



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

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Medieval and Renaissance Cookery, Cookbooks, and Foods from Scandinavia

By THL Johnnae llyn Lewis, CE

The earlier three of these bibliographies on Germany, France, and the Low Countries have been straight-forward with the focus being on the culinary manuscripts, published cookbooks, and other sources, including online resources, associated with each country or region.

Now we come to Scandinavia where there's one surviving early manuscript and the first printed cookbook appears in 1616, which is technically outside the Society's redline of 1600. So in order to provide useful information for the countries now known as Iceland, Denmark, Norway, Finland, and Sweden, I'll stretch that redline to nearly 1700 and then include more suggested academic resources on the foods that were eaten early on plus a few more traditional cookbooks. For those readers and cooks that would like to work with these sources or recipes but don't speak or read the languages, sources in English are once more noted. This guide is once again intended to provide the reader with a number of reliably good sources with which to start one's culinary adventures.

MANUSCRIPTS

HARPESTRENG CODEXS D, K, Q, AND W Early 13th century

The physician Henrik Harpestreng died in 1244. He had little, if anything, to do with the now titled "Harpestraeng" culinary manuscripts, yet his name remains attached to these early 13th century manuscripts of just *35 abbreviated recipes*. The collection survives in four slightly different versions, including 13th century copies in Low German, Old Icelandic, plus two in Old Danish.

Libellus de Arte Coquinaria: An Early Northern Cookery Book. Edited by Rudolf Grewe & Constance B. Hieatt. Tempe, Arizona: MRTS, 2001. [Arizona Center for Medieval and Renaissance Studies, vol. 222]

The Grewe and Hieatt academic volume above examines, discusses, and translates into English each of the different versions of those recipes. It also includes a section on "The Medieval Kitchen," a glossary, and bibliography. Grewe and Hieatt is the volume to own if one wants to study these manuscripts in one convenient volume.

Articles on the manuscripts that are often mentioned, (especially in earlier SCA articles):

Grewe, Rudolf. "An Early XIIIth century Northern-European Cookbook." **Current Research in Culinary History**. [Proceedings of the Conference sponsored by the Schlesinger Library of Radcliffe College and the Culinary Historians of Boston.] Boston: Radcliffe College, 1986, pp. 27-45. [Also included in part in **A Collection of Medieval and Renaissance Cookbooks**] Discusses Codex W.

Larsen, Henning, ed. **An Old Icelandic Medical Miscellany (MS Royal Irish Academy 23 D 43)**. Oslo: Det Norske Videnskaps-Akademi i Oslo, 1931. Pages 214-218 include an early translation of Codex D, which is located in Dublin. Duke Cariadoc's famous recipe

for “Icelandic Chicken” is based upon a recipe from this volume. [Also included in **A Collection of Medieval and Renaissance Cookbooks.**] Larsen was reprinted in 2000 by A M S Press, Incorporated.

Rognvaldardottir, Nanna. “The Harpestreng Manuscripts.” **European Cooking from Rome to the Renaissance.** Colorado Springs: Mary Morman, 2002. [Conference Proceedings on CD.] By the noted Icelandic food historian.

Online:

Professor Thomas Gloning maintains a bibliography on sources related to the manuscripts. See his .pdf “A-HARP || The so-called Harpestraeng-cookbook and other works of Harpestraeng: Sources and studies.”

<http://www.uni-giessen.de/gloning/kobu.htm#bibl> p. 34.

Online versions of the original manuscripts for Codex K and Codex Q are linked through the index at: <http://www.medievalcooking.com/etexts.html>

Codex Q is at: <http://www.notaker.com/onlitxts/molbech.htm>

A digital scan of the remarkably pretty Codex K [NKS 66 8°: Harpestræng: Liber Herbarum] is at: <http://tinyurl.com/yftues3>

PRINTED BOOKS

The 17th century saw printed cookbooks appear in both Swedish and Danish; however, the works in large part are based on previously published German and French cookbooks. Most of these works have not appeared as facsimiles, nor have they been scanned and made available on the web. (Details on the original German and French works appear in my earlier 2011 **Gauntlet** bibliographies.)

