

# Download Out East Spices Medieval Imagination

Out of the East: Spices and the Medieval Imagination by Paul Freedman (2009-03-03) Paperback [Paul Freedman] on Amazon.com. \*FREE\* shipping on qualifying offers. 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.