

Download Out East Spices Medieval Imagination

Medieval cuisine includes foods, eating habits, and cooking methods of various European cultures during the Middle Ages, which lasted from the fifth to the fifteenth century. A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavoring, coloring or preserving food. Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish. Couscous Ancient fare? Not quite. "Couscous is a North African staple as far east as Tripoli, and particularly in Morocco and Algeria, where the local name for it is sometimes identical to the word for food" in general. Algae Algae, seaweed, nori, kaiso, agar agar, miok, carrageen, Irish moss, spirulina, tecuilatl: vitamin rich edible gifts from the sea. Consumed from prehistoric times forward, culinary applications depend upon place/period/people.