



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Winter 2016

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This is the Summer 2015, issue of the Citadel, a publication of the Barony of Cynnabar of the Society for Creative Anachronism, Inc. (SCA, Inc.)

The Citadel is available from

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251 Stevens Dr, apt 202
Ypsilanti, MI, 48197

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Starting Points in Cookery: The East

For points East and for our last Compass Point look at culinary sources, we examine “Sources for Recreating the Cookery of Poland.”

Medieval and Renaissance Cookery, Cookbooks, & Foods from Poland

Now we come to Poland where there are two surviving printed cookbooks and one book of secrets appearing prior to 1700. As with my earlier bibliography on Scandinavia, I'll include sources, which are much later than the Society's ending line of 1600. I'll also include more suggested academic resources on the foods plus a few more traditional cookbooks. For those readers and cooks who would like to work with these sources or recipes but don't speak or read the languages, sources in English are once more noted, but please be aware these are few in number. 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

Sources indicate there are no surviving Polish medieval culinary manuscripts, but I have identified two culinary manuscripts from the 17th century. They are:

POVARENNAYA KNIGA MS 931

Late 17th Century Post 1682

This first manuscript is a true oddity. From the title, I thought it was perhaps some unknown manuscript, but it turns out to be a manuscript copied from a known printed book. Professor H. Leeming found and identified this manuscript in the then Lenin Library in Moscow some forty plus years ago. The Russians had mistakenly catalogued it as a translation from the German, but in reality, it's a handwritten copy of Stanislaw Czerniecki's 1682 **Compendium Ferculorum**, making it a Polish culinary book translated into Russian, which now survives as this sole copy. It's currently held by the National Library in Moscow and is described in:

Leeming, H. "A 17th-Century Polish Cookery Book and Its Russian Manuscript Translation." **The Slavonic and East European Review**. Vol. 52, No. 129 (Oct., 1974), pp. 500-513. JSTOR: Article Stable URL: <http://www.jstor.org/stable/4206944>

[According to my research in various citation indexes, it would seem that the article has not been extensively cited in other publications, (maybe zero citations in fact) but it is worth reading for what it has to say about the language of cookery in 17th century Poland and Russia. It talks extensively about words associated with various plants.]

MODA BARDZO DOBRA SMAŻENIA RÓŻNYCH

1686-1688

The above manuscript has also been called "unknown" and "highly unusual." It has been published as:

Moda bardzo dobra smażenia różnych konfektów i innych słodkości, a także przyrządzania wszelakich potraw, pieczenia chleba i inne sekreta gospodarskie i kuchenne. Edited by Jarosław Dumanowski and Rafał Jankowski. [Series: Monumenta Poloniae Culinaria. Vol. II.] Wydawca: Muzeum Pałac w Wilanowie, 2011. ISBN: 978-83-60959-18-3

According to descriptions, this Polish title could be translated as: ***Fashion very good cook different confectionery and other sweets, and cooking all sorts of dishes, baking bread and other household and kitchen secretariat.*** It is the second volume in the series **Monumenta Poloniae Culinaria**. The little known manuscript dates back to the years 1686-1688. The author was an anonymous writer in the court of the Radziwiłł family in Nesvizh. This Radziwiłłowska volume describes the cuisine of the aristocratic family and court and features such dishes such as "soup, morszele, capons," and also a substantial number of pastry and confectionery recipes - a total of 363 recipes in all.

PRINTED BOOKS

KUCHMISTRZOSTWO

circa 1535-1550

There are three Polish editions of **KUCHMISTRZOSTWO** (*The Art of Cooking and Cellaring*). The work was originally printed in Prague as the **Kucharstwij** in the Czech language in 1535. The original Czech edition contained 210 recipes, later increasing to 461. (None of these Polish or Czech volumes, according to Notaker, are translations or based upon the famous German cookbook known as the **Kuchenmeisteri**, which first appeared in 1485.) The **KUCHMISTRZOSTWO** is the first cookbook printed in the Polish language, although many sources list the more famous 17th century work **Compendium ferculorum** as the first. The known and sometimes fragmentary Polish editions are:

The first known edition is circa 1535-1547. **KUCHMISTRZOSTWO** printed in Krakow by Hieronym Wietor. Anonymous translation from the Czech.

