

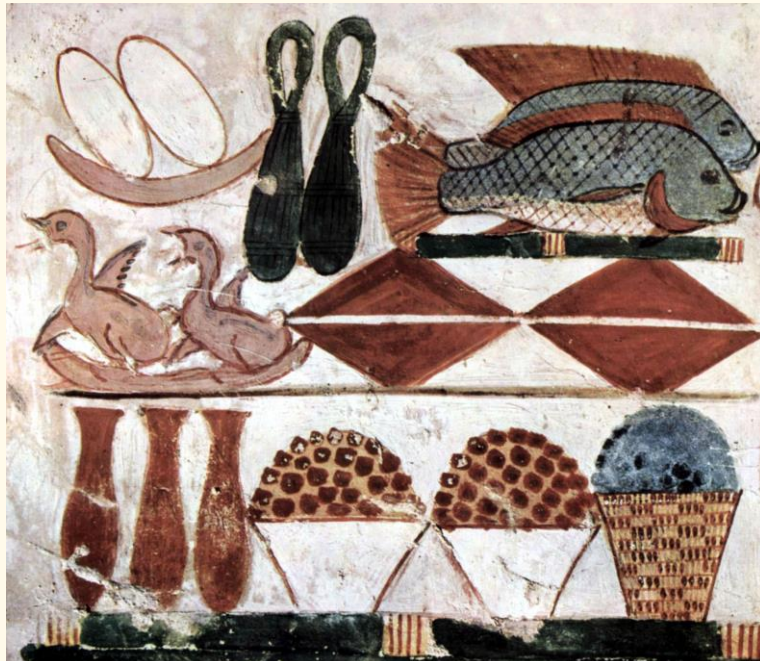
*Antiquity***NOW**



2014

RECIPES

WITH A PAST



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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](http://www.antiquitynow.org)*

AntiquityNOW is proud to present its *2014 Recipes With a Past*, a compendium of recipes published on [www.antiquitynow.org](http://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

  
[Click here](#) to enjoy RECIPES WITH A PAST 2013  


### 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.



Gluten Free: GF  
Vegan: V

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## SOUPS & STEWS

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# ANCIENT OKRA SOUP

GF

Okra has grown for millennia along the fertile banks of the Nile and spread throughout Western and Central Africa with the Bantu who migrated from Egypt around 2000 BCE.<sup>1</sup> Travelers, conquerors and missionaries did their part over the centuries to take it from its home in Africa where it had become a dietary staple across land and sea to India and China. It was the trans-Atlantic slave trade that would carry it to the New World where it found a second home in the French colony of Louisiana.

Today the okra is used for more than just delicious stews and delectable fried finger food. It is said that in Zimbabwe women are using it to hydrate and repair skin damage. Fresh okra is boiled until soft, left to cool, mashed into a consistency for a masque and applied to the face. After five minutes the masque is rinsed off, leaving the skin feeling cool and refreshed.<sup>2</sup>

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

## INGREDIENTS

- 4 tablespoons of butter
- 1 tablespoon of lard or olive oil
- 1 small onion, diced and dusted with flour
- 1 garlic clove, minced
- 2 tablespoons of finely chopped flat leaf parsley
- 1 sprig of fresh thyme
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper



## INGREDIENTS cont.

- 1/2 teaspoon of red pepper flakes
- 4 cups of beef, chicken or vegetable broth
- 3 cups of water
- 28 ounces canned tomatoes with juice, or 3 ½ cups fresh tomatoes, peeled and diced
- 2 cups of fresh young okra cut into small, thin pieces or frozen okra pieces
- 2 cups of cooked rice, kept hot or warm, optional

## INSTRUCTIONS

- In a Dutch oven, heat the butter and lard or olive oil until melted.
- Add the onion and finely chopped parsley and gently cook until onion is translucent and soft. Add the garlic and cook for a minute more till fragrant.
- Add the thyme, salt, black pepper and red pepper flakes and cook for another minute or so.
- Add the broth, water and tomatoes and cook on a medium simmer for 30 minutes.
- Add the okra and cook for another 20-25 minutes, or until tender.
- Ladle into bowls over 1/4 cup lump of warm rice each. Serve.

\*Note: To make this recipe kosher, use olive oil and vegetable broth. The original recipe calls for 1 teaspoon of black pepper. We have cut it to 1/2 teaspoon, but if you can tolerate spicier foods, feel free to add the whole amount (or to taste).

Recipe: *The History Kitchen*

## References

<sup>1</sup> Okra, or "Gumbo," from Africa. (n.d.). Retrieved October 29, 2014.

<sup>2</sup> Vadhera, S. (2012, April 19). Ancient Skin Secrets. Retrieved October 29, 2014.



# BUTTERNUT SQUASH SOUP WITH MAPLE ROASTED CHICKPEAS



In this recipe, chickpeas, an ancient ingredient, provide a perfect garnish for the butternut squash which is said to have originated in the 1940s.

The chickpea was originally domesticated in Turkey, most likely at least 7,500 years ago.<sup>1</sup> It quickly became a staple in Indian, African, Middle Eastern and Mediterranean cuisines and continues to be a dominant ingredient in each.

