

**For Immediate Release**  
Wednesday 17 January 2007

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## INTERNATIONAL COOKERY FROM THE ROMANS TO THE VICTORIANS



François Pierre de la Varenne, (1618-1678).  
Estimate: £20,000-

**How to: run a home 1581-style \* make a soup of small birds \* cook a hedgehog or a crab \* cut up an ox or a calf \* cook Italian birds' nests \* fry bears' paws**

**Fine Printed Books Including Important Collections of Books on Cookery and Obstetrics  
Christie's South Kensington  
Wednesday, 14 February 2007 at 10.30am**

**South Kensington** - The sale of Fine Printed Books on Wednesday 14 February 2007 includes a superb collection of international cookery books, which gives a fascinating insight into the development of cookery from the Romans right through to the 19<sup>th</sup> century. Comprising of 134 lots, the collection features books from Germany, France, Russia, Sweden, Italy and England, and also includes remedies for treating various ailments from the plague to epilepsy, how to drink sensibly and punishments for failure to do so, and how to lay a table. Estimates start from £300 providing the perfect opportunity to purchase a quirky gift, or add to a collection that will give inspiration and amusement to today's chefs. The entire collection is expected to realise in excess of £200,000

### Highlights include:

- Thomas Muffett's Health Improvement, 1655, a treatise on food eaten in England in the 16<sup>th</sup> and 17<sup>th</sup> centuries. Thomas Muffett was famous for the nursery rhyme *Little Miss Muffett* which he wrote about his daughter, Patience (estimate: £800-1,200).
- François Pierre de la Varenne, (1618-1678). The second edition of one of the most sought after cookery books of the Middle Ages, which includes recipes for terrines, cakes, tarts, pies, fritters, biscuits and at least sixty ways of cooking eggs. Varenne was the first author to break with Italian traditions, and revolutionized Medieval French cookery, being credited with introducing Bisque, Béchamel sauce, and Sauce Hollandaise. (estimate: £20,000-30,000).
- *Der aus dem Parnasso ehmal entlauffenen vortrefflichen Köchin.* An anonymously published German cookery book from 1691, which became hugely popular with the housewives of the day, as it was aimed at them rather than professional cooks. It includes details of how to cut up an ox and a calf, menus for different occasions, menus for each month

depending on which foods are in season, and the correct place settings for meals (estimate: £1,200-£1,800).

- Maria Elzberg's *Försök til en Palitelig Matrednings-Bok*, 1751. A rare Swedish book containing 270 recipes for all manner of sweet and savoury dishes and a collection of menus for large and small dinner parties and banquets (estimate: £400-600).
- *Regimen Sanitatis*, 1482. A very rare German edition of the most popular medical book of the Middle Ages (estimate: £8,000-12,000). It was so popular in the 15<sup>th</sup> century that at one point three editions were printed in one month alone. It advises on ailments such as colic and sleeplessness, and deals with bathing and nutrition. It also includes a whole chapter on the disease most dreaded by its readers, the Plague.
- A German book by Marx Rumpolt, 1581 which offers the first ever recipe for cooking potatoes (£6,000-8,000).
- An extremely scarce German cookery book by Joachim von Gelnhausen (1574) detailing nutrition during wartime, and including recipes for bread made out of ash, wood shavings, leather or chalk (estimate: £2,000-3,000)
- The rare first edition of the famous Swedish cookery book *Hjelpreda u Husballningen för unga Freuntimber* by Cajsa Warg (1703-1769) (estimate: £1,000-2,000). Cajsa Warg's attitude towards cooking is summed up in her saying; "you take what you have", now a Swedish proverb. She served as a Housekeeper in aristocratic households in Stockholm and was responsible for their kitchens. This is her first cook book which became an instant success because it lists exact descriptions for all recipes, plus it used easily accessible ingredients.

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*Images available on request*

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## CHRISTIE'S SOUTH KENSINGTON

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### Opening Hours:

Monday: 9am – 7.30pm, Tuesday – Friday: 9am – 5pm

Weekends: 10am – 4pm

Christie's South Kensington is the first international auction house in London to offer regular weekend auctions.

**Notes for Editors:**

Christie's South Kensington holds eight sales of Books and Manuscripts throughout the year. There are four general book sales, two Travel and Natural History, one Modern Firsts/Children's/Private Press and one single owner sale. The sales often deal in manuscripts of historical interest. To date, the department's top selling lot is *Hours of Guyot Il Le Peley*, an illuminated manuscript on vellum, which realised £299,200 in June 2005. Book and Manuscript sales also include first edition copies of books. A letter from Winston Churchill (dated 1899) sold for £77,675 in 2003, setting a new world auction record for any Churchill letter. The market is also open to magazine collections and book-related memorabilia such as Ian Fleming's typewriter on which he wrote *Casino Royale* (which sold for £56,250 in 1995). In recent months the Books and Manuscripts department started holding Sunday sales at Christie's South Kensington.