KOGE BOG (1616) [Danish]

Subtitled: **indeholdendis et hundrede fornødene stycker ...**, (*Cookbook: Containing one hundred necessary pieces about brewing baking cooking preparing snaps and mead which are useful for housekeeping*) this is the earliest cookery book printed in a Scandinavian country. The first parts concern baking, brewing, distilling, and vinegar making. The actual recipes, according to Notaker, are based on Johann Coler’s **Oeconomia oder Hausbuch** from 1593. Later editions are 1625 and 1637. The 1616 edition survives as one unique copy, making it a very rare volume.

A facsimile of the 1616 volume is available and can be ordered from antiquarian booksellers. **Koge bog : indeholdendis et hundrede fornødene stycker ...** Wormianum: Aarhus, 1966. 2nd edition. 2009. Includes an afterword on the typeface, weights, and a short glossary.

Online versions in Danish appear at:

The 1616 is at <http://www.staff.hum.ku.dk/duds/DSST/XML/KOGEBOG.xml>

Also see <http://www.notaker.com/onlitxts/kogebog.htm>

A digital scan of the 1625: <http://www.kb.dk/permalink/2006/manus/695/>

The online English translation by Martin Forest of the 1616 edition is not always easily available. Try <http://forest.gen.nz/Medieval/articles/cooking/1616.html>

It can also be located through the Wayback Machine or through a cached file in Google. Recipes can still be searched through the index at <http://www.medievalcookery.com/search/search.html>

ANDREAS SPARMAN (1642) [Swedish]

Sparman (1608-1659) was a Swedish doctor and the author of the dietary work **Sundhetzens speghel uthi hwilken man beskodhar sundhetzens nature....** This work contains advice on diet and health and is listed by some bibliographers as Sweden's first recipe book. Another edition is dated is 1686.

The 1686 is online at: <http://tinyurl.com/3jdszwzq>

ANNA WECKER OR WECKERIN (1647 and 1648) [Danish]

The volume **En artig oc meget nyttelig Kogebog** (*A Good and Very Useful Cookbook*) by “**Frue Anna Weckerin**” appears a number of times and in a complicated fashion. It was first published as a section in the 1647 volume titled **Horticultura Danica**. A year later in 1648, the printer Peter Hake for Jorgen Holst in Copenhagen then printed the work in a separate volume.

The work itself is based in part on Anna Weckerin's **New kostlich und Nutzliches Kochbuch** from 1620, which was itself a rearranged text of her earlier, original 1597 German cookbook. The 406 recipes in **En artig oc meget nyttelig Kogebog** are taken from this 1620 Weckerin volume and also in part from the 1616 **Koge Bog**.

The work was later published as a part again of another larger work titled **Oeconomia nova Paa Danske** in 1649, and it was even reorganized and reprinted again by itself in 1675. For more on Anna Wecker or Weckerin, please see my bibliography on German cookery books. Please note that some catalogs list the author of this Danish volume as Anna Weckerin.

EN LIDEN ARTIG KONST-BOG (1649) [Danish]

Includes recipes for confections, preserves, vinegar, and beer. Published also as Section VI-VII of the volume **Oeconomia nova Paa Danske: Med Andre Hosføyede Tractater** again by the printer Peter Hake for Jorgen Holst in 1647-1649. A new edition was published in 1733.

OECONOMIA NOVA PAA DANSKE (1649) [Danish]

Based in part on two earlier volumes listed above: **En artig oc meget nyttelig Kogebog** from 1648 and **En Liden artig Konst-bog** from 1649. **Oeconomia nova Paa Danske: Med Andre Hosføyede Tractater** is another volume by the printer Peter Hake for Jorgen Holst. According to WorldCat, the **Oeconomia** includes: “IV. Horticultura danica --,” “V. En artig og meget nyttelig Kogebog --,” and “VI-VII. En liden artig Konst-Bog, hvor udi indeholdis --.”

EEN LITEN KOCKEBOOK or **LIJTEN KOCKEBOOK** (1650) [Swedish]

Published in Stockholm, **En** or **Een Liten kockebook** (*A Little Cookbook*) is the first true cookery book in Swedish. It's a compilation with recipes taken from a number of earlier German cookery books. Notaker points out that the salad recipes are in part from Marx Rumpolt's **Ein Neu kochbüch** of 1581. Other recipes are from the earlier German volume **Kuchenmeistereii**. Johann Coler's **Oeconomia oder Hausbuch** is the source for some of the meat recipes. The work was reprinted in 1658.