The next edition is dated 1540-1550 or 1546-1553. **KUCHMISTRZOSTWO**, printed again in Krakow by Maciej Szarffenberg or Szarfenberg. Notaker only mentions a surviving fragment.

The third edition of the **KUCHMISTRZOSTWO** is again printed in Krakow ca 1550 by Florian Ungler. Leeming asserts that Ungler's widow Helena Unglerowa published it in 1544.

Notaker cites the **Bibliografia Literatury Polskiej, Nowy Korbut** (Warsaw 1963) as his source for details about all of these very rare volumes.

Reprints:

Wolski, Zygmunt. **Kuchmistrzostwo: Szczątki druku polskiego z początku w XVI wydał w podobiznie oraz wstępem zaopatrzył.** [Zygmunt Wolski, pomocnik bibliotekarza ordynacyi hr. Krasinskih w Warszawie ...]. Biała Radziwiłłowska: Nakładem Zygmunta Wolskiego, 1891. The note in the OCLC record reads: "[Küchenmeisterkunst. Überbleibsel einer polnischen Druckes aus dem Anfange des 16 Jahrhunderts, im Facsimile herausgegeben und mit einer Einleitung versehen von ...]." Possibly published in part.

Polské kuchmistrzostwo překladem staročeského kuchařství Pavla Severina z r. 1535. Edited by Cenek Zibrt. Lwow: Zakład Narodowy, 1926. [Polish translation of the Old Czech cookery book **Kuchmistrzostwo** Paul Severin from the year 1535 / Čeněk Zíbr.]

The following volume is catalogued by OCLC under **Kuchmistrzostwo**.

Katalog zbiorów działu historii rzemiosła. Z. 1, Rzemiosła: ciastkarstwo, cukiernictwo,

kuchmistrzostwo, młynarstwo, piekarstwo, rzeźnictwo. Edited by
Elżbieta Bimler-Mackiewicz and Aniela Przeliorz. Rybnik: Muzeum, 1993. 95 pp.

Alessio. **HERBARZ TO IEST ZIÓŁ TUTECZNYCH** 1568.

The Polish edition of Alessio's **The Secretes of the Reuerende Mayster Alexis of Piemount** is titled:
**Herbarz to iest Ziół tutecznych, postronnych y zamorskich opisanie, co za moc mają, a iako ich używać
tak ku przestrzeżeniu zdrowia ludzkiego, iako ku uzdrowieniu rozmaitych chorob [...]. Przydano
Alexego Pedemontana Księgi ośmioro o tajimnych a skrytych Lekarstwiech [...]**

The printer was Szarfenberger, Mikołaj (1519-1606) of Druk. 1568. Worldcat also lists a 1620 edition.

Online:

<http://www.dbc.wroc.pl/dlibra/doccontent?id=8241&from=PIONIER%20DLF>

Czerniecki, Stanisław. **COMPENDIUM FERECULORUM** 1682

Czerniecki's **COMPENDIUM FERECULORUM ALBO ZEBRANIE POTRAW** (*A Collection of Dishes and Recipes*) was first printed in Krakow in 1682. While it is not the first cookbook printed in Poland, it can be said to be the first original cookery book assembled by a Polish chef. The author had been employed as a master cook in the household of a Krakow magnate. The work includes a hundred ways of cooking meat dishes, then moves onto fish, and finishes with dairy foods, pies, cakes and pastries. It also includes advice on staffing kitchens and households, the role of the cooks, plus inventories of needed equipment. Besides the original edition in 1682, there were later printings with additional material in 1730, 1753, and 1755.

