



THE COOKING OF EL CID

*The history of banquets
of medieval knights*

Synopsis

A history and cookery book with a repertoire of 73 recipes, evoking the two magical numbers of the medieval time, for the first time detailed in ingredients and times of cooking. They conserve the mystery of the dark centuries and the excellence of a cooking assembled between howls of war and monastic silences.

Thousand years now have passed, that an infant of Burgos, Rodrigo Díaz, managed to elevate himself in spite of battles, palace intrigues, banishments and insults, to gain the titles of Lord, Cid, Campeador and Campidoctor, in severe sorrows. He endeavored in obtaining a routine living, shared roasts with Christians and

attended also to the refined tables of his Musl

The author

Miguel Ángel Almodóvar graduated in Political Sciences and Sociology and specialized in Human ecology and population. He is the chairman of the Upper Counsel of Scientific Investigations, journalist and writer. He participated and contributed in different professional magazines like *Vinos y Restaurantes*, *Aceite*, *Distribución y Consumo*, *Carácter*, *A tu salud*, *VS*, and during nine seasons he was responsible for the contents of the gastronomic broadcast *España paso a plato* (emitted in Television 5 and Antena 3).

He is the author of books *Cómo curan los alimentos* (How food

cures); *Rutas con sabor* (Flavor routs); *El discreto encanto de la alcachofa* (The discreet charm of the artichoke); *Valores Terapéuticos y Nutricionales del Vino* (Nutritious and Therapeutic Values of Wine) or *El hambre en España* (Hunger in Spain). For the book *Una historia de la alimentación* (A history of nutrition) he won the Gourmand World Cookbook Award 2003 in the category of best book of gastronomic literature in Spanish).

Further works were *Armas de varón* (Weapons of males); *Mujeres que se hicieron pasar por hombre* (Women that pretended to be men) and *Griñon en clave de coliflor*.

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