

A medieval scene with a woman on a green horse, a woman on a white horse, and a knight in armor. The woman on the green horse is wearing a green dress and a green hat. The woman on the white horse is wearing a green dress and a white headpiece. The knight is wearing full plate armor and a blue surcoat with a red and gold shield. In the background, there is a large cathedral and a white tent.

THE MIDDLE AGES

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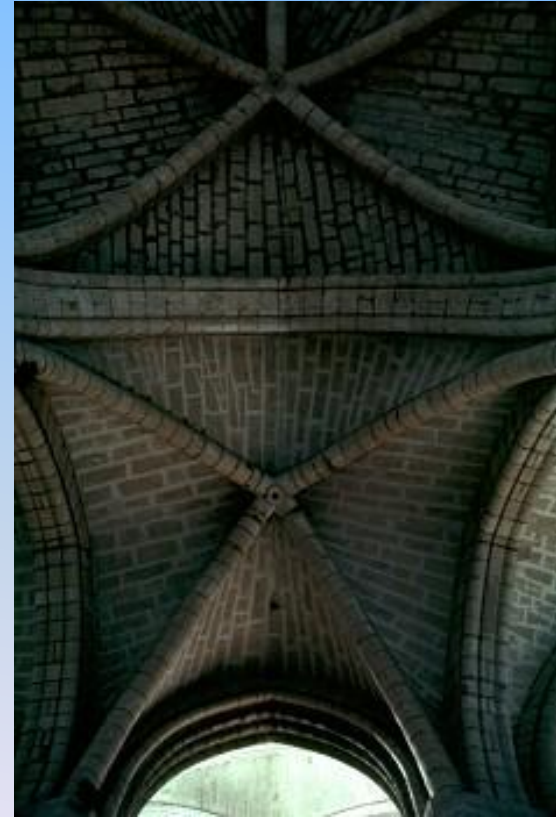
The Middle Ages

- Between 476 A.D.-1453
- Three Aspects:
 - Cathedrals
 - Banquets
 - Tournaments



Quick Facts

- The Gothic style of architecture was first created in France during the 12th century.
- The Gothic cathedrals were possible due to three main technological innovations:
 1. Pointed Arch
 2. Ribbed Vaults
 3. Buttresses



Art

- The exterior of the churches and the interior were decorated with elaborate sculpture.
- Sculptors turned ordinary pillars into pillar-statues (or jamb figures) of saints, angels and apostles.
- Facades usually consisted of large figures of Kings.
- Not everything sculpted was beautiful. Grotesque gargoyles decorated the outside of the cathedrals and warded off evil spirits.