Reprints:

Per Erik Wahlund released a reprint of the 1650 **Een Lijten Kockebook** under the title **En Gammal Svensk Kokbok från år 1650**, Bokförlaget Fabel in 1962 and again in 1990. A description of the work indicates that it offers normalized spelling, an expanded glossary, index, and "a survey of old Swedish cookbooks."

ROMBLE SALÉ (1664) [Swedish]

Romble Salé's volume is titled: **Then frantzöske-kocken och pasteybakaren, lärandes huru allehanda slags maath, rätter, pasteyer, tårtor, smörbakelser, kokas och tillagas skola. ... Nu nyligen på thet swenska språket vthgångit, igenom Romble Sale. ... Vppå hans egen bekostnadt.**

The book contains recipes taken from La Varenne's **Le Cuisinier Francois** with the second part taken from **Le Patissier Francois**. The book ends with a section on gardening and orchards. Salé was a master cook for the nobility and the household of Gustaf Soop. The book was reprinted in 1684; that edition includes a new section titled "Then Swenska Kocken" (The Swedish Cook) which consists of recipes from the earlier **En Liten kockebook**.

The 1664 edition is reprinted as:

Romble Salé: **Then Frantzöske Kochen och Pasteybakaren....** Uppsala: Faks.-utg. Västerås Samtid, 2000 . (Nina tr.) [16], 224 pp. ISBN:91-973682-1-0

ICELAND AND NORWAY

The earliest printed cookbook in Iceland is dated 1800. According to Notaker the work is:

Stephensen, Marta María. **Einfalt Matreiðslu Vasa-Qver**. Leirárgörðum vid Leirá, 1800. It's available as a reprint from 1998 by Söguspekingastifti, Hafnarfirði, Iceland. ISBN 9979-9231-2-1

The earliest printed cookbook in Norway is dated 1831. According to Notaker the work is: Bang, Maren Elisabeth. **Huusholdnings-Bog**. Christiania 1831. The work appeared as a facsimile in 1993 by Bjørn Ringstrøms antikvariat. Oslo, Norway. With an Introduction by Henry Notaker.

VIKING OR NORSE FARE

The Viking age left little if any descriptions or information as to cookery practices, recipes, or menus. The underlying, often unvoiced, question when recreating this fare is always: how would Viking cookery be different than say the Anglo-Saxon or Germanic cookery of the same age? Is there anything in fact that would be distinctly Viking? Reconstructing the fare of the Viking Era and early medieval Scandinavia takes creativity combined with culinary skills and historical research. What did they eat and how can we recreate that fare today in the Society?

Rather than being a comprehensive listing, the titles listed here are intended to give the reader an idea of where to start, and the breadth of information available. The focus is on works published in English.

Histories

Of the hundreds of volumes that have been written about the Vikings and on aspects of their culture, only a limited number even mention food. Some that do include:

The Cambridge History of Scandinavia. Ed. By Knut Helle. Vol. 1: Prehistory to 1520. Cambridge: Cambridge University Press, 2003. This academic reference volume provides information on agriculture, the grain trade, fishing, culture, etc. Excellent bibliography. Also good on the medieval period.

Vikings. A North Atlantic Saga. Ed. By William W Fitzhugh & Elizabeth I. Ward. Washington, DC: Smithsonian, 2000.

Heywood, John. **Encyclopaedia of the Viking Age.** London: Thames & Hudson, 2000.

Foote, P.G. & D. M. Wilson. **The Viking Achievement.** London: Sidgwick & Jackson, 1970.

Jesch, Judith. **Women in the Viking Age.** Woodbridge: Boydell & Brewer, 1991. Discusses women in the home and food preparation in a few pages.

Wolf, Kirsten. **Daily Life of the Vikings.** Westport, CT: Greenwood, 2004. Contains basic sections on agriculture and food and drink.

Cultural Atlas of the Viking World. Ed. by James Graham-Campbell et al. NY: Facts On File, 1994. Not much on food but an excellent gazetteer with maps and photographs.

The Sagas

Brock, Jesse, L. **Medieval Iceland. Society, Sagas, and Power.** Berkeley: University of California, 1988. 1990. The History of medieval Iceland told through the sagas.

The Elder Edda: A Book of Viking Lore. Trans. & ed. Andy Orchard. London: Penguin, 2011.

