

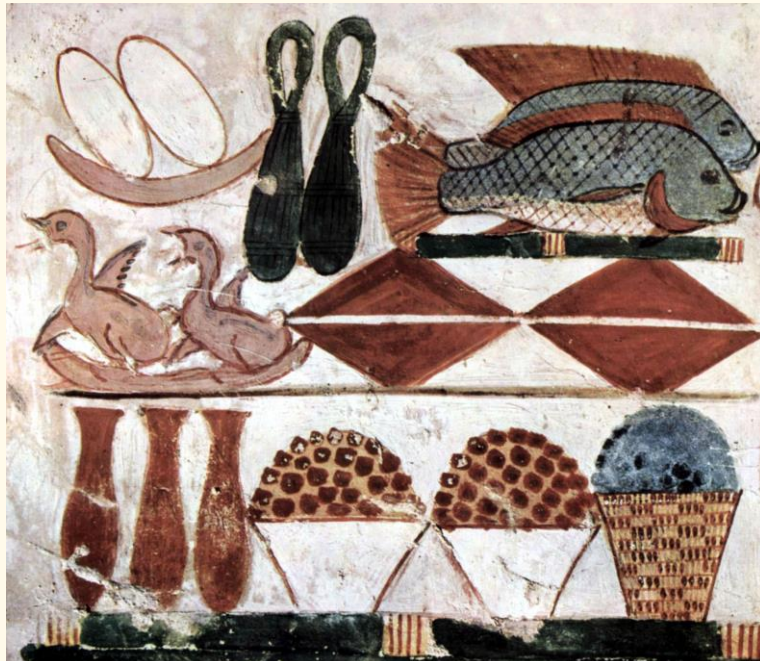
*Antiquity***NOW**



2013

RECIPES

WITH A PAST



This bookmark features an Egyptian mosaic from the Tomb of Menna and five ancient food facts. Click on the image below to download a printable, high resolution image of the front and back.

* The mosaic used by *AntiquityNOW* is a public domain image.



5 Ancient Food Facts

Apple pieces have been found in Stone Age dwellings in Switzerland

Cheesecake was given to athletes in the first Olympic games in 776 BCE in Greece

The origins of ice cream began 5,000 years ago in China

Ancient Maya used cacao beans as currency and to make chocolate

Emperor Nero consumed leeks to improve his singing voice

The Story Behind the Mosaic

The mosaic on this bookmark is from the extraordinary Tomb of Menna (circa 1422-1411 BCE). Menna was the “Scribe of the Fields of the Lord of the Two Lands of Upper and Lower Egypt” and oversaw the agricultural dealings on property owned by the Temple of Amun at Karnak in the 18th Dynasty, most probably during the reigns of Tuthmosis IV and Amenhotep III. His tomb is remarkable for its wall art bringing alive all aspects of daily life in Egypt. The decorations reflect the belief that the afterlife was a mirror of what was best in the earthly life. The lavish and finely detailed paintings demonstrate the Egyptians’ mastery of pigment and its application on plaster.

www.antiquitynow.org

AntiquityNOW is proud to present its *2013 Recipes With a Past*, a compendium of recipes published on www.antiquitynow.org this year. Each dish has ancient roots, rendered for today's discerning tastes.

For thousands of years humans have had a fascination with food. From their culinary evolution as hunters, gathers and cultivators to today's trendsetters of palate-pleasing wizardry, humans have realized that there is more to food than survival. Food nourishes and heals. Food symbolizes social being and belonging. Food tethers us to family and culture. And food can be evocative, conjuring up memories and pulling at heartstrings. Food infuses us with a life force and seduces us with its power—and ignites the imagination to continually explore new horizons of culinary mastery.

Recipes With a Past commemorates these innovators of the past who have left their own culinary legacies for today's tables. These recipes reflect the great bounty of this earth and remind us to cherish and preserve our cultural heritage, in all its forms. Please enjoy *Recipes With a Past*.

AntiquityNOW Staff



Who We Are

The mission of AntiquityNOW is to raise awareness of the importance of preserving our cultural heritage by demonstrating how antiquity's legacy influences and shapes our lives today and for generations to come. AntiquityNOW carries out its mission through public engagement, educational programs and advocacy on behalf of our collective world heritage.

The goal of AntiquityNOW is to illustrate that humankind's commonalities are stronger than its differences, and to share this knowledge to promote mutual understanding, tolerance and peaceful co-existence among our global family.



TABLE OF CONTENTS



- **Soup**
 - Ancient Maya Pumpkin Soup..... 6
 - Matzo Ball Soup (Veganized!)..... 8

- **Main Dishes**
 - Grandma Joyce’s Fish Cakes..... 12
 - Honey Baked Chicken With Tangy Apple..... 13
 - Hungarian Stuffed Cabbage..... 15
 - Musakhan..... 18
 - Slow-Cooked, Mustard-Crusted Pork Loin..... 20

- **Side Dishes**
 - Eggplant With Buttermilk Sauce and Pomegranate Seeds..... 25
 - Potato Latkes..... 27
 - Roasted Leeks and Apples..... 29
 - Scalloped Squash Casserole..... 31

- **Desserts**
 - Gastrin (Ancient Greek Baklava)..... 34
 - Hot Fudge Sundae..... 36
 - Hungarian Kifli Cookies..... 39
 - Indian Burfi (No Cook, Double Layer Fudge)..... 41
 - Qatayef..... 43
 - Sticky Cake (Nian Gao)..... 45
 - Tiger Nut Sweets..... 47

- **Beverages and Libations**
 - Eggnog..... 49
 - Imperial Roman Honey-Spiced Wine..... 51
 - Maya Hot Chocolate..... 53
 - Retsina and Tonic..... 55

SOUPS



ANCIENT MAYA PUMPKIN SOUP

The Maya were known for creating one of the world's first written languages, independently conceiving of the number zero, building elaborate architectural structures without knowledge of metal production or the wheel, and having a complex understanding of the cosmos, even developing two calendars accurate today that calibrated agricultural cycles and rituals.

Because they practiced such advanced agricultural technologies, the Maya enjoyed a varied diet, particularly for their time. Below is a pumpkin soup that was—and still is—a perennial favorite.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

- 1 small pumpkin
- 2 tablespoon palm or other neutral oil, like peanut or safflower
- 3 tablespoon honey
- ½ teaspoon ground allspice
- 4 cups turkey broth
- salt to taste
- thinly sliced wild onions or scallions



INSTRUCTIONS

- Scrape the pumpkin flesh from shell and mash, or puree if a smoother mixture is desired.
- Place the pumpkin in a large saucepan and season with salt, honey, and allspice.
- Gradually stir in enough broth to make soup with thin or thick consistency, as desired.
- Simmer over medium heat about 5 minutes, until hot.
- If desired, serve soup in small pumpkin or squash shells.
- Garnish with onions and pumpkin seeds.

* Recipe: [Legacy Program](#) at the University of Texas at San Antonio's Center for Archaeological Research, via Archaeology.org.

MATZO BALL SOUP (VEGANIZED!)