While the chickpea has been consumed for millennia, the butternut squash did not make its way onto our plates until the 1940s when Charles A. Leggett, a former life insurance officer, made a move to the country on the advice of his doctor, became an unlikely farmer and cultivated the butternut by combining Gooseneck squash with other varieties.<sup>2</sup>

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

## INGREDIENTS

*Serves 6*

### SOUP

- 1 medium yellow onion, chopped
- 3 medium carrots, peeled and chopped
- 1 medium butternut squash, peeled, seeded and chopped into 1-inch cubes (about 5 cups)
- 1 large apple, peeled and chopped (Granny Smith or other variety)
- 2 (14 oz) cans of low sodium vegetable broth



## INGREDIENTS cont.

- 1/2 teaspoon of ground cinnamon
- 1/4 teaspoon of ground nutmeg
- 2 tablespoons of maple syrup
- Salt and freshly ground black pepper, to taste

## CHICKPEAS

- 1 (15 oz) can of Libby's Organic Garbanzo Beans (chickpeas) or other brand
- 1 of tablespoon canola oil
- 1 1/2 tablespoons of pure maple syrup
- 1 tablespoon of brown sugar
- 1/4 teaspoon of ground cinnamon
- 1/8 teaspoon of salt

## INSTRUCTIONS

- Add the onion, carrots, butternut squash and apple to the slow cooker. Pour the vegetable broth over all of the ingredients. Cook on low for 6 hours or on high for 3 1/2 to 4 hours.
- Once vegetables are cooked and soft, puree the soup using an immersion blender. Add the cinnamon, nutmeg and maple syrup. Season with salt and pepper, to taste. If you don't have an immersion blender, you can transfer the soup to a blender (in batches) and puree until smooth. Pour the soup back into the slow cooker and season with spices and maple syrup.
- While the soup is cooking in the slow cooker, make the maple roasted chickpeas. Preheat the oven to 375 degrees F. Rinse and drain the chickpeas and pat dry with a towel. Remove the skins by rolling them on the towel. In a small bowl, combine the canola oil, maple syrup, brown sugar, cinnamon and salt.



## INSTRUCTIONS cont.

- Place the chickpeas on a large baking sheet. Pour the maple syrup mixture over the chickpeas and toss until chickpeas are well coated. Place in the oven and bake for 40-45 minutes, stirring every 15 minutes or so. Remove from the oven when chickpeas are crunchy.
- Pour soup into bowls and garnish with maple roasted chickpeas. Serve immediately.

Recipe: *two peas & their pod*

### References

<sup>1</sup> Oplinger, E., Hardman, L., Oelke, E., Kaminski, A., Schulte, E., & Doll, J. (n.d.). Chickpea (garbanzo bean). Retrieved November 3, 2014.

<sup>2</sup> Haberkorn, P. (2009, January 5). A Familiar Squash with Surprising Origins. Retrieved November 3, 2014.

# CARROT AND POMEGRANATE SOUP

GF

This recipe is a perfect dish to ring in the new year. Pomegranates have been hailed for centuries as one of a number of foods that bring good fortune to the one who eats them.

Cultivated from ancient times, pomegranates originated in Iran and are mentioned in the Bible, Quran, Homeric Hymns and Babylonian texts. In Turkey, the pomegranate's red color is celebrated as a reminder of the human heart, which bestows life and fertility. The fruit's medicinal properties are a sign of health and the round shape of the seeds, which resemble coins, suggests prosperity.

Click [here](#) to learn more about the history of this dish as well as other recipes for perfect new year's foods.

## INGREDIENTS

*Serves 4 to 6*

- 4 tablespoons of olive oil
- 2 cups of coarsely chopped onion
- 4 cups of coarsely chopped carrots
- 1 tablespoon of pomegranate molasses, plus extra for garnish
- 1 teaspoon of ground cumin
- 4 cups of chicken stock
- 3/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 1/4 cup pomegranate seeds



## INSTRUCTIONS

- Heat the olive oil over moderate heat in a large heavy-bottomed stock pot. Add the onion, carrots, pomegranate molasses and cumin. Cover the pot and lower the heat. Cook for 15 minutes, stirring occasionally.
- Add 3 cups of stock and simmer, covered, until the carrots are very tender, about an hour. Take off the heat and let cool.
- Puree, in batches if necessary, in a blender, adding the final cup of stock. The puree should be very smooth; if it isn't, you may want to pour the soup through a strainer.
- Return to the burner and heat through until hot. Season with salt and pepper.
- Ladle the soup into soup plates, spooning extra pomegranate molasses around the center (about one-half teaspoon per bowl) and sprinkling with pomegranate seeds. Serve immediately.

Recipe: *Wednesday Chef*

# FASOLADA

GF

Fasolada is often called the “national food of the Greeks”<sup>1</sup> and it has sustained them throughout centuries of change. Beans were one of the first crops to be cultivated as human civilization moved from a hunterer/gatherer lifestyle to a more settled existence.

Bean soup was an easy and nutritious dish to make and could be eaten with or without meat. It was passed down from generation to generation in Greece, surviving through antiquity and into modern times. In fact, throughout history *fasolada* was often the key to survival. One cook tells of the tales she heard from relatives who described harsh winters when the only meal to be found was a hearty bowl of the bean soup.<sup>2</sup>

Today, *fasolada* is an integral part of the Greek diet during Lent, but also serves as a warm and easy meal during a cold winter.

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

## INGREDIENTS

Serves 6

- 2 cups of white beans
- 2 cups of water
- 1 cup of lard
- 3 onions, finely chopped
- 2 cups of beef broth
- 2 garlic cloves
- 2 tablespoons of olive oil
- 1 tablespoon of honey
- 1/2 teaspoon of coriander



## INGREDIENTS cont.

- 1 bunch parsley
- 2 bay leaves
- salt and pepper

## INSTRUCTIONS

- Soak the beans in water over night.
- Then boil them with a bay leaf, in water just to cover for 5 minutes.
- Take the pot off the heat and cover for 1 hour.
- Pour the beans and bay leaf into the beef broth and slowly boil for 2 hours.
- Saute the onion in the lard and then add the parsley, the coriander, the salt and pepper.
- Add this to the beans.
- Add the honey and allow to boil slowly for a few more minutes.
- Before serving, add the garlic cloves that have been passed through a garlic press and mixed with the oil.

Recipe: *Food.com*

## References

<sup>1</sup> Fasolada. (n.d.). Retrieved November 5, 2014, from <http://ifood.tv/greek/fasolada/about>

<sup>2</sup> Ibid.

# GREEN BORSCHT WITH MATZAH

GF

This recipe hails from Kyrgyzstan and combines the Eastern and Central European traditional soup called borscht with Jewish matzah.