Also see:

Sturluson, Snorri. **Heimskringla or The Chronicle of the Kings of Norway.** From circa 1179 - 1241. An Online Medieval & Classical Library Release. <http://omacl.org/Heimskringla/>

The Icelandic Saga Database. <http://www.sagadb.org/>

Representative Journal Articles

Food & Drink in Archaeology 1 [Prospect Books, 2008] contains the following papers:
“Dinner at the Edge of the World: Why the Greenland Norse Tried to Eat a European Diet in an Unforgiving Landscape” by Elizabeth Pierce. Pp. 96-103 and “Living and Eating in Viking-Age Towns and their Hinterlands” by Kristopher Poole. Pp 104-112;

Conference on CD

Rognvaldardottir, Nanna. “Early Icelandic Cooking: The impact of the new environment on traditional Scandinavian practices.” **European Cooking from Rome to the Renaissance**. Colorado Springs: Mary Morman, 2002. [Conference Proceedings on CD.] By the noted Icelandic food historian.
Also see: Rögnvaldardóttir, Nanna. “What Did They Eat?– Icelandic food from the Settlement through the Middle Ages.”<http://www.gestgjafinn.is/english/nr/349>
And also see: <https://nannarognvaldar.wordpress.com/a-little-food-history/>

Free Online Resources

The Viking Project, including the Mosfell Archaeological Project: A Viking Landscape, has been adopted by the UCLA Center for Medieval and Renaissance Studies.
http://www.cmrs.ucla.edu/projects/mosfell_dig.html and <http://www.viking.ucla.edu/>

The Viking Society for Northern Research has placed on the Internet virtually all its publications from 1895 through 2005. <http://vsnrweb-publications.org.uk/>
Likewise, the Society for Medieval Archaeology's has placed the first fifty volumes of Medieval Archaeology online at: <http://ads.ahds.ac.uk/> Both mention foods in passing.

Those interested in the Vikings in York England might want to bookmark and explore The York Archaeological Trust at <http://www.yorkarchaeology.co.uk/index.htm?t=hp>

BBC History also offers articles. Scott, Russell. “Viking Food.”
http://www.bbc.co.uk/history/ancient/vikings/food_01.shtml

Also consider the work of the Nordic Food Lab <http://nordicfoodlab.org/>

VIKING COOKERY

There are three recent volumes in English on plausible Viking Cookery. These are:

Krasna-Korycińska, Małgorzata. **Viking and Slavic Cuisine. Recipes Included.**
Szczecin: Triglav, 2011? <http://www.triglav.com.pl/> “One of the most important everyday living activities was (and still is) eating, as well as, winning, processing, preserving, and serving food. This guidebook was created to facilitate reconstruction of this domain and to help with improving the activities already taken up.”

Karg, Sabine, Regula Steinhauser-Zimmerman, and Irmgard Bauer. **A Culinary Journey Through Time: A Cookery Book with Recipes from the Stone Age to the Middle Ages.** Brøndby Strand,

Denmark: Communicating Culture & Museum für Urgeschichte(n) Zug (2011). Well worth looking at.

Serra, Daniel and Hanna Tunberg. *An Early Meal - A Viking Age Cookbook & Culinary Odyssey*. Furuland, Sweden: ChronoCopia Publishing, 2013.

Viking Age culinary practices and mouthwatering recipes based on archaeological finds and experimental archaeology. Described at:

<https://www.facebook.com/pages/An-Early-Meal-A-Viking-Age-Cookbook-Culinary-Odyssey/416525951771056> and <http://chronocopiapublishing.com/books/early-meal-viking-age-cookbook-and-culinary-odyssey>

ANGLO-SAXON VOLUMES:

These academic works cover the same time period and mention the Vikings at least in passing:

Banham, Debby. **Food and Drink in Anglo-Saxon England**. Stroud, Gloucestershire: Tempus, 2004.

Hagen, Ann. **Anglo-Saxon Food and Drink**. Hockwold cum Wilton, Norfolk, England: Anglo-Saxon Books, 2006. Combined one volume version of: **A Handbook of Anglo-Saxon Food: Processing and Consumption**, 1992, and **A Second handbook of Anglo-Saxon Food & Drink : Production & Distribution**, 1995. Hagen works are classics that are widely cited.

Magennis, Hugh. **Anglo-Saxon Appetites. Food and Drink and Their Consumption in Old English and Related Literature**. Dublin: Four Courts Press, 1999.

Pollington, Stephen. **The Mead-Hall. Feasting in Anglo-Saxon England**. Hockwold cum Wilton, Norfolk, England: Anglo-Saxon Books, 2003. Numerous mentions of Viking customs.