Growing up, there was only one thing I wanted when I was sick: matzo ball soup. Comforting, filling and best when made by your mom, this Jewish food is a Passover staple. One of the most important Jewish holidays, Passover commemorates Moses freeing the Jews from slavery under the Egyptians in the year 2448 from creation, or 1313 BCE.



Shandra Goldfinger

As the story goes, the Jews had to leave Egypt in such a hurry that they could not let the dough for their bread rise, resulting in the flat, unleavened bread we now call matzo. Though traditionally in a simple, clear broth, my mother would make a heartier version influenced by her Germanic heritage that included vegetables and noodles in addition to the traditional matzo ball. I remember slurping down bowl after bowl of her magic soup, only to miss it terribly after going vegan. Thanks to trial and error and inspiration from three different recipes,* I finally have a vegan matzo ball soup that is “just like mom’s.”

Note: In keeping with Jewish holiday tradition of multiple nights, it’s best to prepare the matzo ball dough the night before you plan to eat. The matzo balls need to stay in the refrigerator for several hours.

INGREDIENTS

For the balls:

- 1 package of firm silken tofu (I use Mori-Nu)
- ¼ cup olive oil
- 1 teaspoon Better than Bouillon No Chicken Base
- 1 cup matzo meal
- 2 tablespoons nutritional yeast
- salt and pepper to taste
- 1 teaspoon fresh dill
- 1 tablespoon vodka
- 2 tablespoons club soda



INGREDIENTS Cont.

- 1 onion, chopped
- 2-3 carrots, chopped into ¼" thick round slices
- 2 stalks of celery, chopped into 3-inch pieces
- 1 Tbs. olive oil
- 8 cups water
- 6 tsp. Better than Bouillon No Chicken Base
- A few dashes of Bragg's Liquid Aminos
- salt and pepper to taste
- 1 Tbs. fresh dill
- 2 tsp. fresh parsley
- 1 package of your favorite noodles, prepared separately

INSTRUCTIONS

For the balls:

- In a blender or food processor, blend together the silken tofu, olive oil and Better than Bouillon No Chicken Base.
- In a medium sized bowl, mix the matzo meal, nutritional yeast, salt, pepper, and dill.
- Combine the tofu mixture with the matzo mixture.
- Stir in (or use your hands to mix) the vodka and club soda to create a thick, sticky dough. If the batter seems too liquid-y, add more matzo meal until desired consistency is reached. If it's too stiff, add more club soda. It should be similar to cookie dough.
- Cover the bowl tightly with plastic wrap and refrigerate at least 4 hours, but preferably overnight.



INSTRUCTIONS cont.

- Fill a large pot with a tight fitting lid with 6-8 cup of water plus a dash of salt.
- Bring the water to a boil, then turn down to a simmer.
- With wet hands, form the dough into two-inch balls, and gently drop them into the water.
- Cover and simmer for 40 minutes. DO NOT TAKE OFF THE LID! For some reason, removing the lid will ruin the matzo balls. Perhaps it was designed this way by Jewish grandmothers to teach kids patience.
- After 40 minutes, your matzo balls should be done. Either put them in the soup right away or take them out of the water to store for later.

For the soup:

- In a large stock pot, sauté onions, carrots and celery in olive oil until the onions are translucent.
- Add the water and bring to a boil.
- Once boiling, add the Better than Bouillon No Chicken Base, Bragg's, salt, and pepper.
- Reduce to a simmer, add the dill, and cook until the carrots are tender
- Add parsley right before serving

To serve:

- Grab soup bowl; load it up with noodles, broth, veggies, and matzo balls, and enjoy the comforts of childhood!

* This recipe is inspired by recipes from *The Post Punk Kitchen, Hell Yeah It's Vegan!*, and Sarah Seinberg.

MAIN DISHES



Fish has long been a major dietary staple for cultures living near significant bodies of water. Because of this, variation of the fishcake can be found all over the world.

Beginning in ancient times, people used fish native to their waters along with other convenient ingredients to fashion a cake that was nutritious and filling. Click [here](#) to see all of the unique fishcake variations that have developed since antiquity in different regions of the world.

This recipe is special to my family and has been passed down through the generations. The ingredient measurements are not exact because fishcakes are meant to be made according to taste. Please enjoy!



Russell Fleming

INGREDIENTS

- One tin of salmon
- Mashed potatoes
- A handful of flour
- Salt and pepper to taste



INSTRUCTIONS

- Place the contents of a tin of salmon in a mixing bowl.
- Add as much or little mashed potato as you like.
- Mix the two together, adding some flour and salt and pepper.
- After it has all been thoroughly mixed together, roll the contents into small balls.
- Take a rolling pin and flatten the balls to resemble fishcakes
- Place the fishcakes in a frying pan and cook until they are golden brown on the outside.

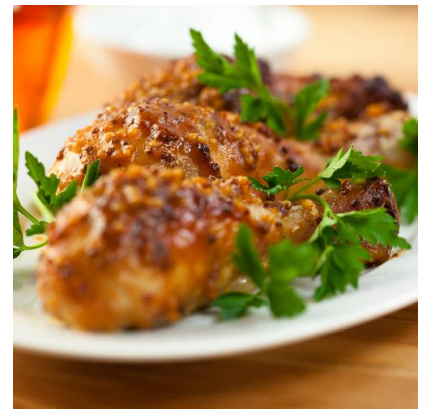
*Image courtesy of [phototram](#).

HONEY BAKED CHICKEN WITH TANGY APPLE

Food during Rosh Hashanah has special significance. Eating sweet foods symbolizes desire for a sweet new year, so apples dipped in honey is a featured dish. Today, adventurous new chefs are taking the apple and other important Rosh Hashanah ingredients and creating menus full of dishes sure to thrill the pickiest palate. This unique chicken dish is perfect any time of year.

Click [here](#) to learn more about the history of this dish.

Tip: The tart apples, cooked with shallots and mustard, can also be served with other proteins, such as salmon, turkey or duck.



INGREDIENTS

Serves 4

- One 4-pound chicken, cut into 8 pieces
- 3 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 2 tablespoons honey
- 2 shallots, sliced
- 2 Granny Smith apples, cored and cut into ¼-inch slices
- 1/2 cup chicken broth
- Freshly squeezed juice of 1/2 lemon
- 1 teaspoon Dijon mustard



INSTRUCTIONS

- Preheat the oven to 425° F and arrange a rack in the top third of the oven. In a wide, ovenproof skillet or small (9-by-13-inch) roasting pan, toss the chicken pieces with 1 tablespoon of the olive oil and season them well with salt and pepper. Arrange the pieces skin side up and drizzle 1 tablespoon of the honey over them.
- Roast, basting occasionally during the second half of the cooking, until the juices run clear when the thigh or leg is pierced, about 50 minutes.
- Meanwhile, in a large skillet, warm the remaining 2 tablespoons of olive oil over medium heat. Add the shallots and a pinch of salt and sauté until the shallots are translucent, 2 minutes. Add the apple slices and sauté until they begin to soften, 3 minutes. Stir in the broth, lemon juice, mustard and remaining tablespoon of honey. Simmer, stirring, until the sauce has thickened and the apples are tender, about 3 more minutes.
- To serve, transfer the apple mixture to a deep platter and arrange the chicken on top.

