Is it true that medieval European cuisine菜肴 were much more spiced香料 and used different contrasting对比的 flavor味道 much like many Asian cuisines today? What caused the shift in the European cuisine that it now utilizes使用 relatively相对的 few spices & contrasting flavors?

今天两篇，第一篇来自quora

1. Cereals谷物；麦片 remained the most important staple during the early Middle Ages as rice was introduced late, and the potato was only introduced in 1536, with a much later date for widespread普遍的 consumption. Barley大麦, oat燕麦 and rye黑麦 were eaten by the poor. Wheat小麦 was for the governing classes. These were consumed吃 as bread, porridge粥, gruel燕麦粥 and pasta通心粉 by all of society's members. Fava beans蚕豆 and vegetables were important supplements补充 to the cereal-based以谷物为基础 diet of the lower orders秩序. 谷物；麦片 主食 分别是大麦；燕麦；黑麦 蚕豆

2. Meat was more expensive and therefore more prestigious有声望的，一般指人. Game野味, a form of meat acquired获得 from hunting, was common only on the nobility's tables. The most prevalent盛行的 butcher's屠夫 meats were pork, chicken and other domestic圈养的 fowl家禽; beef=牛肉, which required greater investment投资 in land, was less common. Cod鳕鱼 and herring鲱鱼 were mainstays主食 among the northern populations人; dried, smoked or salted, they made their way设法进入 far inland, but a wide variety各种 of other saltwater and freshwater fish was also eaten. game野味；猎物 屠夫 圈养的家禽 鳕鱼 鲱鱼

3.Slow transportation and food preservation保存 techniques (based on drying,salting, smoking and pickling制作泡菜) made long-distance trade of many foods very expensive. Because of this, the nobility's food was **more prone to**容易受到影响 foreign influence than the cuisine of the poor; it was dependent on exotic异域风情 spices and expensive imports. As each level of society imitated模仿 the one above之上 it, innovations创新 from international trade and foreign wars **from** the 12th century **onward**从。。往后 gradually disseminated传播 through the upper middle class of medieval cities. Aside from economic unavailability无法利用 of luxuries奢侈品 such as spices, decrees法令 outlawed不合法 consumption of certain foods among certain social classes and sumptuary节约/限制消费 laws limited conspicuous引人注目 consumption among the nouveaux暴发户 riches. Social norms社会准则 also dictated命令 that the food of the working class be less refined精致的, since that it was believed there was a natural resemblance相似 between one's labour and one's food; manual体力劳动 labour required coarser粗糙的, cheaper food. pickled vegetable 泡菜 法令 宣布。。。不合法 节约法令 限制费用的，禁止奢侈的 norm社会准则 refined精炼的，精制的

4. A type of refined精炼的，精制的 cooking developed in the late Middle Ages that set the standard among the nobility all over Europe. Common seasonings调料 in the highly spiced sweet-sour甜酸 repertory typical典型的 of upper-class medieval food included verjuice酸果汁, wine and vinegar醋 in combination结合 with spices such as black pepper黑胡椒, saffron藏红花 and ginger姜. These, along with the widespread use of sugar or honey, gave many dishes菜肴 a sweet-sour flavour味道. Almonds杏仁 were very popular as a thickener增稠 in soups, stews炖, and sauces酱, particularly as almond milk. 酸果汁 藏红花 杏仁 增稠剂 炖煮的菜肴

Going Solo: The Extraordinary惊人的 Rise and Surprising Appeal吸引力 of Living Alone.

1.“YOU need an apartment alone even if it's over a garage车库,” declared Helen Gurley Brown in her 1962 bestseller “Sex and the Single Girl”. To Brown, who went on to edit比 Cosmopolitanmagazine, the benefits of solo living were innumerable无计其数: it afforded提供 the space to cultivate培养 the self, furnish提供 the mind, work late and indulge in沉溺 sexual experimentation试验. Young women should enjoy their best years without a husband, she advised, as this not only laid the foundation基础 for stronger marriages but also gave them a lifestyle to fall back on依赖 in case以免 they found themselves alone again

2.Sensational轰动的 at the time, Brown's counsel建议 seems sensible合理的 now. Certainly both sexes have taken it to heart记在心中, marrying later, divorcing readily and living alone in larger numbers thanever before. In America more than half of all adults are single and roughly one out of sevenlives alone. Worldwide, the number of solo dwellers居住者 has **climbed from攀升** 153m in 1996 **to** 202min 2006—a 33% jump激增 in a decade, according to Euromonitor International, a market analyst.Yet little is known about the wider social effects of this unprecedented史无前例的 boom, writes EricKlinenberg, a sociologist at New York University. His new book “Going Solo” offers acomprehensive 综合性的 look at the lures吸引力 and perils危险 of living alone.

3Mr Klinenberg parts不同 with those who see the rise of solo living as yet another sign of the decline衰弱 of civic society. Now that既然 marriage is no longer the ticket to adulthood, a desire to live alone is perfectly reasonable, he writes. Young adults view it as a rite仪式 of passage流逝, aperiod of personal growth before possibly settling down结婚定居. Its cultural acceptance接受 has helped to liberate women from bad marriages and oppressive压抑的 families, granting给与 them a space tore turn to civic life公民生活. And as elderly adults live longer than ever before, often without apartner, many hope to stay independent for as long as possible. Nearly几乎 everyone who livesalone prefers it to their other options, says Mr Klinenberg, and ever more people hope to join the ranks全体成员.

4.Solitary living need not mean solitude孤独. The author offers evidence that people who livealone are often more socially active than their cohabitating同居的 peers同龄人. The “communications revolution” has allowed more people to experience the pleasures of social life from the comforts of home, and cities with high numbers of singletons单身人士 enjoy a thriving繁荣的 public culture of bars, cafés and restaurants. Urban城市的 officials官员 are now eager to lure吸引 professional singles—known to both work and play hard—in the hope that they will stimulate刺激 the local cultureand economy.

5.Living alone is easy enough for the young and solvent有还债能力的; less so for the elderly, frail虚弱 and poor. Mr Klinenberg came to this story while working on a book about the lethal Chicago heatwave热浪 of 1995, when hundreds of people died alone at home, out of touch失去联系 with friendsand neighbours. The trend for solo living can too easily morph改变 into social isolation孤立,particularly for men, who are less adept擅长 than women at making and sustaining维持 connections. Other bugbears烦恼的事 include loneliness, discrimination歧视 (in the workplace, the tax code and so on) and work aholism工作狂. Ageing衰落 single adults—a fast-growing group—complain that there are few decent体面, affordable alternatives可替换 to withering枯萎，衰老 away逐渐. 有还债能力的

免税代码（指雇员收入免税部分的数字代码，由税务机关编定）

6.Mr Klinenberg looks wistfully因为得不到而伤感的 to the Scandinavian countries, where generous慷慨的 social-welfare benefits and communal公共 urban城市的 design allow more people to live alone together. Heoptimistically calls for “bold policy initiatives” such as more affordable housing and assisted辅助的-living facilities设施. “We'll need them,” he adds, “since so many of us will be living alone.” 因为得不到而伤感的 倡议