# Contents

Preface ix

## INTRODUCTION

**Spices: A Global Commodity** 1

## ONE

**Spices and Medieval Cuisine** 19

## TWO

**Medicine: Spices as Drugs** 50

## THREE

**The Odors of Paradise** 76

## FOUR

**Trade and Prices** 104

## FIVE

**Scarcity, Abundance, and Profit** 130

## SIX

*That Damned Pepper*: Spices and Moral Danger 146

## SEVEN

**Searching for the Realms of Spices** 164

## EIGHT

**Finding the Realms of Spices: Portugal and Spain** 193

## CONCLUSION

**The Rise and Fall of Spices** 215

Notes 227

Bibliography 245

Index 259