* Recipe courtesy of kveler.com.

My family's favorite dish was and still is stuffed cabbage. Interestingly, nearly every ethnic group from the Middle East north to Eastern Europe and Scandinavia claims to have the best tasting recipe for stuffed cabbage. My family is Hungarian, so our *töltött káposzta*¹ is made with tomato juice and served with sour cream.



Jinni Bradfield

Stuffed cabbage rolls are an ancient dish. Jewish historians trace it back 1500 years, when it was part of the Jewish fall harvest festival. Thousands of years ago, as trade routes opened up into Eastern Europe, this hearty dish traveled far. It became *sarmi* in Bulgaria and *sarmale* in Romania, where pork was added. The Ukrainians added sauerkraut and served their *holubtsi* with perogies.² The Russians nicknamed the rolls *gloubtsy*, which means "little doves."³ The Polish *golabki* added paprika. Farther northeast in Finland, *kaalikaaryle* was first browned and then brazed.⁴ As immigrants came to North America from these regions, they brought this delicious meal with them.

Enjoy my personal favorite version of stuffed cabbage!

INGREDIENTS

- 2-3 lbs. ground beef/veal/pork meatloaf mix
- 1 head of cabbage boiled till soft and cooled to touch
- 1 cup of uncooked white rice
- 1 med. sweet onion, diced
- 2 eggs
- 1 teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt



INGREDIENTS cont.

- ¼ teaspoon paprika
- 2-3 14 oz. cans sauerkraut, drained
- 2-3 46 oz. cans tomato or V-8 juice
- Sour cream

INSTRUCTIONS

- Boil head of cabbage until the cabbage is soft, not soggy. Cool it until you can touch it without burning your fingers. Separate the leaves. Slice off the thickest parts of the stem so that the leaves are flexible.
- Mix together the meatloaf mixture, seasonings, eggs, diced onions and rice. Press into egg-sized shapes. Roll each up in a cabbage leaf starting with the thicker end of the leaf (not too tightly). Fold in the left side of the cabbage leaf and keep rolling. When done, tuck the loose cabbage leaf on the right side in. Set aside the rolls.
- Pour about ½ cup of tomato/V-8 juice into the bottom of a large pot. Add a layer (about 1 ½ deep) of sauerkraut into the pot and stir to mix.
- Place your cabbage rolls on top of the sauerkraut-juice mixture. Do not pack tightly. Leave a little space between the rolls so that they have room to expand and cook evenly.
- Add another layer of juice and sauerkraut, then lay a second row of cabbage rolls. Continue alternating sauerkraut and cabbage rolls until you are 2" from the rim. Add a final layer of sour kraut and the rest of the juice.
- Add water to fill the pot to 1" from the top rim of the pot. Bring to a hearty boil, then reduce heat to simmer and cook until rice is soft and the meat has no more pink, about 1 ½ to 2 hours on medium heat. Occasionally lift the cabbage rolls slightly with a long spoon to prevent sticking to the bottom of the pot. Add a little hot water as needed to keep the cabbage rolls submerged so that they don't dry out.
- Once dished out, add sour cream to taste.

References

- ¹ <http://bettergardensthanhome.com/index.php/2010/03/homemade-hungarian-stuffed-cabbage/>
- ² <http://onceuponaparadigm.wordpress.com/2012/06/24/stuffed-cabbage-rolls-comfort-food-history-and-recipes/>
- ³ <http://www.melangery.com/2013/09/russian-mondaygolubtsy-stuffed-cabbage.html>
- ⁴ <http://onceuponaparadigm.wordpress.com/2012/06/24/stuffed-cabbage-rolls-comfort-food-history-and-recipes/>

MUSAKHAN

Ramadan is the 9th month of the Islamic calendar. It was established as a Holy Month for Muslims after the Quran was revealed to the Prophet Muhammad in 610 CE on the occasion known as Laylat al-Qadr, frequently translated as the Night of Power. During Ramadan Muslims fast from dawn to sunset. The end of Ramadan is marked by the holiday Eid ul-Fitr or the Festival of the Breaking of the Fast, which takes place 29 or 30 days from the beginning of the month.

Eid ul-Fitr is celebrated by putting up decorations, exchanging gifts and enjoying a great feast.

This traditional recipe is full of the flavors of this holiday, but would make a delicious main dish any time of year.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

Serves 4-6

- Chicken, cut into serving pieces—1 (3-pound)
- Dried sumac (see variations) — 1/4 cup
- Ground cinnamon—1 teaspoon Ground allspice or cloves—1/2 teaspoon
- Ground nutmeg—1/4 teaspoon
- Salt and pepper—to season
- Olive oil—1/4 cup
- Onions, thinly sliced—3
- Lavash bread—2 large pieces
- Pine nuts



*Image courtesy of [Kokaly](#).



INSTRUCTIONS

- In a large bowl, mix the chicken, sumac, spices, salt and pepper.
- Refrigerate and let marinate for at least 30 minutes, or preferably for several hours.
- Preheat oven to 350° F.
- Heat the olive oil in a large skillet over medium-high flame. Add the chicken, a few pieces at a time, and brown on both sides. Remove to a plate and set aside.
- Add the onions to the skillet and sauté, stirring often, until the onions are cooked down and beginning to brown, 15 to 25 minutes.
- Line the bottom of a baking dish large enough to hold the chicken and onions with a sheet of lavash bread.
- Spread half the onions over the bread, then place chicken over the onions. Top the chicken with the remaining onions.
- Cover the whole dish with the remaining sheet of lavash bread, tucking in the sides to seal the chicken in. Sprinkle the lavash bread with water to lightly moisten it.
- Place the baking dish in the oven and bake for 1½ to 2 hours, or until the chicken is cooked through (an insta-read thermometer inserted into the dish should register around 180° F).
- If the bread starts to burn, cover it lightly with aluminum foil.
- Remove the dish from the oven and let it rest about 10 minutes. Remove and discard the top bread and serve the chicken in its dish, sprinkled with pine nuts.

Variations:

Instead of sumac, use 3 tablespoons of paprika and a good squeeze of lemon juice. Palestinians use bread called shrak or marquq for this dish. More commonly available Armenian lavash bread is very similar. Or use 2 or 3 pieces of pita bread that have been split in two horizontally. Some cooks add a big pinch of saffron to the onions as they sauté.

SLOW-COOKED, MUSTARD-CRUSTED PORK LOIN

In ancient times, the boar was considered king of the forest and was both respected and feared. It was an animal considered sacred to the Norse god Freyr who was believed to bring prosperity and happiness. A boar was sacrificed to Freyr during Yuletide, which was around the winter solstice. The name *yule* derived from the name of an early German month. The boar's head was then eaten as a symbol of the people's triumph over the animal, and its sacrifice to Freyr was seen as the hope for an abundant spring.

