

A History of Food and Culture in Britain

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はじめに

本書の原著 *History of Food and Cooking* は主として英国の十代の読者を対象として書かれた食と文化の英国小史である。そのため英文は簡潔で明快である。しかも食の文化に焦点を当てて英国の歴史の流れをたどるという内容は、歴史専攻のみならず基礎教養課程の教材（半期用）としても適切と思われる。できるだけ原書の雰囲気を残すという主旨で、数例を除いて写真、イラストはそのままを使い、練習問題数は控えめにした。学力に余裕があり関心のある学生のために、巻末に関連図書を数点紹介しておく。

原書の内容は1980年代で終わっているのに、21世紀に入ってからの食に関わる社会現象や健康問題に簡単に触れておこう。

The Transformation of British Life 1950-2000 (Macmillan 2003) の著者 Andrew Rosen が述べているように、この50年間で総体として英国の人びとの生活水準は著しく上昇した。食の面では海外旅行経験者の増加や外国からの移住者（現在人口の12人に1人）によるエスニック料理の影響もあって多様化傾向が見られる。輸入食品、冷凍食品の普及、有名シェフのテレビ登場など、本書第2章のローマ時代を凌ぐほどの豊かな食事情である。

一方21世紀に入って、英国の人びとは、米国や日本と同様、飽食の時代に特有な問題に直面している。米国伝来のファースト・フードの普及（本書第7章）、外食産業の発展は人びとの食生活に変化をもたらした。テレビ、自動車、パソコン、携帯電話などによる生活形態の変化から国民一般に運動不足の問題が生じている。運動不足と、脂肪・糖質の摂取過多（統計ではバター、砂糖、牛肉消費量は50年間で2分の1から3分の1に減少しているが）による病的肥満、糖尿病などの生活習慣病の増加が顕著になっている。肥満が「富と健康のしるし」と見られたのは18世紀であったが（第5章）、現在国民の3分の1は肥満というこの現象は fat plague あるいは obesity epidemic と名づけられているほどである。WHO（世界保健機構）が発表した調査結果では（*The Times*, June 4, 2004）、欧州35ヶ国中英国の子どもの食生活がワーストであったことから、政府は政策として子どもへの食育の重要性を訴えるとともに、この100年間延び続けた平均余命の数値低下を危惧している。

また就業女性の増加をはじめとするライフスタイルの変化に伴い、旅行者が目的にする英国の食文化、伝統的習慣と考えられたたっぷりした朝食やアフタヌーン・ティー、ローストビーフのサンディ・ランチ等もはや日常の家庭の光景でなくなっているのが現状である。

本書の企画後、数回英国を訪れたが、そのうち2回は英国史がご専門の今井宏先生（東京女子大学名誉教授）のグループに同行させていただいた。ハンプトン・コート・パレスの修復された広大な厨房を見学、ダービーシャで有名なベイクウエル・タルト、ウェールズではリークのスープを賞味できたのも、先生のおかげである。惜しくも2003年に故人となられた先生のご冥福をお祈りするとともに、心から感謝の念を表したい。

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藺田 美和子



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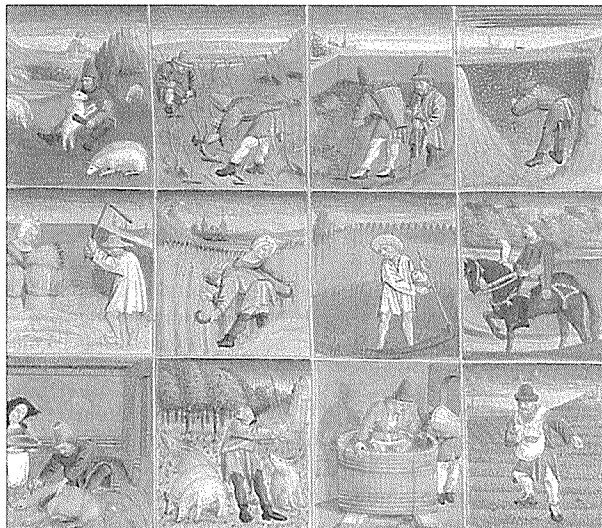
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Introduction



