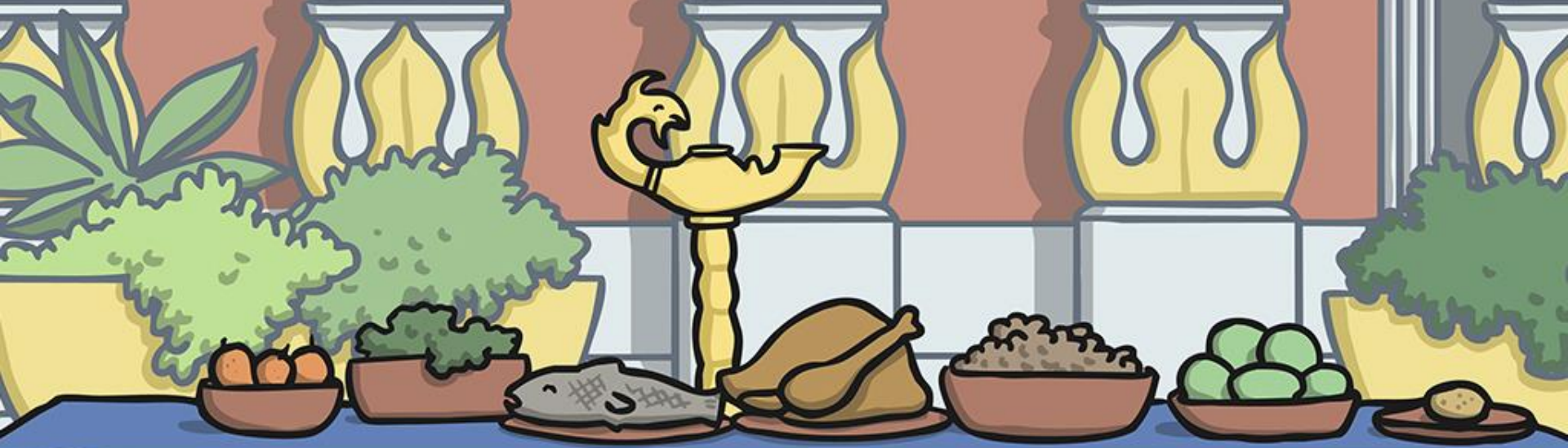


A Medieval Banquet

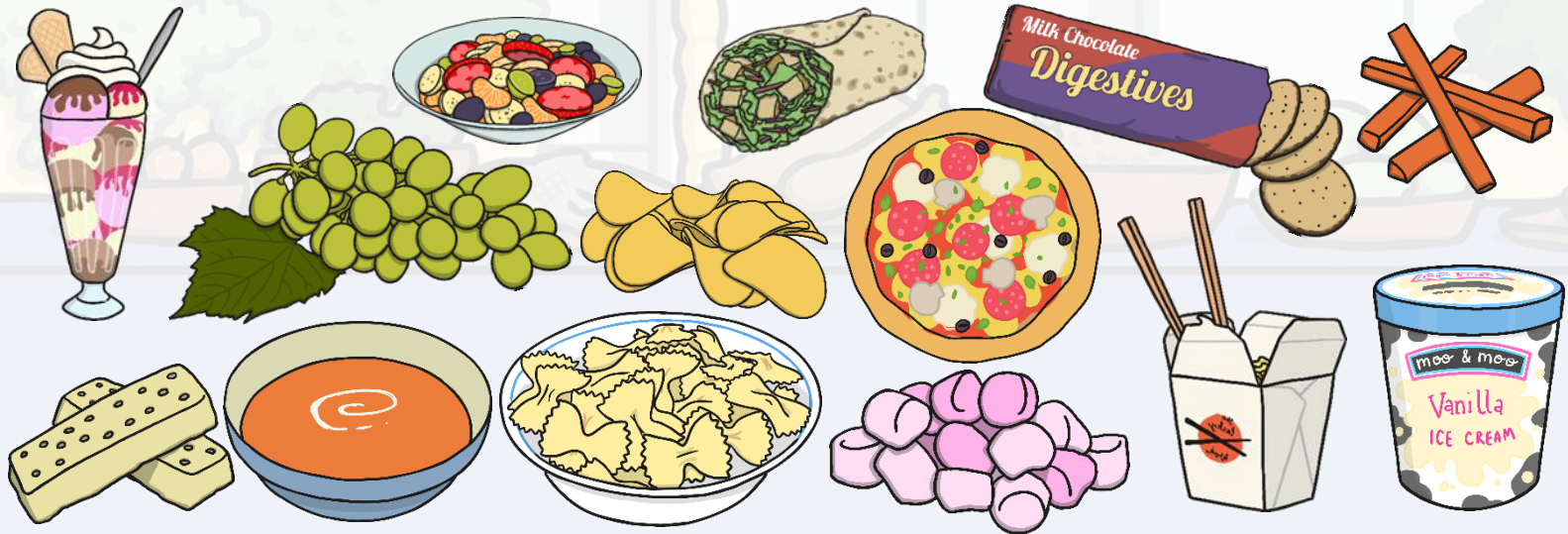


What are your favourite foods?

What foods do you love to eat?

Richard III was the last of the 'medieval' kings. The medieval period is the time of history between the years 1154 to 1485.

When Richard III had his coronation banquet in 1483, would he have eaten any of these foods?



Medieval Banquets

What foods are people eating in this painting?



Medieval Banquets

Can you notice anything different about what they are using to eat their food?



There are no forks! They hadn't been introduced yet.

Medieval Banquets

The King and his guests would sit for a banquet from 11am and it could last up to four hours.

A top table which seated the King and important guests. The King's favourite people sat to his right.

The finest meats and fish were served. Sweet dishes were served together with the meat and fish, not separately.

The table had a fine linen tablecloth, with gold and silver plates and cups. There were no glasses or forks, they had not been introduced yet.



Medieval Banquets

Some cookery books from the middle ages have survived. In them, they listed the types of dishes that would have been served to kings and queens at banquets. A banquet could sometimes have 7 courses with lots of dishes served in each course! **Here is an example:**

Course 1

- A quarter of stag which had been a night in salt.
- A stuffed chicken.
- A loin of veal.

Course 2

- Dishes covered in sauce, plums and pomegranate seeds.
- 2 enormous pies. Each pie contains: a whole roe deer, a gosling, 3 capons, 6 chickens, 10 pigeons,

1 rabbit; stuffing made from minced loin of veal, 2 pounds of fat, 26 hard boiled eggs covered with saffron and flavoured with cloves.

Course 3, 4 & 5

- A roe deer, a pig, a sturgeon cooked in parsley and vinegar and covered with powdered ginger.
- A kid goat, 2 goslings, 12 chickens, 2 herons, 4 chickens all covered with egg yolks and sprinkled with spice.

- A wild boar.

- Cream covered with fennel seeds and preserved in sugar.
- A white cream, cheese in slices and strawberries.
- Plums stewed in rose-water.

Course 6

- Wines in fashion at the time.
- Preserves consisting of fruits and sweet pastries.

Medieval Banquets

Scientists have studied the bones of Richard III and have been able to discover what he ate.



Heron



Egret



Lamprey (eel)



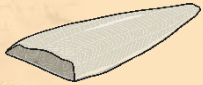
Swan

What has changed?

Elizabeth II's Coronation Banquet

June 3rd 1953, 240 guests at
Buckingham Palace

Clear turtle soup



Filet of sole



Rack of lamb

Buttered string beans



New potatoes

Asparagus salad



Strawberries

Assorted sweets