When Christianity took the place of paganism, the eating of the boar's head became a symbol of Christ's triumph over evil. Eventually, the Boar's Head feast became a staple of Christmas tradition in homes throughout Northern Europe and England and was transported to the New World by the colonists. While not all Americans adopted the entire feast, the eating of pork or ham became common at Christmas.

This holiday season you can enjoy a gourmet version of the traditional roasted boar.

Click [here](#) to learn more about the history of this dish.

Roasted Pork

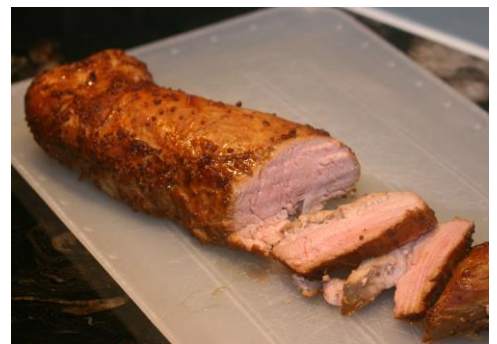
INGREDIENTS

Makes 6 to 8 servings

- 3 pounds boneless pork loin, trimmed

For the fresh-herb marinade:

- ¼ cup chopped sage
- ¼ cup chopped parsley



INGREDIENTS CONT.

- ¼ cup chopped rosemary
- ¼ cup honey
- 3 tablespoons minced fresh garlic
- ¼ cup olive oil
- 2 tablespoons cracked or very coarsely ground black pepper

For the pork loin crust:

- 1 tablespoon whole grain mustard
- 3 eggs, beaten
- ¼ cup white wine (chardonnay recommended)
- 1 cup toasted or oven-roasted bread crumbs
- ½ teaspoon chopped fresh parsley
- 1 clove garlic
- Salt, freshly ground black pepper

INSTRUCTIONS

- **Cook's notes:** Allow enough time for the pork to marinate 8 hours, or marinate it the day before.
- **Preliminaries:** Heat oven to 300 degrees shortly before you're ready to roast the pork.
- **Marinate the pork:** Combine chopped herbs with honey, garlic, olive oil and peppercorns. Evenly coat the pork with the mixture, cover loosely with plastic wrap and refrigerate for 8 hours or overnight.
- **Coat pork with crusting mixture:** Combine mustard, beaten eggs and wine. Stir in bread crumbs and mix well. Add parsley, garlic and salt and pepper to taste. Place pork on a rack and roast slowly for about 2½ hours, testing for doneness after about 2 hours using an instant-read meat thermometer thrust into the center of the meat. The roast is done when it registers at least 160 degrees. (If meat browns too quickly, tent the roast loosely with aluminum foil.)



INSTRUCTIONS CONT.

- **Carve the pork:** Remove roast from oven, tent loosely with foil and let stand 10 to 15 minutes. Carve medium-thick slices. Serve with demi-glacé or other favorite sauce.

Demi-glacé

INGREDIENTS

Makes enough for 6 to 8 servings

- 2 pounds veal bones (see cook's notes) roasted (technique follows)
- ½ cup coarsely chopped yellow onions
- ¼ cup coarsely chopped carrots
- ¼ cup coarsely chopped celery
- 5 whole peppercorns
- ¼ cup blended oil (half each canola and olive oils)
- 3 bay leaves
- ¼ cup tomato paste
- 1 gallon cold water
- Butter to taste, to finish the sauce
- Salt, freshly ground black pepper to taste

INSTRUCTIONS

- **Cook's notes:** Because most supermarkets don't routinely stock veal bones, essential for making demi-glacé, call the store's meat department at least three days ahead of time to ensure availability.
- **Preliminaries:** Heat oven to 375 degrees.
- **Brown the veal bones:** Place the veal bones in a roasting pan and set on middle shelf in preheated oven. Roast the bones until golden brown, about 1 to 1½ hours.



INSTRUCTIONS CONT.

- **Caramelize the vegetables:** Wash, peel, and chop all vegetables into a rough cut. In a large saucepan, preheat your oil and add the rough-cut vegetables, peppercorns and bay leaves. Cook this mixture until good caramelization of the vegetables is achieved; they should have a roasted appearance. Add the tomato paste and allow to brown in pot with the caramelized vegetables.
- **Simmer the demi-glace:** Remove the veal bones from the oven and discard any excess oil.
- Add the veal bones to the saucepan with vegetables and cover with the water.
- Bring the mixture to a slow simmer and allow to cook for approximately 3 to 4 hours over low heat.
- Strain the mixture into a smaller saucepan and allow the liquid to reduce by half before serving.

* Recipe adapted from chef Steven Sterritt, the Lodge at Geneva-on-the-Lake.

* Image courtesy of kae71463.

SIDE DISHES



EGGPLANT WITH BUTTERMILK SAUCE AND POMEGRANATE SEEDS

The pomegranate has special significance during Rosh Hashanah and is valued for its wholesome properties and religious significance. This fruit has been represented as having 613 seeds (although this is a traditional rather than factual count), which is the number of mitzvot (commandments or good deeds) in the Torah. This side dish takes tradition and gives it a modern twist!

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

Serves 4

- 2 large and long eggplants
- 1/3 cup olive oil
- 1 1/2 teaspoon lemon thyme leaves, plus a few whole sprigs to garnish
- Maldon sea salt and black pepper
- 1 pomegranate
- 1 teaspoon za'atar

SAUCE

- 9 tablespoon buttermilk
- 1/2 cup Greek yogurt
- 1 1/2 tablespoon olive oil, plus a drizzle to finish
- 1 small garlic clove, crushed
- Pinch of salt



INSTRUCTIONS

- Preheat the oven to 200° F. Cut the eggplants in half lengthways, cutting straight through the green stalk (the stalk is for the look; don't eat it). Use a small sharp knife to make three or four parallel incisions in the cut side of each eggplant half, without cutting through to the skin. Repeat at a 45-degree angle to get a diamond-shaped pattern.
- Place the eggplant halves, cut-side up, on a baking sheet lined with parchment paper. Brush them with olive oil—keep on brushing until all of the oil has been absorbed by the flesh. Sprinkle with the lemon thyme leaves and some salt and pepper. Roast for 35 to 40 minutes, at which point the flesh should be soft, flavorful and nicely browned. Remove from the oven and allow to cool down completely.
- While the eggplants are in the oven, cut the pomegranate into two horizontally. Hold one half over a bowl, with the cut side against your palm, and use the back of a wooden spoon or a rolling pin to gently knock on the pomegranate skin. Continue beating with increasing power until the seeds start coming out naturally and falling through your fingers into the bowl. Once all are there, sift through the seeds to remove any bits of white skin or membrane.
- To make the sauce. Whisk together all of the ingredients. Taste for seasoning, then keep cold until needed.
- To serve, spoon plenty of buttermilk sauce over the eggplant halves without covering the stalks. Sprinkle za'atar and plenty of pomegranate seeds on top and garnish with lemon thyme. Finish with a drizzle of olive oil.