Throughout history, many people have had very little food to eat. It was only the rich who could afford luxuries like spices or exotic fruits from abroad. Before railways and roads were built most food was grown very close to where it was eaten. The quantities and types of food people ate changed according to the season of the year and the weather. A good harvest would mean plenty of food, but a poor harvest meant that most people had little to eat. The type of landscape and climate also had an effect on the kinds of food that could be grown. Until the nineteenth century, bread made with wheat flour was more common in the south of Britain, but in the north of the country and in Scotland, people grew rye and ate oat cakes and porridge because wheat would not grow well there.



▲ In medieval times most people worked on the land to produce enough food to eat. This calendar shows some of the jobs done each month.

in the north of the country 次に in Scotland と続くので、「イングランドの北部」
oat cakes オートミール、水、塩、油脂で作る甘味のない、発酵させないパン。イングランド北部とスコットランドはオート麦の産地である。
(oat) porridge 「オート麦の粥 (かゆ)」オート麦を水やミルクで好みの濃さになるまで煮たもの。寒い地方では朝食の一品として出される。

Our Daily Bread

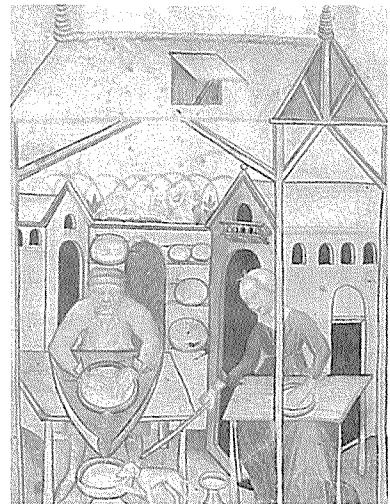
Track
2

Our ancestors would be surprised at the many types of food we have to choose from and the amount of food we eat. They would not recognize some foods, such as potatoes and tomatoes, because these were not widely eaten before about 1750. However, perhaps they would be most amazed by the way we use packets and tins to keep our food fresh. Tinned and frozen foods were unheard of until the nineteenth century, and pre-cooked foods and ready-to-eat meals did not appear in the supermarkets until the 1970s and 1980s.

Kitchen Bliss

Track
3

Our ancestors would have welcomed our kitchens containing clean and easy-to-use gas or electric cookers and microwaves. Preparing and cooking food in iron cauldrons hung above log fires was hard and very hot work. Through the centuries, people have seen many changes in food and cooking. This book looks at the way food and cooking has changed and developed from prehistoric times to the present day.



▲ There were cook shops and pie shops that sold cooked meats in medieval towns, but much food was made at home. This 500-year-old picture shows cheese being made by hand in the home.

pre-cooked foods = prepared and cooked foods 「(ある程度まで、あるいは完全に) 調理してある食品」

ready-to-eat 「(すぐ食べられる) 出来合いの」「既製の」

the 1970s 「1970年代」

cookers 「加熱調理器具」英国ではレンジの類を指す。

microwaves 「電子レンジ (電磁調理器具)」



Chapter 1

Prehistoric Food

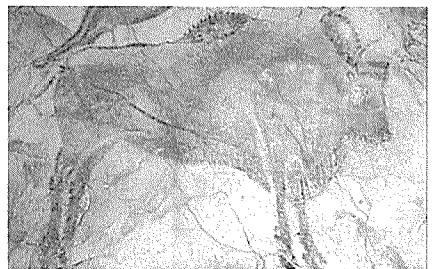
From Hunters to Farmers

Track
4

The first people to live in Britain were nomadic hunters who came from mainland Europe about 300,000 years ago.

Archaeologists have learnt a great deal about the food these people ate from
5 studying their bones and the things they made.

Prehistoric people lived mainly on plants they could gather and animals they could hunt. It was not until about 3,500 BC that people in Britain began to farm the land by growing crops and
10 keeping domestic animals such as cattle and sheep.



