism in general and hermits in particular with the addition of some surprisingly appetising recipes. Mortification and nettles turn out to be only one part of the story of how hermits battled with the devil; hospitality and humility were equally important as was a good knowledge of bread-making and a sound digestion. Tree bark is probably not to everyone's taste.  
(Sanford Lakoff)

Extract Featured  
(Sanford Lakoff)

Extract featured in the *Platelicker* section  
(Sanford Lakoff)

Full page extract featured  
(Sanford Lakoff)

#### About the Author

Andrew Jotischky is Professor of Medieval History at Lancaster University, UK. He has published widely on

aspects of medieval religious history; his principal publications include *Crusading and the Crusader States* (2004), and *The Penguin Historical Atlas of the Bible Lands*, with Caroline Hull (2009).

## **Users Review**

### **From reader reviews:**

#### **Patrice Gasaway:**

Book is actually written, printed, or descriptive for everything. You can learn everything you want by a reserve. Book has a different type. As it is known to us that book is important factor to bring us around the world. Alongside that you can your reading ability was fluently. A publication A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages will make you to possibly be smarter. You can feel considerably more confidence if you can know about every little thing. But some of you think this open or reading a new book make you bored. It is not necessarily make you fun. Why they are often thought like that? Have you trying to find best book or acceptable book with you?

#### **Gene Kistler:**

In this 21st hundred years, people become competitive in every single way. By being competitive now, people have do something to make these people survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that occasionally many people have underestimated the idea for a while is reading. Yes, by reading a guide your ability to survive enhance then having chance to remain than other is high. For yourself who want to start reading some sort of book, we give you this specific A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages book as nice and daily reading reserve. Why, because this book is greater than just a book.

#### **Santos Ball:**

Here thing why this particular A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages are different and reliable to be yours. First of all reading through a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages giving you information deeper and different ways, you can find any book out there but there is no book that similar with A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages. It gives you thrill examining journey, its open up your eyes about the thing in which happened in the world which is might be can be happened around you. You can actually bring everywhere like in playground, café, or even in your method home by train. For anyone who is having difficulties in bringing the published book maybe the form of A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages in e-book can be your option.

#### **Alexandra Robbins:**

Hey guys, do you wishes to finds a new book to read? May be the book with the subject A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages suitable to you? Typically the book was written by popular writer in this era. The actual book untitled A Hermit's Cookbook: Monks, Food and Fasting in the

Middle Ages is a single of several books which everyone read now. That book was inspired a number of people in the world. When you read this book you will enter the new dimensions that you ever know previous to. The author explained their strategy in the simple way, and so all of people can easily to comprehend the core of this publication. This book will give you a large amount of information about this world now. To help you to see the represented of the world within this book.

**Download and Read Online A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky  
#NZ197AUOL0T**

## **Read A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky for online ebook**

A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky books to read online.

### **Online A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky ebook PDF download**

**A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky Doc**

**A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky Mobipocket**

**A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages By Andrew Jotischky EPub**