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Nota di contenuto	Introduction / Marianne Vedeler, Annechen Bahr Bugge : ; 1.: Halibut fishing in the Viking period / Christian Løchsen Rødsrud ; ; 2.: Cistercian food culture on Hovedøya, an island in the Oslo Fjord / Marianne Vedele, and Margrete Figenschou Simonsen ; ; 3.: The use and production of salt in Eastern Norway to ca.AD 1600 / Per G. Norseng ; ; 4.: The daily grind : evidence of food production and consumption at a medieval farm in Lindesnes, Agder / Silje Hårstad ; ; 5.: Stirring the source stew : challenges and opportunities in the

reconstruction of written and archaeological sources for foodways in medieval Norway / Mathias Blobel ; ; 6.: Shattered stones : remains of beer brewing / Lars Marius Garshol ; ; 7.: Culinary heritage and tourist experiences in Swedish Kukkola / Jenny Högström Berntson. ; ; 8.: Co-creation and food heritage : empowering communities for sustainable food systems / Theano Moussouri, Diana Rahman, and Georgios Alexopoulos ; ; 9.: A slice of Christmas cake : the taste of global trade in Christiania in the long Eighteenth century / Ragnhild Hutchinson ; ; 10 Oslo's gastronomy from 1900 to present day on the menu / Annechen Bahr Bugge.

Sommario/riassunto

This anthology explores food and cultural heritage from various eras to show how food history helps us understand the past, present, and future. It provides new insight into local food cultures and focuses on the creative use of historical food culture for the future. The chapters cover new research on medieval food culture, starting with the Viking ship excavation at Gjelstad, which sheds light on early Norwegian fishing culture. Others address animal husbandry, cultivation, and food processing on medieval farms, and the dietary practices of monastic orders based on Cistercian rules. The history of beer brewing is also highlighted, along with the transition to traditional Nordic cooking after the Middle Ages, influenced by global food trade. Finally, the book discusses the radical changes in Norwegian food culture over the past hundred years, partly driven by developments in the restaurant industry.
