

1. Record Nr.	UNINA9910813608403321
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Titolo	A hermit's cookbook : monks, food and fasting in the Middle Ages / / Andrew Jotischky
Pubbl/distr/stampa	London, [England] ; ; New York, New York : , : Continuum, , 2011 ©2011
ISBN	1-283-12282-0 9786613122827 1-4411-5991-6
Descrizione fisica	1 online resource (224 p.)
Disciplina	641.59409
Soggetti	Monastic and religious life - History - Middle Ages, 600-1500
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; List of illustrations; Preface; Acknowledgements; 1 Beginnings - who were the first monks?; 2 Desert fathers, pillar-saints and fasting; 3 The 'hermit craze' of the Middle Ages; 4 Herbs and health; 5 From field to table - the medieval monastic experience; 6 Medieval diets - the food landscape; 7 Conclusion; Notes; Further Reading; Index
Sommario/riassunto	The Egyptian hermit Onuphrios was said to have lived entirely on dates, and perhaps the most famous of all hermits, John the Baptist, on locusts and wild honey. Was it really possible to sustain life on so little food? The history of monasticism is defined by the fierce and passionate abandonment of the ordinary comforts of life, the most striking being food and drink. A Hermit's Cookbook opens with stories and pen-portraits of the Desert Fathers of early Christianity and their followers who were ascetic solitaries, hermits and pillar-dwellers. It proceeds to explore how the ideals of the dese