

Eating in Baroque Times

Saturday 12 May at 12.30

The Baroque lunch started off with gruel – thin porridge without salt or sugar, just a few bits of onion. Almost tasteless, and apparently what the poor could afford to eat. We swallowed it, and then enjoyed a hearty broth with meat and vegetables, and an excellent buffet with sausages and pies, cheeses and pickles and fruit, all washed down with wine and beer – or water, but in that period water was contaminated, so it was better to drink something with a little alcohol in it to purify it. Sharon Botha and Mike Montgomery were dressed up splendidly to serve us all, and a spirit of happiness and good cheer prevailed.