The exact origin of borscht is unclear, but it emerged as a staple for the same reason that many foods came to be important in ancient civilizations around the world: it was cheap and easy to make. Originally, borscht was made from beets that were abundant in the Ukraine where the soup is said to have its roots. Over the years, borscht took different forms as cooks added whatever other vegetables were available. Today there are different varieties of borscht such as orange borscht, which is tomato-based, and green borscht, which uses a spinach or sorrel base.

Matzah has a long history reaching back to the original flight of the Israelites from Egypt. Today, while many Jews follow the strict rabbinic laws that say matzah must be hand-made, hand-kneaded and plain with no additional flavorings, there are other options for those who prefer a slightly different taste. Nowadays, one can buy onion matzah, everything matzah and even gluten-free matzah.

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

## INGREDIENTS

- Chicken, 2 lbs.
- Vegetable oil
- 3 medium-size onions
- 4 large potatoes
- 3 eggs
- Sorrel, one bunch





## INGREDIENTS cont.

- Green coriander (cilantro), one bunch chopped
- 1/4 teaspoons of ground black pepper
- Salt, to taste
- Matzah, 5 to 10 pieces (for gluten free version, purchase gluten free matzah)

## INSTRUCTIONS

- Cut chicken into cubes and finely chop the onions. Add them into a pot with hot oil. Fry until slightly golden.
- While meat is frying, cut potatoes into cubes.
- Add eight and a half cups of water to the cooked chicken and onions, and bring to a boil. Boil for 30 minutes.
- Add potatoes to the pot and boil for another five minutes.
- Cut sorrel and add to the pot. Add salt to taste and boil until potatoes are done.
- Beat eggs.
- Add beaten eggs into the boiling soup while stirring thoroughly, then add coriander and turn off the heat.
- Serve with small pieces of broken matzah.

Recipe: *Eatocracy*

# KARTOFFELSUPPE (GERMAN POTATO SOUP)

Until recently it was believed that regular soup-making began 5,000 and 9,000 years ago with the invention of heatproof and waterproof containers, respectively, but a discovery in 2013 found 20,000-year-old heatproof and waterproof containers in China that could easily have been used for making soup.<sup>1</sup> Researchers are quick to point out that ancient people didn't necessarily need these types of containers to make soup. They could accomplish the same goal by digging a pit and lining it with animal skin or gut before filling it with water and rocks.<sup>2</sup>

It would have been a very natural move for ancient cultures to rely on soup as a food staple. If you can only find a few ingredients to eat, it makes sense to boil these together into a more filling meal.<sup>3</sup>

Once soup really took hold around the world, it became the basis for entire restaurants and today is a cooking specialty in itself. To think it probably all started with boiling some bones in a pit in the ground!

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

## INGREDIENTS

- 5-6 large russet potatoes
- 2 medium carrots (yellow carrots if available)
- 1 stalk of celery
- 1 leek
- Sprig of parsley
- 1 white onion
- 2 slices of bacon (more fat the better)
- 2 tablespoons of lard or butter
- 3 tablespoons of flour
- 8 cups of salt water



## INGREDIENTS cont.

- Pinch of marjoram
- Salt and pepper to taste

## INSTRUCTIONS

- Peel and dice potatoes. Slice carrots, celery and leek. Mince parsley.
- Add above to salt water and bring to a slow boil in soup pot.
- Cook until potatoes are tender.
- Chop bacon into small pieces and fry in large skillet.
- Add butter to skillet.
- Dice onion and sauté in skillet until browned.
- Add flour to skillet and mix thoroughly. Cook skillet mixture on medium heat for 2 minutes.
- Slowly add 1 cup of liquid from soup pot to skillet. Stir until uniform.
- Add skillet mixture to soup pot. Stir in marjoram and simmer for 25 minutes.
- Ladle soup into food processor or blender and puree.
- Return to soup pot.
- Add water if thinning is needed.
- Salt and pepper to taste and bring to a slow boil.
- Serve

Recipe: *German Recipes and More*

## References

<sup>1</sup> Stone Age Stew? Soup Making May Be Older Than We'd Thought. (2013, February 11). Retrieved November 13, 2014.

<sup>2</sup> Ibid.

<sup>3</sup> Martin, K. (2009, September 9). History of Soup. Retrieved November 13, 2014, from [http://www.ehow.com/about\\_5399668\\_history-soup.html](http://www.ehow.com/about_5399668_history-soup.html)

# SALMON KILAWIN (FILIPINO CEVICHE)

GF

Kilawin is a traditional Filipino seafood dish full of healthy, light and delicious flavors. It is prepared similarly to ceviche and so is often referred to as the Filipino Ceviche.

Many of the ancient Filipino recipes made use of ingredients that could be found in abundance on the island such as coconuts, mangoes and fish. Foods were boiled, roasted or in the case of kilawin, marinated and left raw. Packed with nutritional ingredients, kilawin can be made with several different ingredients. Various types of fish or meat are used including tuna, dilis (anchovies), salmon, shrimp, pork, beef, buffalo and even deer.<sup>1</sup> Using meat instead of fish, specifically goat, is particularly popular in the Ilocos region.<sup>2</sup> Also, while the word *kilawin* traditionally refers to uncooked meat or fish, some regions do boil or grill the protein before adding the most important ingredient, vinegar. The vinegar is what essentially “cooks” the meat or fish if it is still raw. If you are making kilawin in the popular uncooked manner, it is necessary to make sure the fish or meat is as fresh as possible. Chili peppers are also an integral part of the recipe and give the kilawin a little spice.

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

## INGREDIENTS

- 1 pound of sushi grade or high quality boneless salmon
- 2 cloves of crushed garlic
- 1 red onion diced
- 1 tomato, diced
- 1 cucumber, diced
- 1/2 red pepper, diced
- Cracked black pepper



## INGREDIENTS cont.

- 1/4 cup of fresh ginger, diced
- 1/2 cup of vinegar
- Lime juice from 3 limes
- 1 chili pepper, diced
- Pinch of salt

## INSTRUCTIONS

- Wash the fish well and slice the fillet into 1/2 inch cubes.
- Combine the salmon and vinegar in a bowl and cover. Make sure that the fish is well covered in vinegar. Refrigerate for at least an hour.
- Drain the liquid from the salmon and gently squeeze the fish, combine the rest of the ingredients (red pepper, onions, tomato, lime juice, garlic, ginger, chili pepper) and mix well. Add salt and pepper to taste. Refrigerate again for at least an hour.

