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whole saga unfolded: the landladies, the cookers, the shops (a lot of shops), the social interaction, the foodstuffs, the language and literature and, on occasion, the politics. In the event, John landed a job in the university at Compiègne, east of Paris, and one of the most interesting aspects of the book is the horror felt by Barbara at the northern mists and frosts, in contrast to the sun-drenched Midi (and, of course, Australia). This penetrating grey was to her reflected in the people too, and sometimes in society, making her impression of the south as infused with the romantic and the yearning as was Philip Oyler's account of the Dordogne some thirty years earlier (or indeed Goethe's tales of Italy in his *Journey*). All, however, was mitigated by the proximity of Paris. The book is affecting and instructive. A profitable read.

Lucy Moore: *Lady Fanshawe's Receipt Book. The Life and Times of a Civil War Heroine*: Atlantic Books, 2017: 416 pp., hardback, £20.00.
Lucy Moore has form as an entertaining and well-informed writer: her exposés of low-life Georgian London a worth a look. In this one, she tells of the life and works of Ann Fanshawe, whose receipt book (now reposing at the Wellcome Institute) has often been the subject of learned discourse in these pages, mostly from the pen of David Potter – she may lay claim to the earliest ice-cream recipe, for example. Her life, and her sufferings, exemplify the troubles of seventeenth-century England. Her husband was a staunch Royalist, eminent as a diplomat, impressive as a linguist, but he (and she) suffered greatly from economic tribulations, political buffetings and lack of royal generosity at the end of the game. It is a stirring story and the receipt book, along with her own memoir, take centre stage, reflecting the friendship circle of the compiler, her culinary (and medical) horizons, the influence of foreign parts and travel (not to mention exile), and the place of women in the domestic and the wider world.

Christopher Kissane: *Food, Religion and Communities in Early Modern Europe*: Bloomsbury Academic, 2018: 226 pp., hardback, £85.00.
It gets boring remarking on the high price of academic titles, so I guess I should refrain. But those who can afford this one will be treated to a very pleasing essay on food and the study of history in the opening pages, and then to three case studies, all in their way, religious, that link food to belief-systems and the meaning of the food of one party as seen by their opponents of the other. First up are the culinary practices of Spanish *conversos* in contrast to those who were Christian by birth, as seen by the late-fifteenth-century Inquisition. Then there are the feasts and fast-breakings of Zurich Protestants in the early sixteenth century and Reformers' views of dietary restrictions imposed by the Catholic church. Finally, and most surprisingly, there is investigation of witches in Shetland, in particular their relationship to milk and the dairy (women's work),