* Recipe courtesy of epicurious.com.

POTATO LATKES

The year 2013 was notable for the holidays of Hanukkah and Thanksgiving. For the first time since 1888 and not to be repeated for another 79,043 years, the two holidays occurred on the same day, creating Thanksgivukkah!

Hanukkah holds a unique place in Jewish history. This ancient Jewish holiday marks the rededication of the Second Temple in Jerusalem. Commemorating the Jewish victory over the Seleucids, Jews today celebrate Hanukkah as a reminder of the courage and perseverance of their ancestors in the face of religious persecution.

In honor of this once-in-a-lifetime convergence of two special holidays, we give you this recipe for potato latkes, a traditional Hanukkah dish. The oil in which the latkes are fried represents the miracle of a one-day supply of consecrated, temple oil burning for eight days.

In honor of Thanksgivukkah, think about trading $\frac{1}{4}$ cup of the potatoes for sweet potatoes or butternut squash.

Click [here](#) to learn more about this history of this dish.

INGREDIENTS

Makes about 18

- 2 1/2 pounds starchy white potatoes, peeled (russets, idaho, et al)
- 1 small yellow onion, peeled
- 1/4 cup potato or corn starch
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 cups matzoh meal
- Lots of vegetable oil



INSTRUCTIONS

- If using a food processor, use the grating blade to shred the potatoes and the onion.
- If shredding by hand, use a grater to shred all the potatoes. Dice the onion as finely as possible.
- Have ready brown paper shopping bags or paper towels for draining the oil from the latkes. You may also want to have the oven on at 200 F to keep the latkes warm until you're ready to serve. If serving immediately then just have a baking pan covered with tin foil ready to keep the finished ones warm after they've been drained.
- In a large mixing bowl, using a wooden spoon or your hands mix the potatoes and onions with the potato starch until the potatoes have released some moisture and the starch is dissolved, about 2 minutes.
- Add the salt and pepper to combine. Add the matzoh meal and mix well.
- Set aside for about 10 minutes to let the liquid and starch combine and become sticky.
- While the mixture sits, pre-heat a large cast iron (or other non-stick) skillet over medium heat, a little bit on the high side.
- Add about 1/4 inch layer of vegetable oil to the pan. The oil is hot enough when you throw a bit of batter in and bubbles rapidly form around it. If it immediately smokes then the heat is too high and you should lower it a bit. If the bubbles are really lazy then give it a few more minutes or turn the heat up a bit.
- With wet hands (so that the mixture doesn't stick) roll the potato mixture into small, golf ball sized balls. Flatten into thin round patties.
- Lower the patties into the oil using a large fork or slotted spoon.
- Fry on one side for about 4 minutes, until golden brown. Flip over and fry for another 3 minutes.
- Transfer to the paper towels and proceed with the remaining latkes. Once latkes have drained on both sides, place in a baking pan to keep warm.

ROASTED LEEKS AND APPLES

This modern dish is a delightful savory and sweet combination that uses two popular ingredients: leeks and apples. It can be served as a side dish to any entrée.

The leek and apple have nourished people for thousands of years. Both have been cultivated across the world and enriched our mythology and literature with symbolism. The leek is considered native to Asia Minor or the Mediterranean. It has been used in cooking for more than 3,000 years. The apple tree was providing fruit thousands of years ago in the Tien Shan Mountains of Kazakhstan. Remnants of apples have been found in Stone Age dwellings in what is now Switzerland and were cultivated by the Greeks as far back as 300 BCE.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

Serves 4

- 2 tablespoons olive oil
- 2 tablespoons white wine
- 1 tablespoon honey
- 1 teaspoon dried marjoram
- 1 teaspoon anise seeds
- 3 large leeks, white & tender green parts
- 1 crisp apple (such as Granny Smith or Fiji) cored & sliced
- Salt and freshly milled pepper



INSTRUCTIONS

- Preheat the oven to 400 degrees Fahrenheit.
- Whisk together the oil, wine, marjoram, and anise seeds in a medium baking pan until combined. Quarter the leeks and slice into 2-inch pieces.
- Add the leeks and apple to the dressing, season to taste with salt and pepper, and toss to coat.
- Bake for 30 minutes, stirring gently about every 10 minutes, until the leeks are golden and the apple is soft.
- Serve immediately.

*Recipe adapted from <http://www.helleniccomserve.com/recipe.html>.



SCALLOPED SQUASH CASSEROLE

Squash is believed to have been central to ancient people's transition from a hunter/gatherer lifestyle to an agricultural-based existence in Central and South America. Cultivated seeds have been found in Peru, Mexico and Ecuador that date back 6,000 to 10,000 years.¹ It is speculated that the large fruits were easy to find and the dried shells could be used as vessels to store food.²



Brooke Todsén

Today we enjoy numerous varieties of squash from all over the world. This recipe has been in my family for generations and is always a favorite at family gatherings. The Swiss cheese pairs perfectly with the mild summer squash to create a dish that everyone will love!

INGREDIENTS

Serves 6

- 1 lb. unpeeled, sliced summer squash (3 cups)
- One medium onion, cut into wedges
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- Dash of pepper
- Dash of dry mustard
- 1 ¼ cups milk
- 2 ounces processed Swiss cheese, shredded (½ cup)



INSTRUCTIONS

- Preheat oven to 350 degrees.
- Cook the squash and onion in boiling salt water until tender, 8-10 minutes. Drain.
- In saucepan melt butter; stir in flour, salt, pepper and dry mustard.
- Add milk all at once.
- Cook and stir until thick and bubbly.
- Add cheese; stir until melted.
- Place drained squash and onion in greased 1 ½ quart casserole dish.
- Pour cheesy mixture over the squash and onion.
- Bake uncovered at 350 degrees for 25- 30 minutes.

References

¹ Patel, Samir S. "Early Squash Seeds, Peru". *Archaeology*, Vol. 61, No. 1, Jan/Feb 2008. http://archive.archaeology.org/0801/topten/squash_seeds.html

² Gilmer, Maureen. "Squash Has Close History with Humans", *DIY Food Network*, <http://www.hgtv.com/landscaping/squash-has-close-history-with-humans/index.html>

DESSERTS



GASTRIN (ANCIENT GREEK BAKLAVA)

Baklava is a popular dish originally made in the former Ottoman Empire that can also be found in Central and Southwest Asia. While you may have enjoyed a slice of this sweet, rich pastry in a local Greek or Turkish restaurant, you probably haven't tasted baklava made the ancient Greek way. This recipe is a version of baklava called gastrin, or γάστριν in Greek. It contains the mix of ingredients that distinguishes its layered flavor.

So surprise and impress your friends with a sweet treat that has been enjoyed for thousands of years.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

For the dough:

- 4 cups of all-purpose flour
- 1 teaspoon of salt
- 1/4 cup of olive oil
- juice of 1 lemon
- 3 1/2 ounces of toasted sesame seeds (a little over 2/3 cup), ground



For the filling:

- 2/3 pounds of chopped hazelnuts, unsalted
- 2/3 pounds of chopped almonds, unsalted
- 2/3 pounds of chopped walnuts
- 1/5 pound of sesame seeds
- 1/5 pound of poppy seeds
- 1 teaspoon of coarsely ground black pepper
- 3/4 cup of honey



INGREDIENTS CONT.