Recipe: *Taste le Lopez*

## References

<sup>1</sup> Arthur L. Meyer, Jon M. Vann, *The Appetizer Atlas: A World of Small Bites*. Wiley, May 27, 2003.

<sup>2</sup> Fasolada. (n.d.). Retrieved November 5, 2014, from <http://ifood.tv/greek/fasolada/about>

# SAVORY STRAWBERRY SOUP



William Allen Butler said it best, “Doubtless God could have made a better berry, but doubtless God never did.”<sup>1</sup>

In prehistoric times, strawberries were tiny and grew in the woods where they would often be covered by a thick overgrowth. The season for strawberries was short and so they were not a particularly valuable food source for man.

In ancient Greek and Roman times the strawberry continued to grow wild, but there was a greater appreciation for the fruit though it was consumed mainly for medicinal reasons. It was believed to relieve digestive issues and is still used in modern times by making a tea from the leaves to calm the stomach.<sup>2</sup>

Today, the strawberry is grown in every state of the United States and all over the world. Each region has its own special way of enjoying the little berry.

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

## INGREDIENTS

- 1 pint (1/2 liter) fresh strawberries, hulled
- 1 small clove garlic, finely minced
- 1 teaspoon of lemon or lime zest
- 1 tablespoon of Bragg Liquid Aminos
- 2 1/2 teaspoons of mirin (Japanese sweet wine)
- 2 tablespoons of diced fresh avocado



## **INSTRUCTIONS cont.**

- Combine all ingredients in a blender except the avocado. Blend on low speed until thoroughly pureed. You may have to stop the machine a few times to redistribute the strawberries. Chill at least 2 hours before serving.
- Pour into serving bowls, and garnish with diced avocado. Makes 2 cups (480 ml) or 2 small servings.

### **References**

<sup>1</sup> Butler, William Allen. 17<sup>th</sup> century.

<sup>2</sup> Farmer, K. (2012, May 15). The poetry of strawberries. Retrieved November 3, 2014.

## TURKEY SOBAHEG (STEW)



This recipe is for a turkey stew that has been cooked by the Wampanoag Native American tribe for centuries. Here are some great facts about turkey.

- The wild turkey (*Meleagris gallopax*) is native to North America and was a staple in the ancient Native American diet.
- When the Pilgrims settled in the New World after their arrival in 1620, the Wampanoag tribe introduced them to turkey.
- The first Thanksgiving was celebrated in 1621 with the Native Americans as guests of honor, but we have no record that turkey was actually served.
- Turkey wasn't necessarily the meat of choice on Thanksgiving. It was President Lincoln who declared Thanksgiving a national holiday in 1863 (see below). Turkey eventually became the traditional entrée when people decided they liked the idea of eating an "American" bird that had been hunted by the Pilgrims.

Click [here](#) for more interesting information about why we eat turkey on Thanksgiving.

### INGREDIENTS

- 1/2 pound of dry beans (white, red, brown or spotted kidney-shaped beans)
- 1/2 pound of white hominy corn or yellow samp or coarse grits, available from Gonsalves or Goya at many grocery stores.
- 1 pound of turkey meat (legs or breast, with bone and skin)
- 3 quarts of cold water





## INGREDIENTS cont.

- 1/4 pound of green beans, trimmed and cut into 1 inch-lengths
- 1/2 pound of winter squash, trimmed and cubed
- 1/2 cup of raw sunflower seed meats, pounded to a course flour (or pounded walnuts)
- Dried onion and/or garlic to taste
- Clam juice or salt to taste (optional)

## INSTRUCTIONS

- Combine dried beans, corn, turkey, seasonings and water in a large pot. Bring to a simmer over medium heat, turn down to a very low simmer and cook for about 2 1/2 hours. Stir occasionally to be certain bottom is not sticking.
- When dried beans are tender, but not mushy, break up turkey meat, removing skin and bones. Add green beans and squash, and simmer very gently until they are tender.
- Add sunflower or nut flour, stirring until thoroughly blended.

Recipe: *plimoth.org*

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## MAIN DISHES

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# CHEESY POLENTA AND EGG CASSEROLE

GF

Originally called pulse pottage, polenta offered peasants a way to survive with very few resources.<sup>1</sup> Depending on the region and time period, it ranged from a runny porridge to a crumbly cake and could be whipped up with ingredients at hand. Throughout antiquity it was made with different flours based on what was available.

In the late 15<sup>th</sup> and early 16<sup>th</sup> centuries, corn, or maize, was brought to Italy from the New World and corn flour quickly replaced all other flours in the production of pulse pottage. The pottage slowly evolved into what we know today as polenta. In the New World polenta was being eaten by the colonists, but was regularly called mush. Again, it was an easy and inexpensive source of food and could be prepared in a variety of ways. It is said that some colonists called it “polenta” because they thought it sounded more dignified.<sup>2</sup>

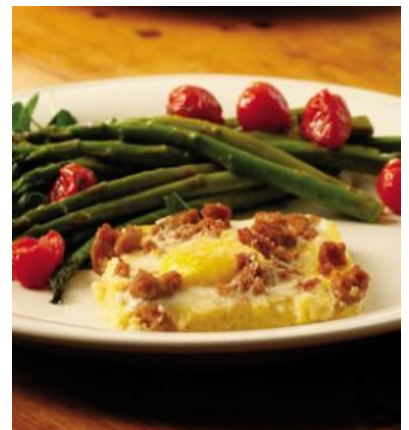
Today, polenta is prepared in a variety of ways all over the world. Enjoy this delicious breakfast casserole version!

