

Elder College: History of Food  
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**Week 2 Outline: Cooking**

Introduction: Raw Food vs Cooked:

Preparing Raw Food: grinding, grating, pounding, and tools

Advantages of cooking

Effects of cooked food on human physiology and society

Cooking Technologies:

Fire: open fire, charcoal, ovens, stovetop

Household and communal facilities

Cooking techniques: baking, grilling, roasting, boiling, steaming

Cooking tools: knives, rolling pins

Cooking Tools

Household equipment and communal facilities

Cooking Techniques:

Baking, grilling, roasting, boiling, steaming, etc.

Cooking Tools & Equipment:

From stone knives to the microplane

Kitchen gadgetry through the ages

Preservation methods and techniques:

Chronology, Jugging, Pickling, Smoking, Freezing

Cooking as Work:

Who cooks

Gender, rank and class in the kitchen

Cooking Knowledge

Oral and written knowledge: tradition of apprenticeships

Recipes, Cooking schools, Cookbooks

**Websites**

<https://www.newscientist.com/article/mg23230980-600-what-was-the-first-cooked-meal>

<http://theplate.nationalgeographic.com/2015/09/02/a-brief-history-of-cooking-with-fire/>

<http://www.who.int/mediacentre/factsheets/fs292/en/>

<https://todayinottawashistory.wordpress.com/tag/electric-oven/>

<http://www.cooksinfo.com/food-in-ancient-greece>