Online at: <http://www.wbc.poznan.pl/dlibra/docmetadata?id=66766>

Reprints:

Czerniecki, Stanisław. **Compendium ferculorum albo Zebranie potraw.** Edited by Wacław Walecki.
Kraków: Collegium Columbinum, 1999, 2004. Facsimile. 95 pages.

Czerniecki, Stanisław. **Compendium ferculorum albo Zebranie potraw.** Edited by Elizabeth Chodkiewicz-Przyrkowski or Elżbieta Chodkiewicz-Przyrkowska. Jędrzejów, Poland: Oficyna Wydawnicza Poligrafia, 2002. Facsimile. With leather hand bindings made in the workshops of the Artistic Publishing House in Koszalin. http://www.kurtiak-ley.com/artist_books/compendium_ferculorum/

Czerniecki, Stanisław. **Compendium ferculorum albo Zebranie potraw.** Edited by Jarosław Dumanowski, Magdalena Spychaj, and Stanisław Lubomirski. [Series: Monumenta Poloniae Culnaria. Vol. I.] Warszawa: Muzeum Pałac w Wilanowie, 2009, 2010. 240pp. 70 illustrations. ISBN 978-83-60959-01-5

This is the first volume in the series **Monumenta Poloniae Culnaria**. Besides the original recipes, the work includes essays on Polish food history, a glossary of culinary terms, and a subject index. A selection of the recipes from the volume along with a biography of the author has been published in the following work:

Sekrety Kuchmistrzowskie Stanisława Czernieckiego: Przepisy z Najstarszej Polskiej Książki Kucharskiej z 1682 Roku. Edited by Jarosław Dumanowski, Andrzej Pawlas, and Jerzy Poznański.
Warszawa: Muzeum Pałac w Wilanowie, 2010.

See also Jarosław Dumanowski on “Stanisław Czerniecki. The First Cook of the First Commonwealth,” appearing at:
http://www.wilanow-palac.pl/stanislaw_czerniecki_the_first_cook_of_the_first_commonwealth.html and

Monumenta Poloniae Culinaris <http://www.historiakuchni.pl/index.php/monumenta-poloniae-culinaris/53-monumenta-poloniae-culinaris>

OTHER SOURCES

There is a rich and often overlooked source in England's printed literature of travelers' accounts and histories of Poland dating back to the 16th and 17th centuries. Many contain descriptions of foods, banquets, and court celebrations. See for instance these works in English:

Connor [O'Connor?], Bernard. **The history of Poland in several letters to persons of quality, giving an account of the antient and present state of that kingdom, historical, geographical, physical, political and ecclesiastical ...** London: 1698. 2 volumes. EEBO.
http://www.wilanow-palac.pl/bernard_o_connor_s_the_history_of_poland.html

Dalairac, M. **Polish manuscripts, or, The secret history of the reign of John Sobieski the III, of that name, K. of Poland containing a particular account of the siege of Vienna ... the whole intermix'd with an account of the author's travels thro' Germany, Poland, Hungary, &c.** London: 1700. EEBO.

Middleton, Thomas. **Sir Robert Sherley, sent ambassadour in the name of the King of Persia, to Sigismund the Third, King of Poland and Swecia, and to other princes of Europe his royall entertainment into Cracovia, the chiefe citie of Poland, ...** London: 1609. 22pp. EEBO. Or Available in: **Thomas Middleton: The Collected Works and Companion.** Edited by Gary Taylor, John Lavagnino. Oxford: Clarendon Press, 2007.

Tende, Gaspard de. **An account of Poland containing a geographical description of the country, the manners of the inhabitants, and the wars they have been engag'd in, ... : with a brief history of the Tartars / by Monsieur Hauteville ...** London: 1698. May be purchased as an EEBO edition through Amazon. Available also through EEBO.

