

# Download Medieval Health Handbook : Tacuinum Sanitatis

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. Wine is an alcoholic drink made from fermented grapes. Yeast consumes the sugar in the grapes and converts it to ethanol, carbon dioxide, and heat. Carrot History - Medicine to Food 200 a.d. to 1500 ... Above - The oldest known manuscript of Dioscorides work is the Juliana Anicia Codex (ca. 512 A.D.), housed in the Austrian National Library in Vienna. Pie crust In its most basic definition, pie crust is a simple mix of flour and water. The addition of fat makes it pastry. In all times and places, the grade of the ingredients depends upon the economic status of the cook.