

to early-modern French *haute cuisine*. He goes on to detail the astonishing modern recipes with attractive illustrations in colour. From deconstructed *foie gras* ‘shooters’ to ice-cream, crisps and chewing gum, the mind boggles as each concoction becomes more absurd. The chapter on appearances in literature and art is perhaps a little unconvincing – Kolpas can only conjecture its inclusion in Monet’s lesser-known version of *Le Déjeuner sur l’herbe* for instance. The book’s support for *foie gras* is evident in the following descriptions of the different ethical and humane modern production methods, and the final chapter on the best methods of choosing and preparing the liver. Kolpas ends by including a selection of recipes, an indication that we are to be convinced by his favourable arguments. This is an engaging and well-researched book, but there is no doubt on which side of the debate it falls.

MATILDA MILLS

Michael J. Rochford: *Georgian Recipes and Remedies. A Country Lady’s Household Handbook: Pen and Sword History*, 2020: 216 pp., paperback, £15.99.

The genealogist and local historian Michael Rochford has previously brought us an account of the family and contents of Nostell Priory, that matchless Georgian pile designed by James Paine not far from Pontefract, in his *Tales from the Big House: Nostell Priory* of two or three years ago. Here, helped along by the pleasing and informative drawings and decorations of Peter Brears and Caroline Rochford, he reproduces the manuscript recipe book of Lady Sabine Winn (1734–1798), the Swiss wife of the fifth baronet, Sir Rowland (they were all Rowlands). Sabine was a feisty lady whose life and correspondence has been mined with interest by various historians (not least Julie Day, whose thesis *Elite Women’s Household Management: Yorkshire, 1680–1810* is available for free on the Internet if that enthruses you). This, though, is her receipt book, culinary and medical, with extra input on the medical side from a prized possession of the Rochfords: *The Family Receipt-Book; or, Universal Repository of Useful Knowledge* published in two editions, 1807 and 1815. The recipes are not messed up by modern intrusion, save that the ingredients have been rationalized and tabulated, and there is plenty to whet the whistle or quell stomachic yearnings. Mr Rochford has not gone into the sources of the recipes, i.e. the relationship of the giver to the recorder, although this is often obvious. The Swiss–French background of Lady Sabine leaves a few, but not innumerable marks. The only printed source that figures repeatedly is Mrs Mary Eales. Her little book of preserving and sugarwork may have dated originally from 1718, but there was a much later edition nearer to the time that Lady Winn was making her notes. There is a strong medical showing, perhaps because her ladyship was especially keen on the mountebank Dr Gustavus Katterfelto (see *Wikipedia*), but should you need Mrs Hunter’s egg salve for boils or how to use a dry bean to draw a splinter or thorn from any part of the body (there used to be an excellent

green ointment for doing just that but has lately been withdrawn from sale), this is the book for you. Excellent stuff.

Mark Dawson, Laura Mason and Janet Pickering, eds: *Moulded Foods: Leeds Symposium*, 2021: 154 pp., paperback, £10.00.

I recall waiting for these papers from the 2006 symposium so that they could be published as part of Prospect's ongoing series of Leeds Symposium volumes. They never arrived, so full marks to the present editors for bringing them together and finally producing them in print, published by the Symposium itself. The subject is intriguing, combining as it does material culture, recipes and foodstuffs. The three principal authors, Ivan Day, Peter Brears and Robin Weir, are all stand-out collectors of kitchen goods and keen and eager experimenters at the stove, so the combination works. There is an excellent gathering of apposite contemporary recipes (contemporary, that is, to the artefacts) by the late, lamented Laura Mason, to whose memory this volume is dedicated. The categories of foods covered are jelly, puddings, fritters, pies, gingerbread, biscuits and ice-creams – although Robin Weir concentrates more on the career of Mrs Marshall than on her moulds, but of course they get an outing. This would have also made rather a good Shire album. Collectors will be wild for it. It is a useful thing to have at hand when studying an old recipe and finding yourself unable to comprehend how it might have actually worked. This book, together with an earlier volume on the domestic dairy, is available directly from the Symposium at a cost of £10 plus £2.50 UK postage if you email <leedsfoodhistory@gmail.com>

Adam Robinson and Roger Jardine: *A Book about Bread: The Glenwood Bakery*, Durban, South Africa, 2020 (glenwoodbakery.co.za): 83 pp., paperback, 225 Rand, plus postage. Order online via <aaboutbread.company.site>.

There was no happier restaurant in early-'90s London than Adam and Kate Robinson's Brackenbury, off the Goldhawk Road: happy in every sense. Robinson moved to South Africa some years since and after a stint of further, and punishing, restaurant cooking has reconstructed himself as a top-line baker in the Durban suburb of Glenwood. From what one can read, the place is equally felicitous. This short but highly instructive book (in which the co-author Roger Jardine provides the photographs and the design) allows punters to have a stab at recreating the master's product. The prose is pithy and no-nonsense, but confident in its knowledge. The recipes are for sourdoughs of all sorts using grains of all sorts: hard and soft wheat flours, rye flour, and in one case oatmeal porridge. The final flourish is for a sourdough burger roll and some bagels. The photographs are enticing and instructive too. There are wise words on storing breads. Had you never baked, with this book in hand, given time, you could master the craft.