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**Sinopsis**

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The Book of Sent Sovi, composed around the middle of the fourteenth century, is the oldest surviving culinary text in Catalan. It is anonymous and, like the majority of medieval cookery books, is the product of a complex process of transmission, with multiple manuscript copies and readers who have left their mark on it. The contents are eminently practical. Successive cooks have recorded their own methods of preparing the dishes and recipes included, blending several culinary traditions in a single work.