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# EGODOCUMENTS FROM MEDIEVAL CODEX TO MODERN MEDIA:

Narratives, Presentations, Identities

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**Book of Abstracts** 

Faculty of Communication, Vilnius University
Faculty of History, Nicolaus Copernicus University in Toruń
Filip Friedman Centre for Jewish Studies, University of Lodz
International Egodocumental Research Group







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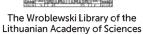














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# Introduction of the Historical Cookbook in the Context of Egodocumental Research: The Case of Jan Szyttler

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Jan Szyttler (1778–1850) was the most famous cookmaster of the Romantic period within the cultural space of the former Polish-Lithuanian Commonwealth. Living in Vilnius during the first half of the 19<sup>th</sup> century, Szyttler authored several popular cookbooks focusing on different audiences, such as professional cooks, rural housewives, hunters, those who sought economical meal preparation, and individuals concerned with a healthy lifestyle. From the perspective of egodocumental research, the introductions to these cookbooks are particularly compelling. In these introductory sections, Szyttler elaborates on his motives for writing to specific audiences and articulates his culinary concepts tailored to meet the needs and interests of each distinct audience. These introductions not only illuminate Jan Szyttler's values and interests but also serve as a key to understanding his personality.

This conference paper presents an egodocumental analysis of the introductory sections of Szyttler's cookbooks. The research explores several questions. To what extent can a book's introduction be considered an egodocumental source? How does this source contribute to the understanding of Szyttler's personality and study of the gastronomic history of his time? And what is the communicative function of this source, particularly in terms of its semiotic and interpretative characteristics?