



# Buon Appetito, Your Holiness: The Secrets of the Papal Table

*Mariangela Rinaldi*

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## **Buon Appetito, Your Holiness: The Secrets of the Papal Table** Mariangela Rinaldi

That many of the Popes throughout the two millennia of Christianity lived and ate well is common knowledge. This vivid history of the papacy reveals not only the culinary secrets of the papal kitchens but offers many of the favorite recipes with which the Holy Fathers regaled themselves. We meet the thirteenth-century Pope, Martin IV, whose excessive love of eels literally killed him; Leo X, who favored sugared capons covered in gold leaf, and Pius IX, who always ate a simple but nutritious lunch, punctually at two o'clock, washed down with a glass of fine Bordeaux.

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