▲A 10,000-year-old cave painting of a bison. Stone Age people hunted bison for food.

Hunters and Gatherers

Track
5

The types of wild animal that roamed across Britain changed with the climate. During cold periods such as the great Ice Age, which ended about 10,000 BC,
15 now-extinct animals such as woolly mammoth (a type of elephant), bison (a type of buffalo) and reindeer were common. During warmer periods, these were replaced by elephants, deer and wild oxen. During the Ice Age, Britain was still joined to mainland Europe. Bones and paintings, such as those discovered in caves in the Ardeche region of France, suggest that these animals were hunted for food. Families
20 of hunters lived a nomadic life and they followed the herds of animals wherever

nomadic 「放浪の」、「遊牧の」

archaeologist (= archeologist) 「考古学者」

to farm (the land) 「(土地を) 耕作する」

woolly mammoth 「マンモス」

reindeer 「トナカイ」

the Ardeche region フランスの東部、Rhône 河に沿って西側の地域。巨大石のドルメンの遺跡などがある。

9 頁 **to be sure of a ready supply of food** 「いつでもかならず食料を手に入れられるように」

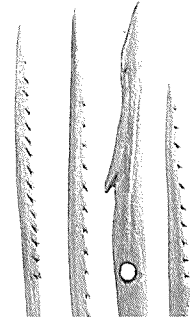
pit 「(罌としての) 落とし穴」

they went to be sure of a ready supply of food. A mammoth or bison might be chased into a pit, and while trapped would be killed with stone-tipped spears. 5 Today, hunting communities in other parts of the world get most of their food from plants rather than animals. This was probably true in prehistoric times too. 10 Many plants that we think of as weeds, such as nettles and dandelions, can be eaten. Prehistoric sites often contain the remains of nuts such as hazel, beechnuts and acorns, and pips from fruits such as blackberries, rose hips, crab apples and strawberries. Prehistoric 15 people who lived in these sites may have had a much more varied diet than we imagine.

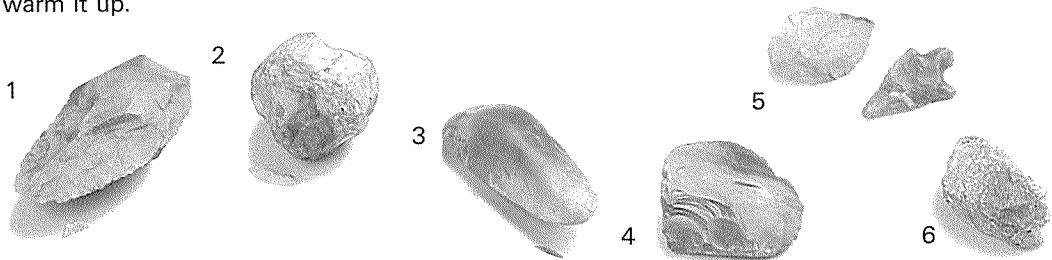
Harpoons

Track
8

Prehistoric hunters caught fish with deer-antler harpoons, like these found in Yorkshire. Shells and bones found on the beaches of Scotland show that people caught fish and shellfish from the sea. They also ate limpets and sea urchins, which they cooked by boiling or roasting on hot stones.



▼A hand axe (1), hand hammer (2), axehead (3), scraper or knife (4), and two arrow heads (5) and pot boiler (6). The stone or pot boiler was heated until red hot and dropped into a pot of liquid to warm it up.



stone-tipped spear 「尖った石を先端につけた槍」

prehistoric site 「有史以前の遺跡」

beechnut 「ブナの実、ソバグリ」

pip 「(果実の) 種子」

rose hip 「バラ (イバラ) の実」

crab apple 小粒で酸味の強いリンゴ、「クラブ・アップル」

harpoon 「鉞 (もり)」

limpet 「カサガイ (貝の一種)」

sea urchin 「ウニ」

The First Farmers

Track
6

Towards the end of the Stone Age, the first farmers arrived in Britain. Raising animals and growing crops gave people more control over their food supply. Families began to settle in one place. Food became more plentiful and the population grew.