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

## INGREDIENTS

*Serves 6*

- 1 tablespoon plus 2 teaspoons of extra-virgin olive oil, divided
- 1/3 cup of finely chopped onion
- 4 cups of water, plus more as needed
- 1 cup of yellow cornmeal
- 1/2 teaspoon of salt
- 6 ounces of Italian turkey sausage, casing removed



## INGREDIENTS cont.

- 1/2 cup of shredded fontina, or mozzarella
- 1/2 cup of grated Parmigiano-Reggiano, divided
- 6 large eggs

## INSTRUCTIONS

- Heat 1 tablespoon oil in a large saucepan or Dutch oven over medium heat. Add onion and cook, stirring, until softened, but not browned, 2 to 3 minutes. Add 4 cups water and bring to a boil. Gradually whisk cornmeal into the boiling water. Add salt and cook over medium heat, whisking constantly until the polenta bubbles, 1 to 2 minutes. Reduce heat to low and cook, whisking frequently, until very thick, 10 to 15 minutes. (Alternatively, once the polenta comes to a boil, transfer it to the top of a double boiler, cover, and place over barely simmering water for 25 minutes. This is convenient, because you don't need to stir it as it cooks.)
- Meanwhile, heat the remaining 2 teaspoons oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned and no longer pink, about 4 minutes. Drain if necessary and transfer to a cutting board; let cool. Finely chop when cool enough to handle.
- Position rack in upper third of oven; preheat to 350° F. Coat a 9-by-13-inch baking pan with cooking spray.
- When the polenta is done, stir in fontina (or mozzarella) and 1/4 cup Parmigiano-Reggiano. If the polenta seems too stiff, add small amounts of water to thin it to a thick but not stiff consistency. Spread the polenta in the prepared pan.
- Make six 2-inch-wide indentations in the polenta with the back of a tablespoon. Break eggs, one at a time, into a custard cup and slip one into each indentation. Scatter the sausage on the polenta and sprinkle the remaining 1/4 cup Parmigiano-Reggiano evenly on top of the eggs.



## INSTRUCTIONS cont.

- Bake the casserole for 15 minutes. Then broil until the egg whites are set, 2 to 4 minutes. Let stand for 5 minutes before serving.

Recipe: *EatingWell*

### References

<sup>1</sup> “The Food Timeline–history notes: algae to creamed onions.” The Food Timeline–history notes: algae to creamed onions. N.p., n.d. Web. 31 May 2014.

<<http://www.foodtimeline.org/foodfaq.html#polenta>>.

<sup>2</sup> Fussell, Betty Harper. *The story of corn*. New York: Knopf, 1992. Print.

# CHICKEN CURRY IN A HURRY

GF

The original version of curry was being eaten in the Indus Valley approximately 4,500 years ago.<sup>1</sup> There were only three main ingredients in this variation: ginger, garlic and turmeric. Amazingly, archaeologists have been able to identify and date some remains of the spicy stew from 2,500 and 2,200 BCE<sup>2</sup> using a method called “starch grain analysis.” This potentially makes curry “the oldest continuously prepared cuisine on the planet.”<sup>3</sup> Even the pairing of curry with rice can be traced to this time period because the use of rice in Indus Valley civilizations is well-documented.<sup>4</sup>

When Europeans arrived in India they encountered its many delicious dishes and took an instant liking to curry. Today, the British are perhaps the most passionate ambassadors for curry, even adopting it as their national dish.

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

## INGREDIENTS

*Serves 6*

- 1 cup of white rice
- 1 1/2 of tablespoons olive oil
- 1 small yellow onion, thinly sliced
- 2 teaspoons of curry powder
- 1/2 cup of plain yogurt
- 3/4 cup of heavy cream
- 1/2 teaspoon of kosher salt
- 1/4 teaspoon of black pepper
- 1 14.5-ounce can of diced tomatoes, drained (optional)
- Meat from 1 rotisserie chicken, sliced or shredded
- 1/4 cup of fresh cilantro leaves, roughly chopped



## INSTRUCTIONS

- Cook the rice according to the package directions.
- Heat the oil in a skillet over medium-low heat. Add the onion and cook, stirring occasionally, for 7 minutes.
- Sprinkle with the curry powder and cook, stirring, for 1 minute.
- Add the yogurt and cream and simmer gently for 3 minutes. Stir in the salt, pepper, and tomatoes (if desired). Remove from heat.
- Divide the rice and chicken among individual bowls, spoon the sauce over the top, and sprinkle with the cilantro.

Recipe: *RealSimple*

### References

<sup>1</sup> Lawler, A. (2013, January 29). The Mystery of Curry. Retrieved August 17, 2014.

<sup>2</sup> Ibid

<sup>3</sup> Ibid

<sup>4</sup> Taylor, A. (2013, November 10). Curry: Where did it come from? Retrieved August 17, 2014.

# CHILLED STONE CRAB CLAWS WITH MUSTARD SAUCE



Equally as comfortable on a hotdog at the ballpark as it is on the tables of the finest French restaurants, mustard is a true renaissance condiment. The main ingredient of mustard is, of course, the mustard seed, and like so many other plants and herbs in ancient times, it was originally used not only as a food product, but also as a healing agent. There is evidence of its use in ancient Egypt, Greece and the Roman Empire.

It was the Romans who truly embraced mustard as a condiment and that is where we get our modern word *mustard*. It comes from the Latin *mustum ardens*, which literally means *burning must*. The term refers to the Roman practice of mixing the spicy ground mustard seeds with unfermented grape juice known as *must*.<sup>1</sup>

The Romans transported mustard all over the empire and it was extremely popular. Today, there are numerous kinds of mustard to suit every taste and spice preference. Manufactured around the world, mustard flavors and appearances vary to suit the country and cuisine in which the condiment is made. It also continues to be used medicinally for chest congestion.

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

## INGREDIENTS

*Serves 4*

- 1 cup of mayonnaise
- 1/4 cup of prepared yellow mustard
- 1/4 cup of prepared horseradish
- 1 teaspoon of hot sauce
- 1 teaspoon of fresh lemon juice
- 32 large stone crab claws, chilled





## INSTRUCTIONS

- Make the mustard sauce by mixing together mayonnaise, mustard, horseradish, hot sauce, and lemon juice in a bowl.
- Crack shells of stone crab claws with a hammer or the dull side of a cleaver. Serve with mustard sauce and lemon wedges.

