



# Die Untersuchung mittelalterlicher Kochrezepte am Beispiel 'Daz buoch von guoter spise' (German Edition)

*Saskya Olympio*

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Studienarbeit aus dem Jahr 2007 im Fachbereich Germanistik - Ältere Deutsche Literatur, Mediävistik, Note: 2,2, Ludwig-Maximilians-Universität München, Veranstaltung: Proseminar: Essen und Trinken in der Literatur des Mittelalters, 10 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Essen ist nicht nur eine lebensnotwendige Pflicht, sondern kann auch Hochgenuss sein, Lebensstil und sogar Luxus ausdrücken. Das Kochen von Mahlzeiten ist deshalb seit jeher wichtiger Bestandteil aller Kulturen. Um keine Rezepte zu vergessen wurden sie seit Beginn unserer Zeitrechnung aufgeschrieben und so für die Nachwelt erhalten. Nur aufgrund dieser Rezeptsammlungen können wir heute nachvollziehen, was gut situierte Menschen in längst vergangenen Zeiten zu sich nahmen.

Das älteste bisher bekannte Kochbuch „De re coquinaria“, was soviel bedeutet wie „über das Kochen“ stammt aus dem 1. Jahrhundert nach Christus und wurde von dem Feinschmecker Marcus Gavius Apicius aus mündlich überlieferten Kochrezepten schriftlich zusammengefasst. Die älteste deutsche Kochrezeptsammlung ist „Daz buoch von guoter spise“, das in dieser Seminararbeit etwas eingehender untersucht werden soll.

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