Moryson, Fynes, 1566-1630. **An itinerary vvritten by Fynes Moryson Gent. First in the Latine tongue, and then translated by him into English: containing his ten yeeres trauell through the tvelve dominions of ... Poland, Italy, Turkey, France, England, Scotland, and Ireland. Diuided into III parts.** London: 1617. EEBO. Chap. III discusses Poland. <http://archive.org/details/fynesmorysons04moryuoft>

ACADEMIC SOURCES ON FOOD HISTORY IN POLAND

Baraniewski, Waldemar, **Kuchnia i Stół w Polskim Dworze.** Warszawa: Prószyński i S-ka, 2004. On work habits and cookery.

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.

Bockenheimer, Krystyna. **Przy Polskim Stole.** Wrocław: Wydawnictwo Dolnośląskie, 1999. Described as a “millennial history of the Polish table and kitchen.”

Dembinska, Maria. **Food and Drink in Medieval Poland: Rediscovering a Cuisine of the Past.** Revised & adapted by William Woys Weaver. Translated by Magdalena Thomas. Philadelphia: University of Pennsylvania Press, 1999. This is a somewhat problematic work but it remains the best work in English on medieval food and drink in Poland. Maria Dembinska was the author of nearly 200 papers, but almost all of her work has never been translated from the Polish or French into English. The first 135 pages of this book are based on her 1963 doctoral dissertation, but the chapters have been streamlined and re-done from her original work, omitting many annotations, tables, and footnotes. The book concludes with a selection of

“Medieval recipes in the Polish Style” as selected by Weaver. The general consensus on SCA Cooks has been that the “archaeologically correct as possible” recipes chosen by Weaver are not particularly appropriate for an authentic Polish feast, as they are drawn from a number of non-Polish sources. The reasons for why the book has been deemed problematic and remains the source for much discussion through the years regarding the authenticity of the recipes and their relation to the text itself can be found in the full write-up in **Stefan’s Florilegium**. See the concerns with the book under the section: “Food of period Poland. References.”

The original dissertation is Dembinska, Maria. **Konsumpcja Żywnościowa w Polsce Średniowiecznej [Food consumption in Medieval Poland]**. Wrocław: Wydawnictwo Polskiej Akademii Nauk, 1963.

For more about Dembinska, see “Maria Dembińska: food historian of the Polish Middle Ages,” by William Woys Weaver. **Petits Propos Culinaires**. No. 65 (2000), p. 46-51.

SECTIONS IN BOOKS OR ARTICLES

Here are a few representative papers and chapters on the topic of medieval foods in Poland.

Flandrin, Jean-Louis. “Polish Banquets in the Sixteenth, Seventeenth, and Eighteenth Centuries.” In **Arranging the Meal. A History of Table Service in France**. Translated by Julie E. Johnson, et al. Berkeley: University of California Press, 2007. Pp. 118-125.

Jarczyk, Antoni, Agata Andrzejewska, and Małgorzata Woźniak. “Preferences in Meat Consumption of People throughout the Ages Inhabiting the Present—Day Territory of Poland According to Archaeozoological Evidence.” **Polish Journal of Food and Nutrition Sciences**. 61, no 4. December 2011. Online <http://versita.metapress.com/content/h056j76t35t40532>

Latalowa, Malgorzata, with Monika Badura, Joanna Jarosinska, and Joanna Swieta-Musznicka. “Useful Plants in Medieval and Post-medieval Archaeobotanical Material from the Hanseatic Towns of Northern Poland (Kołobrzeg, Gdańsk and Elbląg).” In **Medieval Food Traditions in Northern Europe**. Edited by Sabine Karg. Copenhagen: National Museum of Denmark, 2007. pp. 39-72. Provides a useful listing of plant names in Latin, Polish, and English. Malgorzata Latalowa is the author of numerous papers on the archaeological finds of Gdańsk.

See also: Karg, Sabine. “Food from the Gardens in Northern Europe – archaeobotanical and written records dated to the medieval period and early modern times.” in Bakels C. et al. (eds.) **Van Planten en Slakken – of Plants and Snails. Festschrift for Wim Kuijper**. Leiden: Sidestone Press, 2010. Pp. 115-125.