Recipe: *Saveur.com*

## References

<sup>1</sup>Trowbridge Filippone, P. (n.d.). Mustard History - The history of mustard as food. Retrieved November 10, 2014.

# DOUBLE K GRILLED SALMON

GF

When you fire up the grill and invite your friends over for a barbecue did you know you'll be reviving a gastronomic practice thousands of years old?

Some of the oldest evidence of grills comes from the Mycenaean civilization, the precursor to the classical Greek civilization. Around 3,000-year-old clay cookware was uncovered at sites like Pylos and Mycenae. Another find in Turkey revealed pieces of 2,200 year old grills from the ancient city of Assos in the northwestern province of Çanakkale's Ayvacık district.<sup>1</sup>

Click [here](#) to learn more about the history of grilling and ancient barbecues.

## INGREDIENTS

*Serves 8*

- 1/4 cup of packed brown sugar
- 1/4 cup of soy sauce (for gluten free version substitute gluten free soy sauce)
- 3 tablespoons of unsweetened pineapple juice
- 3 tablespoons of red wine vinegar
- 3 garlic cloves, minced
- 1 tablespoon of lemon juice
- 1 teaspoon of ground ginger
- 1/2 teaspoon of pepper
- 1/2 teaspoon of hot pepper sauce
- 1 salmon fillet (2 lbs.)



## INSTRUCTIONS

- In a small bowl, combine the first nine ingredients.
- Pour 3/4 cup into a large resealable plastic bag; add salmon.
- Seal bag and turn to coat; refrigerate for 1 hour, turning occasionally.
- Set aside remaining marinade for basting.
- Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.
- Place salmon skin side down on rack. Grill, covered, over medium heat or broil over medium heat for 5 minutes.
- Brush with reserved marinade. Grill or broil 15-20 minutes longer or until fish flakes easily with a fork.

Recipe: *Taste of Home*

### References

<sup>1</sup> Centuries-old grills of ancient BBQ lovers found in western Turkey. (n.d.). Retrieved November 10, 2014.

# LAMB BIRYANI

GF

Another recipe perfect for Rosh Hashanah, this dish combines the flavors of India with traditional Jewish cooking.

While there is not a robust Jewish community in India, three small communities have existed there since ancient times: Bene Israel, Cochin Jews and Baghdadis.<sup>1</sup> Today, the Jews remaining in India cling to their traditions, which have been spiced by Indian culture and cuisine. A traditional chicken dish served at Rosh Hashanah might be *mahmoora*, chicken cooked with tomatoes, spices, almonds and raisins, served on a bed of pilau rice.<sup>2</sup> The *hallah* is often dipped in sugar instead of salt.<sup>3</sup>

Jewish-Indian cooking in general is unique and differs according to the community. It all depends on where you are and who is the chef.

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

## INGREDIENTS

### RICE

- 2 cups of basmati rice
- Few strands of saffron
- 2 tablespoons of canola oil (if cooking on a stove top)
- 1/4 teaspoon of salt
- 4 cups of water



### LAMB

- 2 pounds deboned leg of lamb, cut into medium-sized cubes
- Water to cover
- 1/4 teaspoon of salt
- 2 bay leaves
- 8 allspice peppercorns



## INGREDIENTS cont.

### MASALA

- 4 tablespoons of canola oil
- 4 medium/large onions, grated or run through a food processor
- 5 garlic cloves, minced
- 1 teaspoon of ginger, grated
- 1 medium bundle of cilantro, roughly chopped
- 1 green chili pepper, quartered
- 1/2 teaspoon of turmeric
- 1/2 teaspoon of garam masala
- 1 heaping teaspoon of curry powder (you can replace garam masala and curry powder with 1½ teaspoons biryani spice mix)
- 1/2 teaspoon of salt
- 1/4 teaspoon of sah geera (black cumin seeds) or cumin seeds (optional)
- 1/2 teaspoon of cardamom (optional)

## INSTRUCTIONS

### RICE

- Cook rice in a rice cooker according to manufacturer's directions, adding salt, a few strands of saffron and water.
- If you don't have a rice cooker, begin by rinsing and draining rice. In a pan, heat up two tablespoons oil on medium heat, add the rice and lightly fry. Mix gently. Add salt, a few strands of saffron and water. Bring to a boil, mix and immediately turn down heat to lowest stove top setting. Cover with a lid and let water completely absorb. Turn off stove and let rice sit with lid on for at least 20 minutes. Gently fluff the rice with a fork to separate the grains. You can make the rice a day ahead and reheat in a microwave or oven.



## INSTRUCTIONS cont.

### LAMB

- Cook lamb in a pressure cooker according to manufacturer's directions with salt, bay leaves, allspice and water.
- Alternatively, bring lamb and water to a boil on the stove top in a large pot with salt, bay leaves, allspice and water; then immediately turn down to low-medium simmering/bubbling. Skim the foam. Half-cover with a lid and let cook for about 1 1/2 hours, or until lamb is tender and falls apart at the touch of a fork. It will be pretty pink inside. Drain liquid just before adding the lamb masala below.

### MASALA

- In a pot on the stove top, add the oil and onions and caramelize onions over medium heat until deep gold, stirring occasionally. While onions are caramelizing, put the garlic, ginger, cilantro and chili pepper into the food processor and chop to superfine consistency. Scrape the sides of and whiz again. Once the onions have caramelized, add the green mixture and cook on medium heat for few minutes, stirring occasionally. Mix in the salt, turmeric, garam masala and curry powder. Cook for a few minutes longer and turn off the heat.
- Combining lamb and masala:
  - Add approximately half of the masala and all the drained lamb to a pan. Cook for few minutes while stirring on stove top. Add more masala if needed. You can reserve the remaining masala for vegetables and other dishes you wish to cook later in the week.