SOURCES ON FOOD HISTORY IN SCANDINAVIA

These sources may cover more than one historical period.

The Agrarian History of Sweden. From 4000 bc to ad 2000. Ed. Janken Myrdal & Mats Morell. Lund: Nordic Academic Press, 2011. New work on agriculture in Sweden. Covers what was grown in the Viking and later medieval periods.

Beyond the Catch: Fisheries of the North Atlantic, the North Sea and the Baltic, 900-1850. Edited by Louis Sicking, Darlene Abreu-Ferreira. Leiden and Boston: Brill, 2009. Examines the history of fisheries in the North, inc. the Baltic.

Bringeus, Nils-Arvid. **Man, Food and Milieu**. East Linton, Scotland: Tuckwell Press, 2001. This "Swedish approach to food ethnology" might prove valuable if creating a later medieval Swedish feast.

Medieval Food Traditions in Northern Europe. Edited by Sabine Karg. Copenhagen: National

Museum of Denmark, 2007. (National Museum Studies in Archaeology & History volume 12.) Botanical lists of plants gleaned from various sites. Hanseatic Germany, Estonia, and Northern Poland; medieval Finland; Sweden and the Hanse; also medieval Denmark; and Norway. [Regionally, Michigan State actually owns this book.]

Notaker, Henry. **Food Culture in Scandinavia**. Greenwood, 2009. New guide by the noted Norwegian food historian. Covers ingredients with a short historical overview. Very good bibliography with most sources, alas, being non-English materials.

Sample Articles include:

Skaarup, B. "Sources of medieval cuisine in Denmark." In **Du Manuscrit à la Table**. Edited by Carole Lambert. Montréal/ Paris: Université de Montréal and Champion-Slatkine, 1992, pp. 39-43.

Simonsson, Mikael, "'A People who Eat Wood and Drink Water, the Devil can not Persuade, nor can Man.' Food in Rural Areas During the Middle Ages (ca. AD 1050–1532) in County Dalarna, Sweden: An Example from Västannorstjärn." **Food & Drink in Archaeology 1** [Prospect Books, 2008].

SOURCES FOR COOKERY IN SCANDINAVIA

For those in search of traditional recipes, the following cookbooks are recommended as sources for ideas, information, inspiration, methods, and techniques. These are not the cutting edge modernist Scandinavian cookbooks of **NOMA** or **Aquavit** but helpful works on traditional cookery with recipes and/or photos:

Hahnemann, Trina. **The Scandinavian Cookbook**. Kansas City, MO: Andrews McMeel, 2008, 2009. Appealing recipes, inc. many for fish and game. Beautiful photography.

Plum, Camilla. **The Scandinavian Kitchen**. London: Kyle Books, 2010, 2011. Great overview of ingredients commonly found in traditional cookery. With recipes. With the exception of the potato section, the other foods have been staple fare for centuries.

Rognvaldardottir Nanna. **Icelandic Food and Cookery**. New York: Hippocrene, 2002. This work contains recipes plus an excellent history of Icelandic foods by a noted food historian. Nanna is also the author of **Matardst** [An Icelandic encyclopedia on food and cooking], Reykjavik, 1998 and **Cool Dishes**, 2004, a work in English on traditional Icelandic fare. See also her blog at: <https://nannarognvaldar.wordpress.com/a-little-food-history/> [Nanna was a member of the SCA Cooks List for many years and a number of her posts may be found archived at <http://www.florilegium.org/>]

Rosenberg, Judith Pierce. **A Swedish Kitchen. Recipes and Reminiscences**. New York: Hippocrene, 2004. Includes chapters on eating a "medieval meal" in modern day Visby, medieval markets, and living culinary history.

Scott, Astrid Karlsen. **Authentic Norwegian Cooking**. 12th ed. Olympia. WA: Nordic Adventures, 2002. Translation of **Ekte Norsk Mat**. Traditional foods with recipes.

Stokker, Kathleen. **Keeping Christmas. Yuletide Traditions in Norway and the New Land**. St. Paul, MN: Minnesota Historical Society Press, 2000. Need ideas for a Norwegian Christmas event, this is the volume to check out.