For the syrup:

- 2 cups of sugar
- 1 cup of water
- 1/4 cup of petimezi*
- 3/4 cup of honey

*Petimezi: a syrup made from grapes ([recipe](#))

INSTRUCTIONS

- Preheat oven to 350° F (180° C).
- Combine the dough ingredients and knead to form the dough.
- Roll out into 3 equal-sized sheets about 1/8 inch thick, large enough to cover a medium baking pan.
- Combine all filling ingredients.
- Place one sheet of dough in the bottom of a lightly oiled baking pan.
- Cover with half the filling. Add the second sheet of dough and the remaining filling.
- Place the third sheet of dough on top.
- Cut into squares and then diagonally to form triangles. Sprinkle with a little water and sesame seeds.
- Bake on the rack just below the middle of the oven at 350° F (180° C) for about 30 minutes.
- When the pastry is cool, combine all syrup ingredients in a saucepan. Bring to a boil, then reduce heat and simmer for about 10 minutes
- Pour the hot syrup over the cooled pastry and let sit until syrup is absorbed (about 3-4 hours)

*This recipe has been adapted from [Gastrin: Ancient Version of Baklava](#)

HOT FUDGE SUNDAE

The origins of ice cream most likely begin with ice that was flavored with fruit and essences by the ancient Chinese around 3000 BCE. Later references tell us that the Roman emperor Nero (37-68 CE) ordered ice brought from the mountains and garnished with fruit toppings. King Tang (618-697 CE) of Shang, China was reported as having a method for creating ice and milk treats. Popular lore says that Marco Polo brought the iced concoction to Italy after enjoying it in China, although there is no substantiation for this (nor for pasta either, by the way).

Chocolate began as a bitter drink enjoyed by the ancient Mayas and Aztecs. The idea of sweetening chocolate with honey or sugar came from the conquistadors who found the bitterness of the Aztec drink unpalatable.

Enjoy this recipe which includes homemade ice cream and chocolate sauce and savor the flavors that developed thousands of years ago.

Click [here](#) to learn more about the history of this dish.

Vanilla Bean Ice Cream

INGREDIENTS

This outstanding vanilla bean ice cream recipe is a custard ice cream infused with three vanilla beans, more than most recipes call for. The other unusual ingredients here are the dry milk and raw sugar, which enhance the strong vanilla flavor.

- 4 C milk
- $\frac{3}{4}$ C cream
- 3 vanilla beans
- 7 egg yolks
- $\frac{2}{3}$ ounces raw (turbinado) sugar
- $\frac{1}{2}$ C nonfat dry milk



INSTRUCTIONS

- Warm the milk and cream in a medium saucepan until it is hot, but not simmering.
- With a sharp knife, slice down the length of each vanilla bean, spread them open and scrape the seeds out into the pan, then add the bean pods.
- Boil the milk then immediately reduce to a simmer. Simmer 10 minutes.
- Remove from fire and allow to cool.
- Whisk egg yolks and sugar until light and foamy.
- Slowly pour the milk into the egg mixture, stirring to blend.
- Whisk in the milk powder.
- Pour entire mixture back into the saucepan and cook over medium heat until the custard thickens slightly and reaches about 70 C (160F).
- Strain custard through a sieve.
- Allow to cool.
- Cover surface of custard with plastic wrap and chill overnight.
- Pour into ice cream maker.

*Note – this recipe makes 1.5 quarts

*Recipe courtesy of the-ice-cream-maker.com.

Hot Fudge Sauce

Total Time: 22 min

Prep: 15 min

Cook: 7 min

Yield: 4 servings



INGREDIENTS

- 8 ounces bittersweet [chocolate](#) chopped (you can use morsel if you don't want to chop chocolate)
- 1/2 cup very strong black coffee
- 3 tablespoons salted butter, cut into pieces
- 4 tablespoons (three turns around the pan) [heavy cream](#)
- 1/2 teaspoon cinnamon

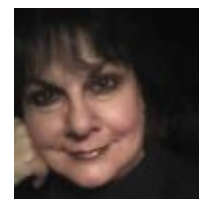
INSTRUCTIONS

- In a heavy saucepan over medium low heat melt the chocolate and the coffee; once melted remove pan from heat and stir in the butter, cream, and cinnamon.
- Scoop ice cream into serving dishes top with sauce and toppings of your choice.

*Recipe courtesy of Rachael Ray and [The Food Network](#).

HUNGARIAN KIFLI COOKIES

These traditional Hungarian cookies always remind me of special occasions with family and friends. Their name in Hungarian derives from their crescent shape and actually can refer to a number of filled or formed rolls of savory or sweet taste. In fact, the kifli in its Eastern European variations—*Kipferl* in Austrian, кифла/*kifla* in Serbian, *kifla* in Bosnian, кифла in Macedonian, кифла in Bulgarian, *rohlík* in Czech, *rožok* in Slovak and *rogal* in Polish¹—is a precursor to the croissant. This cookie has a light, flaky texture and a sweet, nutty flavor. Easy to make, it provides a wonderful post-dinner treat, particularly as a companion to the robust coffee or espresso favored by Hungarians. Pecans, walnuts or even almonds can be used. This particular recipe was created by my Aunt Olga and adapted by my mother Grace.



Shirley Gazsi

INGREDIENTS

- ½ lb. butter
- ½ teaspoon salt
- 5 tablespoons sugar
- 2 c. flour
- 2 teaspoon vanilla
- 1 pkg. (5 oz.) ground fine pecans
- 1 tablespoon water



INSTRUCTIONS

- Cream butter and sugar; add salt, vanilla, water and flour; mix.
- Add pecans – mix well.
- Pinch into balls (about size of walnut).
- Roll each into palm of hand to form small crescents.
- Bake at 325 degrees for 15 minutes. Roll each in powdered sugar while warm and place on serving dish.

References

¹ <http://en.wikipedia.org/wiki/Kifli>

*Image courtesy of [star5112](#) on Flickr.

INDIAN BURFI (NO COOK, DOUBLE LAYER FUDGE)

Diwali, or Deepavali, the Festival of Lights, is an ancient Hindu festival celebrated around the world in autumn. Diwali marks the triumph of light over darkness, of good over evil. Lamps are lit, colored lights dance against dark skies and fireworks explode in fiery celebration. People exchange gifts, often of gold, dress up in new clothes, prepare special dishes and sweets, and with this celebration acknowledge the gods for giving humans health, wealth, peace and prosperity. It is one of the most joyous of holidays.

Below is a wonderful recipe for fudge that is a traditional sweet enjoyed during Diwali. Music may be a universal language, but nothing beats fudge in uniting palates around the globe.

Click [here](#) to read more about the history of this dish.