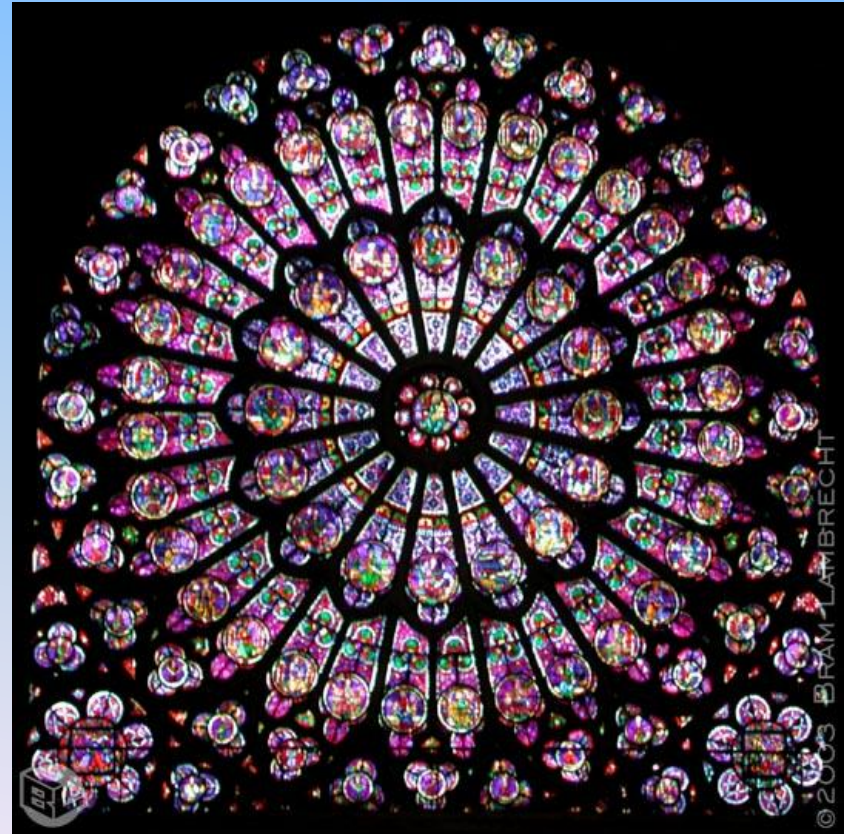
Stained glass windows

The Rose Window was a circular, stained glass creation that possessed perfect symmetry and geometric proportions.

The first Rose Window was created around 1200 AD.



The new innovations in building methods allowed for the new churches to have bigger windows and more light.



Albi: A Southern Cathedral



Reasons for Celebration

- New Year
- Pentecost
- Weddings
- Coronation of kings
- Installation of bishops
- Funerals
- Coming of age (or knighting) of a son
- Harvest
- Feast days of patron saints
- Civic occasions
- Tournaments

A Menu Fit for Kings

- Vegetables weren't used as much compare to the bulk of meats (roasts, fish, venison, chicken)
- Pottages were regarded as special treats; such as frumenty with venison, or a blancmange of chicken or fish in spiced almond milk, usually also containing rice
- * The most common French medieval desserts were custard tarts.
- The French were very fond of adding cinnamon to their custards, an ingredient that is hardly used in today's French cuisine. Nutmeg, ginger, saffron, and cloves were also used to spice up the food.
- Water was often unclean, so it wasn't a popular drink with dinner. Wines were reserved for the rich, while the poor drank ale, mead, or cider.
- Cooking methods included spit roasting, baking, boiling, smoking, salting, and frying.

Mind Your Manners

- . The first thing given to all diners was water and a towel for washing hands, usually before they were seated at the table.
- * They were seated strictly according to rank at tables which, for a large banquet, were arranged in a U-shape.
- French banquets usually started with an aperitif, or assiette de table (as against the première assiette, first course).
- Grenache, a fairly sweet wine, was accompanied by items such as fresh fruits, butter, salad, or small meat or fish pastries.

The Original TV Dinner

- Musicians play at the beginning of a course or to entertain while the diners eat
- Other entertainers may include minstrels, jugglers, mummers, or actors
- Entertainers often encouraged the guests to join in song and dance
- Culinary arts (emphasis on art) played a big part as well:

for example, the "helmeted cocks" for which roasted chickens are mounted on roasted piglets, with paper helmets and lances, probably wooden but covered with foil. But the Viandier's "painted entremets" are strictly decorations, made of wood and other inedible materials, depicting such subjects as a knight in a swan boat, sailing on a cloth sea.

Food for Thought

- Buffets were a series of wooden planks with a number of stepped shelves, which indicated rank. Assembled for banquets and feasts, the 'Stepped Buffets' were covered with elaborate drapes.
- Colored jellies of swans, peacocks, or pheasants decorated with their feathers, beak and feet, were served as a specialty and placed on a small stand on the middle of the table, like today's centerpiece.
- 1306 - The French produced the first Recipe book, "The Little Treatise".
- 1328 – The Black Death spread across Europe causing one third of the world's population to die. Because of a smaller population, more food was available and even the poor were able to eat meat.

Tournaments

- **May have begun in the 11th century**
- **Held throughout year except during lent**
- **Generally held on Mondays and Tuesday but never Fridays or Sundays**
- **Provided a means for knights to practice warfare and build strength**
- **“Melee” and jousting eventually other events such as archery**

Mêlée

- **“free for all fight”**
- **Teams using hand to hand combat until one winner remains**
- **receive a bounty for capturing opposing knights**
- **A “cry” began the fight**
- **Judged by “umpires” to keep fair**
- **Sword and mace used for combat -- blunted**

Jousting

- Two men ride towards each other with lances
- Lances- light wooden poles, 5-6 ft long with rounded ends
- Points awarded for blows delivered to different body parts
- Extra points for shattering lance
- Receive opponents horse and armor for win
- “kipper” would go to collect winnings from losing knight