Viking Cookbook. Introduction by Dr. Tom Bloch-Nakkerud. Oslo: Egmont Boker Fredhoi, SFG, 199?. Any book titled as the **Viking Cookbook** which is not a tailgate cookbook for a certain football team, deserves a mention. Actually it's not a bad work, if little seen or known. The 40 page cookbook contains 50 recipes for *plausible* Viking era dishes. Could provide inspiration and a recipe or two. It can be interlibrary loaned.

Fish

With fish being a major ingredient in both medieval and modern Scandinavian cookery, a volume like Alan Davidson's **North Atlantic Seafood** (3rd ed., 2003) provides information not only on varieties of fish, but also recipes. Great bibliography.

Riddervold, Astri. **Lutefisk, Rakefisk and Herring in Norwegian Tradition**. Oslo: Novus Press, 1990. The place of fish in the "ancient" or past Norwegian diet.

Breads and Pastries

Everyone loves Scandinavian baked goods. For those recipes see volumes by Beatrice Ojakangas or see:

Hedh, Jan. **Swedish Breads and Pastries**. New York: Skyhorse Publishing, 2010. Comprehensive work on Swedish traditional baked goods with photographs.

Swedish Cakes and Cookies. Trans by Melody Favish. New York: Skyhorse Publishing, 2008. 300 recipes for traditional cakes and cookies. Not period, but a great source.

If you want to make Scandinavian flatbreads, such as Norwegian crispbreads and wrapping breads or Finnish barley breads, the best source remains Jeffery Alford & Naomi Duguid's **Flatbreads and Flavors. A Baker's Atlas**. 1995, 2008.

To date, there is no Culinaria volume on Scandinavian cuisine and foods, but we do have these heavily illustrated volumes, which offer some historical comments. Each volume in the series is published by Hermes House or Arness in London and offers "Traditions, Ingredients, Tastes, Techniques, Recipes."

Hill, Anja. **The Food and Cooking of Finland**. 2009.

Laurence, Janet. **The Food and Cooking of Norway**. 2007.

Mosesson, Anna. **The Food and Cooking of Sweden**. 2006, 2008.

Last, but not least:

Fredrikson, Karin and J. Audrey Ellison, trans. **The Great Scandinavian Cookbook. An Encyclopedia of Domestic Cookery.** London: George Allen and Unwin, 1966, 1968. (Numerous editions inc. NY: Crown, 1967.) At 734 pages and offering hundreds of traditional recipes, including desserts and pastries, **GSC** is the Scandinavian “**Joy of Cooking**”. This was the treasured standard source for many early Society feasts and although they were perhaps “Viking” in name only, they still contained lots of good food. **GSC** is still the place to look when looking for where a certain long lost favorite “Viking” recipe came from like that white fish pudding served in 1980. Still worth a look.

SCA RESOURCES AND ADDITIONAL PROJECTS

For as long as there have been Vikings in the Society, there have been Viking feasts. These have and still range from the almost traditional all one can eat grilled meat (lots of meats) and mead/ale feasts to as authentic as can be possible in modern times. As previously stated, reconstructing the fare of the Viking Era and early medieval Scandinavia takes creativity combined with culinary skills and historical research. So how have Society Cooks and others recreated this fare or written about it? Here are some sources:

Tournaments Illuminated number 173, 2010 carried a feature article on “Viking Cookery: Four Perspectives” including “Finnish Butter,” “Viking Cookery,” “Norse Foodstuffs by Region” by Terry Broberg-Swangin (Meistara Thorhalla Carlsdottir af Broberg) and a bibliography by this author.

Online

As examples, here are reports on two recent feasts that have sought to be as authentic as possible. Both include sources and notes on recreating each feast.

Smithson, Louise (Baroness Helewyse de Birkestad). “Coronation of Ullr and Anne Lyse 2010. “As authentic to 10th century Scandinavia as possible.” With recipes.
http://feasts.medievalcookery.com/data/20100925_coro.html

Troy, Philip (Master G. Tacitus Adamantius). “An Icelandic Feast.” Read both parts for the full write up. Icelandic-Fst-art - 12/4/09 <http://www.florilegium.org/> and from the SCA Cooks List
<http://tinyurl.com/3vnw4xa>

Blogs

“Viking Food Guy Recreating the food and drink of the Viking Age (and others).”
<http://www.vikingfoodguy.com>

Another food blog that examines Viking cookery is <http://eldrimner.wordpress.com>

Websites and Lists

Priest-Dorman, Carolyn. **Archaeological Finds of Ninth- and Tenth-Century Viking Foodstuffs.** 1999. <http://www.cs.vassar.edu/~capriest/vikfood.html>

The Web site vikinganswerlady.com <http://vikinganswerlady.com> talks about Viking food on her website and is widely mentioned.