INGREDIENTS

- Milk Powder- 1 1/2 cups
- Condensed milk-1/2 cup
- Melted butter- 2 tablespoons
- Cocoa powder-3 to 4 teaspoons



INSTRUCTIONS

- Combine milk powder, condensed milk and melted butter in a large mixing bowl. Knead well to form a smooth dough (you can use a food processor if desired).
- Divide the dough into two.
- For the chocolate fudge layer, transfer one half into another mixing bowl and add cocoa powder, knead well until combined.



INSTRUCTIONS CONT.

- Lightly grease a baking tray (or line it with a foil with a bit of overhang on either sides for easy removal).
- Press the chocolate fudge layer on the greased baking tray, level the top using your fingers or with a spoon.
- Press the remaining dough onto the chocolate layer and level the surface.
- Refrigerate if desired or just cut into squares and serve.

*Recipe and image courtesy of [Kurry Leaves](#) blog.



QATAYEF

Qatayef is a dessert—often called “Arabic pancakes”—that is filled with cheese and/or nuts and then fried. It is traditionally served during the month of Ramadan when Muslims fast from dawn to sunset. Two meals are eaten daily during the month of Ramadan, *suhour* before sunrise and *iftar* after sunset. Qatayef is typically served during *iftar* because it is a dessert and desserts are the most important part of the *iftar* meal.

This recipe features a delicious syrup sweetened with orange blossom water. Click [here](#) to learn more about the history of this dish.

INGREDIENTS

Dough

- 3 tbsp. corn starch
- 2 3/4 cup cold water
- 2 cups flour
- 1/2 cup semolina
- 3 tbsp. sugar
- 2 tsp. baking powder



Filling

- White cheese, unsalted
- Walnuts, with a little sugar, ground cinnamon and nutmeg

Syrup

- 3 cups sugar
- 1 1/2 cups water
- 3 tbsp. orange blossom water
- 1 tsp. lemon juice



INSTRUCTIONS

- **Make the dough:** Mix the flour, semolina, sugar and baking powder.
- Dissolve corn starch in cold water.
- Gradually add the starch/water mixture to the dry ingredients and mix well. Set aside for 30 minutes.
- **Make the syrup:** In a sauce pan, combine the sugar, water, orange blossom and lemon juice and stir until the sugar dissolves. Bring to a boil and simmer until the syrup thickens.
- Heat a frying pan or griddle, Using a ladle or scoop, pour enough batter to make 3 – 5" pancakes.
- Cook until the pancake starts bubbling on top then remove from the pan and set aside (cook on one side only).
- Fill each pancake with either the walnuts or cheese, fold it in half and press to seal the edges.
- Fry or bake the Qatayef.
- Dip into the syrup for a minute or so and serve immediately.

* Recipe courtesy of [Halas Kitchen](#).

STICKY CAKE (NIAN GAO)

Although delicious year-round, the nian gao is traditionally eaten for the Chinese New Year and symbolizes high hopes and success in the year to come. The tradition can be traced back to the Han Dynasty (206 BCE-220 CE) and the practice of eating of pudding cakes during holidays. ¹ It is also one of the oldest foods in China, with wheat fossils indicating it was probably being consumed 7,000 years ago. Today, families offer this cake to the Kitchen God in the hopes that he will make a good report of their activities to the Jade Emperor in Heaven. ²

You don't have to wait for the New Year to enjoy this delectable treat with an ancient history!

Click [here](#) for other traditional Chinese recipes.

INGREDIENTS

- 3 ¼ cups (1 400 gram bag) glutinous rice flour
- 2/3 cup brown sugar or 2 slabs (about 5 ounces) Chinese brown
- Candy (pian tang in Mandarin; peen tong in Cantonese)
- 7 ounces boiling water
- ½ cup Chinese dates, softened in water, cut in half, pits removed, or 1/2 cup other dried fruit or 1/4 cup dates and 1/4 cup nuts
- 1 tablespoon milk
- Water, as needed
- 1 tablespoon white sesame seeds
- 1 tablespoon vegetable oil or nonstick cooking spray



INSTRUCTIONS

- Prepare the wok for steaming.
- In a bowl, mix the boiling water and the sugar, stirring to dissolve. If using peen tong, break the candy into several pieces, so that it will dissolve more easily in the boiling water. Cool. Soak the Chinese dates in hot water for at least 30 minutes to soften. You can also soften them quickly by placing them in a bowl with water and microwaving on high heat for 30 seconds. Cut the dates in half and remove the pits.
- Place the glutinous rice flour in a large bowl. Make a well in the middle and stir in the sugar and water mixture. Add the milk and begin shaping the dough. Add 1 tablespoon of water to the dough at a time, until you have a smooth dough with a satiny texture. Incorporate 1/2 - 3/4 of the Chinese dates, nuts or other dried fruit as you are adding water and working with the dough.
- Grease a 7-inch square cake pan with vegetable oil or a non-stick cooking spray. Place the dough in the cake pan and spread it out to the edges. Decorate with the remaining dates, lightly pushing them into the dough. Sprinkle the sesame seeds on top.
- Steam the cake over medium-high to high heat for 45 minutes, or until the edges of the cake pull away from the pan. Remove the cake from the heat and cool.
- Use a knife to loosen the edges, and then remove the cake. Wrap in wax paper and refrigerate overnight.
- To serve: Cut the cake into quarters, and then into thin slices 2 – 3 inches long and 1/4-inch wide. You can serve the cake as is, or reheat it in the microwave (the amount of time will depend on the size and power of your microwave – start with 10 seconds and then microwave an extra 5 seconds if needed) or re-steam it for 4 – 5 minutes.
You can also pan-fry the cake, dipping the cake slices in an egg wash before frying. Use a small amount of oil so that the cake will not taste oily. Heat the oil on medium-high to high heat, then turn the heat down to medium and brown the cake slices briefly on both sides.

References

¹ Hu, William C., "Chinese New Year: Fact and Folklore", 1991.

² <http://chinesefood.about.com/od/chinesenewyear/a/stickycake.htm>

TIGER NUT SWEETS

One of the oldest recorded recipes is a delicious finger food that comes to us from ancient Egypt. Tiger Nut Sweets (also known as “sweet honey balls”) were traditionally served as dessert at feasts or celebrations. The original recipe was found written on a broken piece of pottery, called an *ostrakon*, which dates back to the Pharaonic period.



Stacey Kaleh

This age-old recipe is perfect for any gathering. Impress your friends with a treat some say was one of Cleopatra’s favorites!

INGREDIENTS

- 400g fresh pitted dates
- Some water
- 2 tablespoons cinnamon powder
- 1/2 teaspoon cardamom powder
- 4 tablespoons roughly chopped walnuts
- A little honey
- 4 tablespoons finely chopped almonds



INSTRUCTIONS

- Mash the dates with water to a rough paste.
- Add cinnamon, cardamom powder and walnuts, blend well.
- Roll into to balls, coat in honey and sprinkle the finely chopped almonds over them.

*Image courtesy of [CookIt!](#).