<http://www.archaeogarden.se/Karg%20Food%20from%20medieval%20gardens.pdf>

Reitsema Laurie J., Douglas E. Crews, and Marek Polcyn. “Preliminary evidence for medieval Polish diet from carbon and nitrogen stable isotopes.” **Journal of Archaeological Science**. 2010. 37: 1413-1423. <http://tinyurl.com/9o8svra>
11th-12th centuries are the period of interest.

Simpson, Scott. “History and Mythology of Polish Vodka: 1270-2007.” **Food and History**. 8:1. 2010. “The distillation of wine was known to a small number of Polish physicians and scholars by the end of the 13th century, but widespread popularity of distillates as beverages did not come earlier than the end of the 16th century. Grain vodkas, in particular rye vodkas, have been an important part of Polish culture since at least the early 17th century. Polish potato vodkas arose in the late 18th century and dominated production in the 19th and early 20th centuries, but then fell to minimal levels.”

HISTORIES

Davies, Norman. **God's Playground; A History of Poland**. Vol. 1: The Origins to 1795. New York: Columbia University Press; 2005. Revised edition.

Gąsiorowski, Antoni. **The Polish Nobility in the Middle Ages: Anthologies**. Wrocław: Zakład Narodowy im. Ossolińskich, 1984.

Górecki, Piotr S. **Central and Eastern Europe in the Middle Ages: A Cultural History**. London: I.B. Tauris & Co. Ltd., c2009.

Reddaway, William Fiddian. **The Cambridge History of Poland**. Various editions. v. 1. From the Origins to Sobieski (To 1696) –

Sedlar, Jean W. **East Central Europe in the Middle Ages, 1000-1500**. Seattle: University of Washington Press, 1994.

Zamoyski, Adam. **Poland: A History**. Hippocrene Books, 2012. Rev. & updated ed. His earlier book is **The Polish Way: A Thousand Year History of the Poles and Their Culture**. 1993.

ADDITIONAL

Monumenta Poloniae Culinaria. (Polish Culinary Landmarks) This project deserves a special mention. The first two volumes have already been mentioned. The third volume has been announced as: **Kucharz doskonały** or "**Cook perfect**" from 1783. Another listed work is **Księga szafarska dworu Jana III Sobieskiego 1695-1696**, oprac. J. Dumanowski, M. Próba i Ł. Truściński, Warszawa 2013, format: 21,8x30,5 mm, stron 213, ISBN 9788363580261. Work continues on additional volumes. **Monumenta Poloniae Culinaria** <http://www.historiakuchni.pl/index.php/monumenta-poloniae-culinaria/53-monumenta-poloniae-culinaria>

ONLINE SOURCES

Kuti, Kara. "Central Europe." **Encyclopedia of Food & Culture**, ©2003 Gale Cengage. Web. <http://www.enotes.com/central-europe-reference/central-europe> [Note: The enotes entry "Polish cuisine" is merely a repeat of the uncredited Wikipedia entry.]

The Wilanow Palace Museum provides a number of articles on foods and dining in translation. Go to <http://www.wilanow-palac.pl> and then click on the British flag.

These include essays by:

Jarosław Dumanowski on "Beer Soup," "Dried plums, or Baroque confectionery," and "Stanisław Czerniecki. The First Cook of the First Commonwealth;"

Hanna Widacka on "Cuisine at the Court of Jan III Sobieski" and "Banquet in Jaworów;" Joanna Paprocka-

Gajek on "Table manners Across the Ages;"

Halina Galera on "A Potato Trophy?" and

Aleksandra Kleśta-Nawrocka on "The Sarmatian host and an ideal banquet."