Ravenstead Household's links to Viking foods and fare can be found at:
<http://www.oocities.org/ravensteadhousehold/rsnorsefood.htm>

Medievalcookery.com provides an easy gateway to numerous cookery books, including the Koge Bog.
<http://www.medievalcookery.com/etexts.html>

The **SCA Cooks List** discusses historical food, sources, and books. These posts often are archived in the **Florilegium**. Stefan's Florilegium is on the web at: <http://www.florilegium.org> Look there for articles on past Viking and Scandinavian banquets, dishes, menus, and sources.

Academic or Non SCA sites include

Centre for the Study of the Viking Age. UK: University of Nottingham.

<http://www.nottingham.ac.uk/research/groups/csva/index.aspx>

Early Medieval Norse Food & Feasting. Skadi Forum, the largest Germanic online community forum
<http://forums.skadi.net/showthread.php?t=73771>

The loosely associated group **Hurstwic** provides an illustrated website.
http://www.hurstwic.org/history/articles/daily_living/text/food_and_diet.htm

Regia Anglorum provides articles on the Viking period <http://www.regia.org/listings.htm> as do the email lists maintained by Vikings-NA <http://www.vikingsna.com/> and The Vikings.
<http://www.vikingsonline.org.uk/>

A Word on Searching

The popular way to research today is to simply turn to various online databases and type in a few words. (Very few retreat to the stacks to browse books on the shelves.) Readers with university or college library privileges should explore the numerous academic databases for current and retrospective academic articles of interest. Try a search on **JSTOR** to retrieve earlier articles and in **ArticleFirst** for current articles in addition to just *googling* the topic. Or try **WorldCat**, which is now free and open to all. Searches in library catalogs may use the subject headings of: Cooking, Viking; Vikings—Food; and Food Habits—History—To 1500

As a note, Google and other database searches may be hampered by using the term “Viking.” Too often using “Viking” as a search term turns up the thousands of books published by the Viking Press and not items of interest. Online resources gathered through searching via *Google* can range from the outright silly like “Norse Gods Love Rosettes” and “The Viking Diet” (Axe the Fat on the Viking Diet) on *eHow* to serious well researched papers and reports by well respected academics. Please do try to evaluate the source and author before accepting any information on Viking foods at face value. It may be far more lore than fact.

Besides trying the obvious food, drink and cookery categories, please be willing to explore such topics as archaeology, agriculture, fishing, trade, domestic artifacts, role of women, preservation methods, etc. Try a variety of search terms and tailor the search to the database. (They do vary in search structure.) Articles of interest may be located in a number of places.

Lastly, let me mention that this is an excellent topic to research using libraries and through interlibrary loan. The volumes can be very expensive, and given the limited amount of information the volumes often provide, many are simply too expensive for the home library. Be sure to include and carefully note all sources when Xeroxing relevant pages.

Selected Sources Used in the Construction of the Bibliography

A Collection of Medieval and Renaissance Cookbooks. Compiled by Duke Cariadoc and Duchessa Diana. Sixth Edition, 1991.

Cagle, William R. **A Matter of Taste. A Bibliographical Catalogue of International Books on Food and Drink.** Second edition, revised and expanded. New Castle, Delaware: Oak Knoll Press, 1999.

Gold, Carol. **Danish Cookbooks. Domesticity & National Identity, 1616-1901.** Seattle: University of Washington Press, 2007. Provides information on Danish cookery and cookbooks.

Notaker, Henry. “Henry Notaker’s Old Cookbooks and Food History.” 11 Aug 2010.
<http://www.notaker.com/>

Notaker, Henry. **Printed Cookbooks in Europe, 1470-1700.** New Castle, Delaware: Oak Knoll Press, 2010.

Also extensive use was made of various catalogues, as well as Professor Gloning’s and Daniel Myers’s websites as mentioned in the article. As always my thanks to my friends on the SCA Cooks List for their posts on Scandinavian books and cookery.

Those interested in browsing titles for possible purchase on the subjects of archaeology, Scandinavia, food history, etc. might check out the David Brown /Oxbow book website
<http://www.oxbowbooks.com/>

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