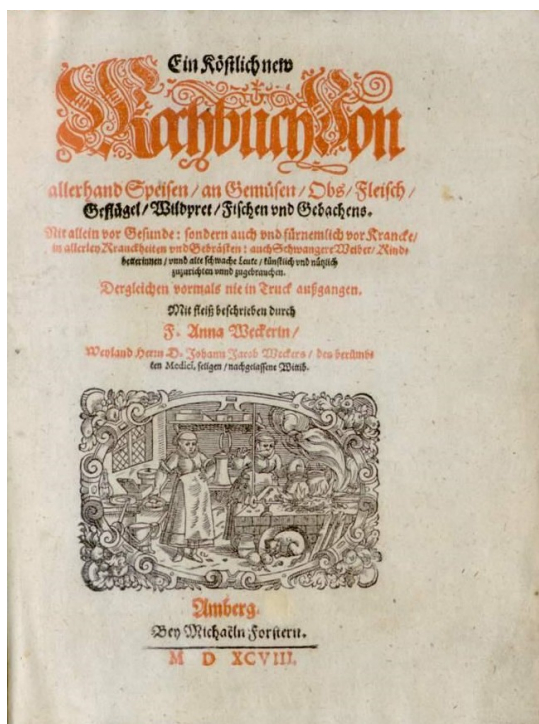


Cookbook by Anna Wecker (1598)

Abstract

Anna Wecker wrote the first cookbook written by a woman to be published in German. She lived in Nuremburg, Germany and Basel, Switzerland. The recipes and supporting text reveal a great deal about early modern domestic life, nutrition, and the role of household cooks in maintaining and promoting health. The widow of first a town clerk and then a physician, Wecker's recipes demonstrate the usefulness of food as medicine and the importance of nutrition for the ill, the frail, pregnant women, and new mothers.

Source



Source: Anna Wecker, *Ein Köstlich new Kochbuch: von allerhand Speisen/ an Gemüsen/ Obs/ Fleisch/ Geflügel/ Wildpret/ Fischen und Gebäckens*. Amberg 1598
<https://bildsuche.digitale-sammlungen.de/index.html?c=viewer&bandnummer=bsb00028737&pimage=5&v=100&nav=&l=de>

BSB

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