"Join the Party" by Paweł Hanczewski even includes an illustration featuring cooks and a kitchen from the elementary book by Jan Amos Komensky "Orbis sensualium pictus", 1667. http://www.wilanow-palac.pl/join_the_party.html

The online website **Centrum Badań nad Historią i Kulturą Wyżywienia; Stacja Naukowa Polskiego Towarzystwa Historycznego** (Centre for Research on the History and Culture of Food, The Scientific Center of the Polish Society of History) offers more essays and links to material by Jarosław Dumanowski and others. It can be read in translation. <http://www.historiakuchni.pl/> and <http://dumanowski.natemat.pl/> There's also a Facebook association: "'Old Polish Cuisine": forgotten recipes, trivia, information about lectures and events of ancient history, food and nutrition. <https://www.facebook.com/kuchniastaropolska>

A translation of the **Slow Food Polska Review** is at <http://tinyurl.com/29a6ypr>

<http://www.polona.pl/dlibra> connects one to the National Digital Library BN Polona.

The Polish language version of **Wikipedia** can be found at <http://pl.wikipedia.org/wiki/Strona> Entries can be searched and then translated through Google Translate or another translation program.

Professor Thomas Gloning's website attempts to keep track of the work being done in the realm of historical cookery, but he does not list Poland.

SOURCES FOR COOKERY IN POLAND

For those in search of traditional recipes, the following cookbooks are recommended as possible sources for ideas, information, inspiration, methods, and techniques. Most of these do not contain medieval, Renaissance, or even baroque recipes but may prove to be helpful when constructing a feast as they feature traditional cookery with recipes and/or photos. Consider seeing them at a library or interlibrary loaning:

Applebaum, Anne. **In a Polish Country House Kitchen: 90 Recipes for the Ultimate Comfort Food.** San Francisco: Chronicle, 2012. By a Pulitzer Prize winner with 150 photos.

Chamberlain, Lesley. **The Food and Cooking of Eastern Europe.** London: Penguin, 1989, 2006. Overview of Eastern and Central European foods. New introduction in the 2006 edition.

Gałązka, Bogdan. **The Cuisine of the Teutonic Grand Masters in Malbork Castle – (*Kuchnia Wielkich Mistrzów Zakonu Krzyżackiego w Malborku*)** Warszawa: Multico, Warszawa, 2009. Described as: "50 dishes *inspired* by recipes from the kitchen of the Teutonic Order." Bi-lingual edition. 120 pages. A review indicates it's not very medieval.

The author is also responsible for **The Cuisine of the Kings of Poland in Malbork Castle.** 2010. Sample recipes are posted here: <http://easteuropeanfood.about.com/od/cookbooks/tp/Top-Polish-Cookbooks.htm>

Knab, Sophie Hodorowicz with Elliott Hutten. **The Polish Country Kitchen Cookbook** NY: Hippocrene Books, 2002. Expanded ed. 2012. Also see the two associated books: Knab, Sophia. **Polish Customs, Traditions and Folklore.** NY: Hippocrene, 1996 and **Polish Herbs, Flowers, and Folk Medicine.** NY: Hippocrene, 1995.

Krasna-Korycińska, Małgorzata. **Przy słowiańskim stole, czyli kulinaria wczesnego średniowiecza, (*Viking and Slavic Cuisine. Recipes Included.*)** Szczecin: Triglav, 2011. <http://www.triglav.com.pl/> Written by a Polish archaeologist who is engaged in experimental archaeology with an interest in the food of the early Middle Ages in western Slavic lands. I managed to purchase my copy at the Battle of Hastings reenactment in 2016. Worth seeking out if interested in Slavic or Viking cookery.

Lemnis, Maria & Henryk Vitry. **Old Polish Traditions in the Kitchen and at the Table.** [translated by Eliza

Lewandowska]. NY: Hippocrene Books, 1996, 2012. Pbk. Numerous editions. Originally published in hardcover by Warsaw: Interpress, 1979, 1981. The Polish Wikipedia reports "Tadeusz Zaki (born 1915 in Lviv, d. 1994 in Warsaw) - musicologist, writer and music journalist, using the pseudonym Tadeusz Marek. As Maria and Henry Vitry Lemnis seemed [wrote?] cookbooks and culinary publications" so apparently this was written under a pseudonym. An early source much used in early Society feasts.

