



The Accomplish Cook Or The Art & Mystery of Cookery

Robert May

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Robert May (1588-c1664) was an English cook and author. His father was one of the ablest cooks in his time, and his first tutor in the knowledge and practice of cookery; under whom having attained to some perfection in this art, the old Lady Dormer sent him over into France, where he continued five years, being in the Family of a noble Peer, and first President of Paris; where he gained not only the French tongue but also bettered his knowledge in his cookery, and returning again into England, was bound an Apprentice in London to Mr. Arthur Hollinsworth in Newgate Market, one of the ablest work-men in London, cook to the Grocers Hall and Star Chamber. His famous book, The Accomplisht Cook; or, The Art and Mystery of Cookery was published 1660.

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