### GARNISHES

#### Crispy onions:

- 1 small onion, peeled, halved and sliced thinly into half-moons
- 2 - 4 tablespoons canola oil



## INSTRUCTIONS cont.

### GARNISHES cont.

Heat up 2 or more tablespoons of oil on medium heat and fry the onions until they turn a deep brown color and become crunchy. Scoop with a slotted spatula onto a plate lined with paper towels. This step should be done on the day you're eating. As an alternative, you could use crunchy onions (like French's) from the supermarket.

### Plumped raisins:

- 1/4 – 1/2 cup golden raisins
- Same oil as the crunchy onions

In same oil you fried the onions, plump the raisins. It takes a minute or less. If you ended up buying French's onions, then use only 1–2 tablespoons of canola oil to plump the raisins on medium heat. Use 1/2 cup raisins if using only as a garnish; add more, according to taste, if you wish to use raisins throughout the dish.

### Fried cashews:

- 1/4 cup – 1 cup of raw cashews
- Same oil as the raisins and onions

Toss the cashews into a pan with oil heated on a medium flame until they turn golden. This process is very quick. If you wish to layer the biryani with cashews, use 1 cup. If using only as a garnish, use only 1/4 of a cup. This step can be done in advance; cashews can be kept in an airtight container on the counter. Or you can buy roasted cashews.

### Cilantro chips:

- Few cilantro leaves
- 1 – 2 tablespoons canola oil (do not reuse oil from above)

Rinse and pat dry cilantro leaves with a paper towel. Flatten the leaves. Bring oil to medium heat and fry the leaves. This takes seconds.



## INSTRUCTIONS cont.

### LAYERING AND ASSEMBLING

- Layer the bottom of a deep, ovenproof deep dish with rice. Dot the rice with masala-coated lamb cubes.
- If you choose to use cashews and raisins as part of the layers, sprinkle some on top of the lamb.
- Top the lamb with a layer of rice and repeat the steps.
- The top layer should be rice, garnished with the crispy onions, raisins, cashews and cilantro chips. The garnishes should be added just before serving.
- The dish can be made ahead, kept refrigerated and reheated, covered with foil in a preheated 350-degree oven, for 20 to 30 minutes or until it is hot. It is sublime the day its prepared or a day or two later.

Recipe: *The Jewish Daily Forward*

### References

- <sup>1</sup> Mittal, S. (2006). *Religions of South Asia: An introduction* (pp. 169-171). London: Routledge.
- <sup>2</sup> Rosh Hashanah, Calcutta Style. (n.d.). Retrieved September 21, 2014.
- <sup>3</sup> Ibid.



# MOM'S GOURMET GRILLED CHEESE SANDWICH

There is archaeological evidence to suggest cheese-making existed in Europe over 7,500 years ago. Pottery shards found at ancient dwellings in Switzerland and Poland are believed to be cheese strainers because they are pierced with many small holes and contain traces of dairy fat.<sup>1</sup>

Clay tablets from around 2000 BCE tell us that the ancient Sumerians were making cheese.<sup>2</sup> An Egyptian tomb mural from approximately the same time period also displays evidence of the production of cheese.<sup>3</sup> Even ancient Greek mythology mentions cheese. In the *Odyssey*, believed to have been written in the 8<sup>th</sup> century BCE, Homer writes about the Cyclops' cheese racks and the process by which he made cheese with wicker strainers.<sup>4</sup>

Today, processed cheeses account for a large percentage of cheese sales, but many people still enjoy slicing into a local, handmade, artisanal variety. With so many types to choose from, cheese never fails to delight the pallet, and when you add bread and grill it, you've got a dish to celebrate!

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

## INGREDIENTS

- 2 slices of sourdough bread
- 1 tablespoon of butter
- 1 tablespoon of grated parmesan cheese
- 1 slice of American cheese
- 1 slice of cheddar cheese



## INSTRUCTIONS

- Heat a skillet over medium heat.
- Butter one side of each slice of bread.
- Sprinkle Parmesan cheese onto the buttered sides.
- Place one slice buttered side down in the skillet, and place a slice of American cheese and a slice of Cheddar cheese on it.
- Top with the remaining slice of bread, butter side up. Fry until golden on each side.

\*Note: Add ham, bacon or your favorite vegetables to make a truly original treat.

Recipe: *AllRecipes*

### References

<sup>1</sup> [Subbaraman](#), Nidhi. *Art of cheese-making is 7,500 years old*. Nature: International Weekly Journal of Science, December 12, 2012.

<sup>2</sup> Martinez, L. (n.d.). Cheese in Ancient Times. Retrieved November 19, 2014, from <http://www.netplaces.com/cheese/cheese-then-and-now/cheese-in-ancient-times.htm>

<sup>3</sup> History of Cheese. (n.d.). Retrieved November 19, 2014, from <http://www.gol27.com/HistoryCheese.html>

<sup>4</sup> Homer, *The Odyssey*, <http://classics.mit.edu/Homer/odyssey.html>

# PAPUA NEW GUINEA CHICKEN POT

GF

The Chicken Pot is a simple dish imbued with the flavors of the islands and reminiscent of the meals the ancient villagers would have eaten. All of the ingredients can be found on the islands and are still eaten today.

According to the archaeological evidence, people arrived in Papua New Guinea approximately 50,000 years ago and began populating various parts of the islands with tribes and clans that developed in complete isolation from one another.<sup>1</sup> The rugged terrain made it nearly impossible for tribes to communicate, so the various peoples developed their own distinct cultures and practices. One of the most isolated areas was the small island that would come to be known as New Ireland. When German colonizers came in the 19<sup>th</sup> century they found a people with strong religious practices and a deep belief in their traditions. One of the most unusual and fascinating practices was shark calling that grew out of their system of religion. This tradition as well as their spiritual beliefs continue today.