These people still hunted — we know this from the beautiful flint arrowheads they made. But most of their meat came from cattle, sheep, goats and pigs. These farm animals were not the same as we have today, although some ancient breeds such as the Scottish Soay sheep can still be found.

Pots and Pot boilers

Track
9

New Stone Age farmers used pots to store, cook and serve their food. The marks of bones or seeds, used as decoration, provide clues about the food they ate. Liquids could be heated in the pots by dropping small, red hot stones into them. These were known as pot boilers. This 4,000-year-old pot was found at Mildenhall, Suffolk.

▶ This 4,000-year-old pot from Suffolk was used for storing food. Similar pots were also used for cooking over a fire.



gave people more control over their food supply 「(…するようになったので)人びとは食料供給を今まで以上に管理調節することが出来るようになった」

flint arrowhead 「火打石の矢じり」

Soay [sóuei] **sheep** スコットランド西方の Soay 島産の野生の羊、「ソウエイ羊」

pot この場合は「鍋」

pot boiler 9 頁写真と説明参照。

Suffolk [sʌfək] イングランドの東部の州で、ノーフォーク州の南隣に位置する。

The first farmers brought seeds to grow crops. After clearing the land of trees and breaking up the soil, they planted rye, oats, Einkorn and Emmer, which were types of wheat that grew wild in the Middle East. The farmers gathered their seeds at harvest time and crushed them between stones to make a rough kind of flour. Then they mixed the flour with water and patted the mixture into flat cakes. These were then baked on hot stones from the fire.

Celtic Food



From about 400 BC Celtic settlers began arriving from mainland Europe. Their use of bronze and iron brought great improvements in the cooking of food. Cooking in large iron pots, called cauldrons, hung from chains over the fire was much faster for cooking food than using stone pot boilers. Sharp knives enabled people to cut their meat rather than gnaw at it with their teeth. According to the writer, Posidonius, Celtic meals consisted mainly of roasted or boiled meat, particularly beef and pork.

With their meal they drank beer or mead. Mead is a drink made from honey. Rich Celts, as well as drinking beer or mead, could afford to drink wine imported from abroad with their food.

Other foods they liked to eat were eggs, dairy products, porridge, wild birds, fish and seaweed.

Einkorn [áinkò:n] 栽培型の一粒子小麦、「アインコルンコムギ」

Emmer 小穂に2粒の実をつける小麦、「エマーコムギ」

Celtic settlers ヨーロッパ大陸から移住してきたケルト人定住者

cauldron 「大きな鍋」シェイクスピアの『マクベス』*Macbeth* 第四幕には魔女たちの大鍋として登場。

Posidonius(Poseidonius) (およそ135-50BC) シリア生まれのストア派の哲学者、旅行家。紀元前146-88年間の歴史を52巻にわたって書き残した。

dairy product 「乳製品」dairy を daily, diary と間違えないように注意。



▲A reconstructed Celtic house showing iron tools and cooking pots.

*Exercises***I**

次の数字の読み方を英語で示しなさい。また BCは何の省略ですか。

- (1) 300,000
- (2) 3,500 BC
- (3) 10,000 BC

II

次の質問に英語で答えなさい。

- (1) Who were the first people to live in Britain?
- (2) What did they mainly live on?
- (3) What kinds of plants did prehistoric people eat?
- (4) What did the first farmers do in order to control over their food supply?
- (5) How did Celtic settlers improve the cooking of food?

III

次の日本語を本文中に使われている英語（単数形）で表現しなさい。

- | | |
|-----------|-----------|
| (1) 有史以前の | (2) 家畜 |
| (3) 植物 | (4) どんぐり |
| (5) たんぼぼ | (6) ライ麦 |
| (7) オート麦 | (8) (小麦)粉 |
| (9) 乳製品 | (10) 海藻 |