

FRANCISCO MARTÍNEZ MONTIÑO. *The Art of Cooking, Pie Making, Pastry Making, and Preserving: Arte de cocina, pastelería, vizcochería y conservería*. Edited and translated by Carolyn A. Nadeau. Toronto: U of Toronto P, 2023. xviii + 738 pp.

Created for Spanish King Philip III by master cook Francisco Martínez Montañó, the hefty cookbook, *Arte de Cocina, pastelería, vizcochería y conservería* [*The Art of Cooking, Pie Making, Pastry Making and Preserving*] contains over 500 recipes. Since it was first published in 1611, it has been republished in over 30 Spanish-language editions, making it one of the most influential cookbooks from both the period and region. Carolyn A. Nadeau's meticulous critical edition and English language translation is the first bilingual parallel text to be published, ensuring the work receives the widest attention it so richly deserves. Food studies in the early modern world (roughly 1500-1800) dives into a period of changing tastes and trade. It examines how geography, climate, and global exploration shaped what people ate, attending for example to the incorporation of new spices and other ingredients from the Americas.

Historians and literary scholars analyze cookbooks, alongside other forms of cultural production to better understand food cultivation, preparation, and consumption across social classes. This field reveals how food was not just sustenance, but a reflection of culture, power, and global exchange. As Nadeau persuasively argues, "one must return to early manuscripts and books, because they provide a foundation for subsequent culinary publications and offer insight into the cultural and social identity of the people of early modern Spain" (4).

Nadeau already has a stellar record as a foodways scholar for early modern Spain, with her foundational *Food Matters: Alonso Quijano's Diet and the Discourse of Food in Early Modern Spain* (2016), which dramatically increased our understanding of historical food practices, social customs, and political power as they intersect with literary texts. She has demonstrated convincingly how cookbooks and food writing can be read as a form of literature, exploring cultural narratives woven into recipes and culinary traditions and reflected in literary and artistic production. Her interdisciplinarity has opened new pathways within Iberian studies and early modern studies more broadly.

Nadeau's edition of the Martínez Montañó cookbook is tremendously important not only for her impeccable translation, but also for the work's impressive critical apparatus and readability. With both scholarly and general audiences in mind, readers of Spanish and/or English, she has added modern-day accent marks, updated punctuation, and made small orthographic changes. Throughout the edition she includes notes on

cooking techniques and readership, key cross-references, and meaningful historical context. Nadeau attends to Spain's Muslim heritage and contemporary Morisco communities in the cookbook, finding a "culinary catalogue of early modern working-class dishes" (58) in, for example, the literary appearances of eggplant in Francisco Delicado's picaresque novel *La lozana andaluza* (1528) or Miguel de Cervantes's play, *Los baños de Argel* (1615).

Readers will find the most comprehensive biography to date of the cookbook's author, wider context for kitchen positions and compensation in early modern Spanish kitchens, and the ongoing legacy of Martínez Montañó on future Spanish-language cookbooks. Also noteworthy is Nadeau's incredible attention to ingredients used in the cookbook, including useful tables of primary food ingredients (25), such as grains and their by-products or the table of fruits, vegetables, nuts and seeds. She provides this context around ingredients as a way to better understand the cultures of travel, taste and flavor developed around the time of the book's publication, including variations to dishes designed to accommodate individual preferences, as well as attention to regional and ethnic recipes. Scholars of book and manuscript history will especially appreciate Nadeau scrupulous readings of previous editions of the cookbook (75-94), including relevant images such as title pages and handwritten memos, providing an incredible guide to comparative publication history for this book and other contemporary cookbooks.

It is worth emphasizing again the incredible meticulousness of the volume. A special highlight are the series of appendices for the volume, including one on kitchen furnishings and equipment, another one on units of measurement, and another one images from recipes recreated between 2015-2022. The volume also includes a 42-page glossary of commonly used Spanish terms that appear in the cookbook (primarily ingredients and preparation styles). As this volume persuasively documents, the study of early modern cookbooks provides readers with insight into regional specialties, the role of makers in food preparation, and the impact on Spanish kitchens of ingredient production and circulation. Examining food in early modern Spain reveals a dynamic interplay between cultural heritage, global trade, and social hierarchy. Carolyn Nadeau's critical edition and translation of *Arte de cocina* is a supremely comprehensive and engaging volume that will be deeply useful to a wide audience of scholarly readers and food lovers interested in history of cookbooks, translation practices, early modern foods and kitchens, and Iberian foodways.

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