BEVERAGES
AND LIBATIONS



EGGNOG

Eggnog is a holiday beverage with a history and a taste that can't be beat. To really appreciate the roots of eggnog, we have to go back 7,500 years. That was a period critical to the human species—or at least to those of us who indulge in dairy. It was sometime during that period that humans in the region between the central Balkans and central Europe developed “lactaid persistence,” which enabled the digestion of dairy products and conferred a survival advantage.¹

Eggnog as such entered the scene around the 17th century in East Anglia in England. The term “eggnog” can be traced to “nog,” which was a strong beer, and a “noggin,” which was the small cup or mug from which one could drink the beer. Most culinary anthropologists trace the modern eggnog recipe back to a posset, a late medieval drink made up of eggs, hot milk and wine flavored with whatever spice was available. Because of the expense of eggs and milk, eggnog remained the drink of the upper class in England through the 18th century, while egg-based drinks became quite popular in the American colonies where milk and eggs were plentiful. As well, rum from the Caribbean was more affordable for the colonists than the heavily-taxed spirits of England.²

For aficionados of this seasonal treat, there are many recipes that all seem to compete for the title of the creamiest, frothiest and richest concoction. Here's a recipe that does eggnog truly proud.

INGREDIENTS

Makes 12 Servings

- 4 cups milk
- 5 whole cloves
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon



INGREDIENTS CONT.

- 12 egg yolks
- 1 1/2 cups sugar
- 2 1/2 cups light rum
- 4 cups light cream
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground nutmeg

INSTRUCTIONS

- Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
- In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
- Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

*Recipe courtesy of AllRecipes.com

*Image courtesy of Reese Lloyd on Flickr.

References

¹ <http://www.sciencedaily.com/releases/2009/08/090827202513.htm>

² <http://mentalfloss.com/article/31813/alton-brown-history-eggnog#ixzz2ni1Nm8TM>

IMPERIAL ROMAN HONEY-SPICED WINE

Spiced wine dates back to ancient Egypt, circa 3150 BCE, when it was made mainly for medicinal purposes and as a necessary menu item in the afterlife.

The Romans learned wine-making from the Greeks who saw the drink as a staple of daily life. Romans took what they had learned from the Greeks and set about producing their own wine. The Roman people were not content to produce only one type of wine and so they used various techniques to create multiple kinds. Spicing the wine, just as the Egyptians and Greeks had done, provided unique varieties.

This recipe is technically a *mulsum* Roman wine, but includes the pepper used in *conditum*. Serve this at your next gathering and you can party like the ancient Romans!

Click [here](#) to learn more about the history of this beverage.

INGREDIENTS

- 1 bottle (750-milliliter) white wine
- 1 cup honey or agave
- 1 teaspoon freshly ground black pepper
- 1 small bay leaf
- 1/4 teaspoon crushed mastic*
- 1 pinch saffron
- 2 dates, with pits if possible



INSTRUCTIONS

- Place all but ½ cup wine in a saucepan and add the honey. Stir and heat just enough to dissolve the honey. Add the pepper, mastic, bay leaf, and saffron. Remove from the heat.
- Remove the pits from the dates if un-pitted. Place the date pits in a small sauté pan and gently toast them over a low flame until lightly colored. Add to the wine mixture. (This step can be omitted if the dates are pitted.)
- Soften the date flesh in the remaining ½ cup of white wine. Puree in a blender or by pounding in a mortar. Add to the wine mixture. Stir to combine and let infuse for several hours or, ideally, overnight. Strain and serve at room temperature or chilled.

*Mastic is resin obtained from incising the bark of the “mastic tree,” a plant growing only on certain Greek Islands and in Turkey. You can purchase mastic online from [Greek Shops](#) or [Mastiha Shop](#).

*Recipe adapted from <http://www.delish.com/recipefinder/roman-empire-honey-spiced-wine-del1110>

MAYA HOT CHOCOLATE

The Maya were unique among the cultures that originally enjoyed chocolate in that they made the cacao bean central to their civilization. From religion and rituals to daily diet to using cocoa beans as currency when trading with neighboring peoples, they integrated the beans into their everyday lives, into their mindset and consequently into their history.

After harvesting cocoa beans from the melon-like fruit of the cacao tree, they would dry the beans for about a week, allowing them to ferment, which enhanced the flavor. Then they pounded the beans into a paste, which was used to make several types of beverages and gruel. Cocoa by itself is very bitter so the Maya flavored their hot chocolate with spices, chili peppers and later with honey from the beehives they cultivated. They never mixed the cacao bean paste with milk to make hot chocolate the way we do today. Instead, they used hot water to create a bitter cocoa drink that could be served hot or cold.

Enjoy this authentic Maya hot chocolate recipe that is still enjoyed by indigenous Mayas today.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

- 3 cups boiling water
- 1 to 2 cinnamon sticks
- 8 ounces bittersweet Maya Kakaw or Xocoalt (chocolate paste) or
- 3 tablets Mexican unsweetened chocolate, cut into small pieces



INGREDIENTS cont.

- 2 tablespoons of wild pure honey, or raw sugar to taste
- 1 pinch of dried red chili; this is what makes the difference so try it!
- 1 dried organic grown vanilla bean, split lengthwise
- 1 tablespoon roasted peanuts, ground extra fine (optional Aztec hot chocolate taste)

INSTRUCTIONS

- In a large saucepan over medium-high heat, add the cinnamon sticks to boiling water.
- Cook until liquid is reduced to 2 1/2 cups.
- Remove cinnamon sticks; add the vanilla bean and lower the heat a bit.
- Wait until bubbles appear around the edge to reduce heat to low and drop the chocolate pieces and wild pure honey.
- Mix well and whisk occasionally until chocolate is melted.
- Turn off heat, remove vanilla bean.
- Whisk vigorously to create a light foam effect.
- Sprinkle the dried chili pepper and serve.
- For an Aztec hot chocolate taste, sprinkle the roasted peanut powder.

*Recipe adapted from yucatanadventure.com.

RETSINA AND TONIC

Retsina is a Greek white (or rose) resonated wine that has been made for over 2000 years. The wine's distinctive taste grew out of the need to preserve it by storing it in vessels sealed with pine resin. The pine aroma would infuse the wine. Even after barrels became the standard for storage, making the pine resin unnecessary, people still enjoyed the flavor so the wine continued to be flavored with pine resin.

Today traditional retsina can be found all over Greece. Most people will tell you it is an acquired taste and everyone agrees it goes best with Greek food.

This recipe takes the ancient retsina and pairs it with a modern tonic and some delicious herbs for a delightful drink to accompany your next Greek feast.

Click [here](#) to learn more about the history of this dish.

INGREDIENTS

- 4 ounces retsina (or to taste)
- 4 ounces Fever-Tree Tonic Water
- Juice of 1/3 lime, plus wedge
- Sprig of rosemary or mint, for garnish (optional)

INSTRUCTIONS

- Add ice to a rocks glass. Add the retsina, tonic water, lime juice and lime wedge into the glass. Stir well and garnish with rosemary or mint.

