CHAPTER TWO

THE HISTORY OF THE WRITTEN CATALOGUES OF RECIPES

Introduction

This chapter examines the ways in which written catalogues of recipes were composed and transmitted in classical Greece.

In the first part of this chapter, I identify short, self-contained collections of recipes within the Hippocratic gynaecological treatises. I argue that small collections of written recipes, comparable to those found on papyri and ostraca from Egypt, were available to the compilers of these treatises. In the second part of this chapter, I suggest that in the late fifth century BC or early fourth century BC, the compilers of the gynaecological treatises made a selection of these short catalogues and included them in their writings. Although the compilers of Diseases of Women and Nature of Women had the same material at their disposal, I suggest that they organised and structured it independently of each other.

I then ask when the production of small collections of written recipes may have started, taking into account the cultural reasons that might have encouraged physicians or healers to use writing.

In the fourth section of this chapter, I discuss whether the compiler of Affections was referring to a particular recipe book or to a tradition of several recipe books when he mentions the collection of remedies entitled Pharmakitis or Ta Pharmaka. I also reflect on the reasons for the disappearance of this/these treatise(s).

I conclude this chapter by examining the similarities between therapies described in the Hippocratic Corpus, on the one hand, and by authors active in the fourth century BC, on the other. I stress the fact that in addition to the rich written tradition of pharmacological writing studied in this chapter, there was also a thriving oral tradition.
Chapter Two

The composition of the Hippocratic gynaecological collections of recipes

Identification of small collections of recipes within the Hippocratic gynaecological treatises

In Chapter One, I discussed the phenomenon of the parallel redactions of recipes in the gynaecological treatises. Together with Ann Hanson and Sybille Ihm, I considered these parallel redactions as an indication that written sources were available to the compilers of these treatises. However, I argued that no general conclusions for the composition of the gynaecologies could be drawn from the study of the parallel redactions of a single recipe.

In addition to parallel redactions of individual recipes, there are numerous examples of repetitions, in the same order, of series of recipes in different gynaecological treatises, as in the following example:¹

<table>
<thead>
<tr>
<th>A = Nature of Women 109</th>
<th>B = Diseases of Women 1.78</th>
</tr>
</thead>
<tbody>
<tr>
<td>(125.23–126.11 Trapp;</td>
<td>(8.174.16–176.8 L.)</td>
</tr>
<tr>
<td>7.422.23–424.11 L.)</td>
<td></td>
</tr>
</tbody>
</table>

| 1. Γνώμεν αγά καθαρό ἄρα, ἥν μὴ πρὶν εἰσάχθη καθαρός· λαβόν τις ἐκ τῆς μόνης ὅσον τρίμβωλον καὶ ἄρα μίσην ποῦν καὶ λίβανοτοῦ ὅσον, τρίψας, ἐὰν νῦν ἦν συνίσχες, ἐὰν τῆς ἤσθης ἤσθης ἔσθη ἦσθη πιθανῶς ξύσετο πρὸς αὐτὴν. | 1. Ἡν μὴ κατή καθαρός ἕνο οἷος ἤ λαβόν σικυίας ἐκ τῆς μόνης ὅσον τρίμβωλον καὶ ἄρα μίσην ποῦν καὶ λίβανοτοῦ ὅσον ὅσον, τρίψας, ἐὰν νῦν ἦν συνίσχες, ἐὰν τῆς ἤσθης ἤσθης ἔσθη ἦσθη πιθανῶς ξύσετο πρὸς αὐτὴν.

¹ For ease of reference, I shall refer to these series as Series A and Series B respectively.