Makhonko, Eena and Ewa Michalik. **The Food and Cooking of Russia and Poland.** Wigston, UK: Lorenz Books, 2011. 740 photos. 150 classic recipes.

Michalik, Eva. **The Food and Cooking of Poland: Traditions, Ingredients, Tastes, Techniques.** London: Aquamarine, 2008. Another volume in the series published by Hermes House or Arness in London. Again it offers "Traditions, Ingredients, Tastes, Techniques, Recipes."

Ochorowicz-Monatowa, Maria. **Polish cookery. Poland's bestselling cookbook adapted for American kitchens. (*Uniwersalna ksiazka kucharska.*)** New York, Crown Publishers [1958] Numerous editions.

Polish Cooking: Tradition & Present Day. Text by Roma Górnicka, Alicja Mironiuk Nikolska, Elżbieta Piskorz Branekova. Edited by Joanna Sienkiewicz. Translated by Robert Andrzej Dul. Warsaw: State Ethnographical Museum in Warsaw, 2004. Includes a "Few Notes on the History of Polish Cooking."

Polish Touches: Recipes and Traditions. Iowa City: Penfield Press, 1989, 1996. Polish- American customs with over 100 recipes.

Rysia, Irena Lorentowicz. **Old Warsaw Cookbook.** NY: Hippocrene, 1990. 850 recipes. Originally published in 1958. Numerous editions. One of those traditional sources that provided recipes for many early Society feasts of Polish cookery.

Szymanderska, Hanna. **Encyclopaedia of Polish Cuisine - 2400 Traditional and Modern Recipes.** Numerous editions. Expensive volume but it offers lots of recipes.

Strybel, Robert and Maria. **Polish Heritage Cookery.** NY: Hippocrene, 1993. 1997. 2nd edition, 2003. 2,200 recipes in 29 categories. Recommended. Also the author of **Polish Holiday Cookery [and Customs]**. NY: Hippocrene, 2003.

Tradition on a Polish Table. [Ministry of Agriculture and Rural Development. Geographical Indications Division]. Warsaw: Ministerstwo Rolnictwa, 2006.

Zatorska, Beata. **Rose Petal Jam: Recipes & Stories From a Summer in Poland.** Photography by Simon Target. London: Tabula Books, 2011. A beautifully photographed memoir with recipes. Her second volume **Sugared Orange**, 2013, covers the winter season.

One regional source for readers here in Michigan for Polish cookbooks is the **Polish Art Center**, 9539 Joseph Campau, Hamtramck, MI 48212 (313) 874-2242 http://www.polartcenter.com/Polish_Cookbooks_s/45.htm

Or try Polart <http://www.polandbymail.com> to see a different selection.

SCA RESOURCES AND ADDITIONAL PROJECTS

Heise, Jennifer. "Food and Drink of Eastern Europe: Primarily Poland and Rus. An Overview" by Jadwiga Zajackowa. 2000. Web. <http://www.gallowglass.org/jadwiga/SCA/slavic/slavicfood.html>

Heise, Jennifer. "Introduction to Medieval Poland" by Metressa Jadwiga Zajackowa. Web. <http://www.florilegium.org/?http%3A//www.florilegium.org/files/CULTURES/Medvl-Poland-art.html>

Websites and Lists

Slavic Interest Group SIG "Aimed specifically towards members of the Slavic Interest Group (SIG) and/or the Society for Creative Anachronism (SCA) with Slavic and Hungarian personas, but providing information and resources to anyone." <http://groups.yahoo.com/group/sig/> or <http://slavic.freesevers.com>

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

SELECTED SOURCES USED IN THE CONSTRUCTION OF THE BIBLIOGRAPHY

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Also extensive use was made of various catalogues, and websites as mentioned in the article. As always, my thanks to my friends on the SCA Cooks List for their posts on Polish books and cookery.

Contributed by THL Johnnae Ilyn Lewis, CE

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