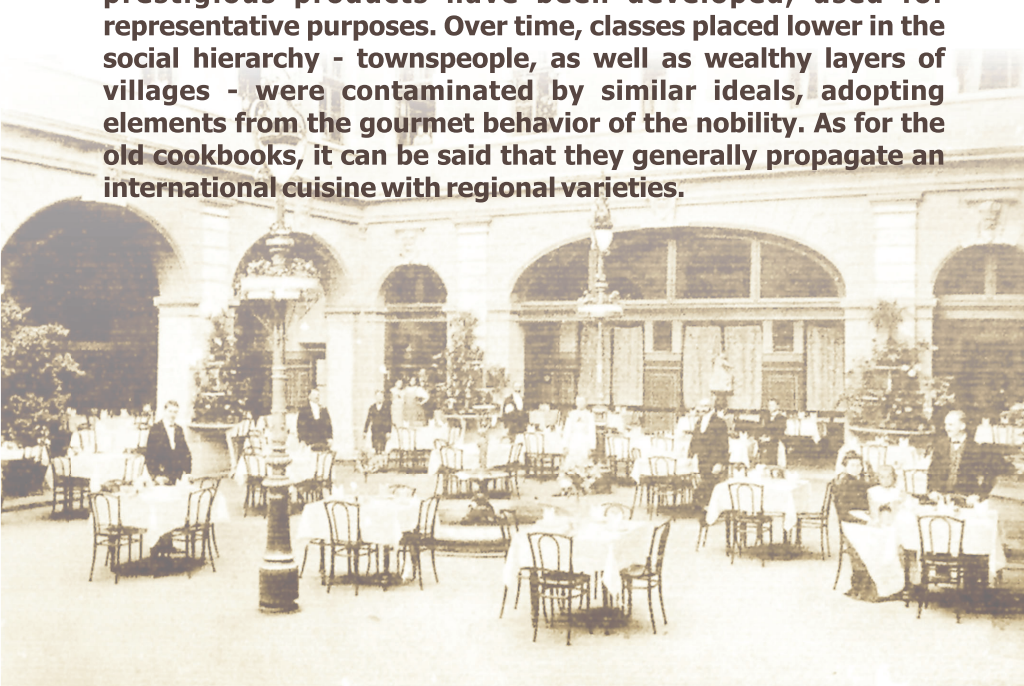


In the gastronomy of the European elites there have been inter-influences and important takeovers due to matrimonial relations, crusades, wars, pilgrimages etc. The trade also played a significant role, as along the commerce roads were transported, along with other commodities, food and recipes. Cookbooks are an important source for researchers in cultural, social and economic history, allowing decoding of the gastronomic discourse of European elites, as they contain preparations considered prestigious and appropriate to a high social status. In gastronomy, as in fashion, prestigious products have been developed, used for representative purposes. Over time, classes placed lower in the social hierarchy - townspeople, as well as wealthy layers of villages - were contaminated by similar ideals, adopting elements from the gourmet behavior of the nobility. As for the old cookbooks, it can be said that they generally propagate an international cuisine with regional varieties.



From the history of fine cuisine from Renaissance to present day

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