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

## INGREDIENTS

*\*Ingredient amounts are to be decided based on how many people you would like to feed.*

- Whole chicken cut into serving pieces
- A bit of oil (olive, vegetable or coconut will work)
- Kaukau (or sweet potato) cut into bite-sized pieces
- A bunch of green onions
- Pumpkin, coarsely chopped
- Cobs of corn
- 3 ½ cups of coconut milk
- Salt to taste
- Curry powder to taste



## INSTRUCTIONS

- Place chicken in the pot with a little bit of oil.
- Chop kaukau (or sweet potato) and place on top of chicken.
- Coarsely chop green onion and add to the pot.
- Add coarsely chopped pumpkin to the pot.
- Peel and break corn to place on top of greens.
- Pour coconut milk over the meat and vegetables to cover.
- Cover and bring to a boil.
- Cook gently for 30-40 minutes.
- Add salt and curry powder.
- Serve as a meal. You could separate the vegetables and meat for serving and place the liquid in a container to serve as a sauce or soup.

Recipe: <http://www.pngbuai.com/600technology/cookery/page41-recipes-png.pdf>

### References

<sup>1</sup> Embassy of Papua New Guinea to the Americas, Washington, DC. (n.d.). Retrieved August 11, 2014.

# PORK BEER-BRAISED SAUERKRAUT

You might be surprised to find that sauerkraut did not originate in Germany or anywhere in Europe. Its roots grow out of the East. The exact date is unknown, but it is said that around 300 BCE, horsemen from China and Mongolia discovered how to preserve cabbage in brine.<sup>1</sup> This recipe spread throughout China and rice wine became the preferred method of fermentation. The fermented cabbage was nutritious and could be stored for long periods of time. It was even used to feed the workers on the Great Wall.<sup>2</sup>

Over 1,000 years later, sauerkraut came to Germany by way of Genghis Kahn's sons' and grandsons' invading armies. Today, sauerkraut is enjoyed throughout the world in various forms, but the Germans have truly perfected the dish as well as the recipes in which it is an integral part.

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

## INGREDIENTS

*Serves 8-10*

- 2 pounds of fresh or jarred sauerkraut
- 4 tablespoons of unsalted butter or duck, chicken or goose fat
- 1/4 pound of apple-cured bacon, cut into 1/2-inch thick slices
- 3 medium yellow onions, peeled and sliced
- 4 sprigs of fresh thyme
- 2 bay leaves
- 1 1/2 teaspoons of black peppercorns
- 8 juniper berries, lightly crushed
- 1 head of garlic, split in 1/2 crosswise
- 2 ham hocks, scored



## INGREDIENTS cont.

- 2 cups of chicken stock
- 2 cups of dark or amber beer
- 1 pound of Andouille or garlic sausage, kielbasa or knockwurst, cut into 3-inch lengths
- 1 pound of bratwurst or veal sausage, cut into 3-inch lengths
- 4 thin boneless smoked pork chops (or 8 very small boneless smoked pork chops)
- Creole, whole-grain or Dijon mustard, for serving

## INSTRUCTIONS

- Preheat the oven to 325 degrees F.
- Place the sauerkraut in a colander and rinse briefly to remove some of the salt from the brine—don't rinse it too much, or you will lose a lot of the flavor. (Alternatively, if the sauerkraut is not excessively salty, use as is.)
- Press to release most of the excess liquid and set aside.
- In a large nonreactive skillet, melt 3 tablespoons of the butter over medium-low heat and add the bacon. Cook until most of the fat is rendered, about 4 minutes.
- Add the onions and continue to cook until they are soft but not browned, 8 to 10 minutes.
- Transfer the bacon-onion mixture to a nonreactive roasting pan or large ovenproof Dutch oven.
- Add the drained sauerkraut and toss to combine.
- Using a small piece of cheesecloth, make a bouquet garni with the thyme, bay leaves, peppercorns, juniper berries and garlic and place in the baking dish.
- Add the ham hocks, chicken stock and beer and stir to combine.
- Cover the casserole and bake, undisturbed, until ham hocks are mostly tender, about 1 1/2 hours.



## INSTRUCTIONS cont.

- Meanwhile, melt the remaining tablespoon of butter in a large skillet over high heat and brown the sausages on both sides. Set aside. Brown the pork chops and set aside.
- When the hocks are mostly tender, remove the casserole from the oven.
- Place the sausages on top of the sauerkraut. If the liquid has reduced to less than 2/3, add a bit more water.
- Cover the casserole and return it to the oven. Cook for about 30 minutes, or until the sausages are tender and heated through.
- Add the pork chops and press them into the sauerkraut. Cover and return to the oven and cook until pork chops are heated through and tender, about 30 minutes longer.
- Remove the casserole from the oven and discard the bouquet garni.
- Serve immediately, with each person receiving some of each of the sausages, part of a hock, part of a pork chop and some of the sauerkraut.
- Pass the mustard at the table.

Recipe: *The Food Network*

### References

<sup>1</sup> Morse's Sauerkraut – history of 'kraut. (n.d.). *Morse's Sauerkraut – history of 'kraut*. Retrieved July 14, 2014

<sup>2</sup> The History of Sauerkraut. (n.d.). . Retrieved July 14, 2014, from <http://kitchenproject.com/history/sauerkraut.htm>

## PORK DUMPLINGS

*Jiaozi* or dumplings have been eaten for centuries in China and continue to be a staple in Chinese cuisine. They are enjoyed specifically at Chinese New Year because their shape resembles the *ingot*, an ancient Chinese currency, and thus represent wealth and prosperity in the coming year. The ancient Chinese *ingot* was called a *sycee* and first appeared during the Qin Dynasty (221-206 BCE) and remained in use until the end of the Qing Dynasty (1644-1912 CE).<sup>1</sup> Historically, cooks preparing holiday batches of dumplings would hide a coin inside one dumpling. Whoever bit that coin would be the luckiest and most prosperous in the new year. However, this tradition has largely disappeared due to health hazards. Swapping a coin for other fortuitous symbols, today's cooks include various ingredients considered to bring good luck, such as peanuts, which symbolize long life. The *jiaozi* are to be eaten at midnight on Chinese New Year's Eve during the last hour of the old year and the first hour of the new year.

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

### INGREDIENTS

*Makes 24 dumplings*

- 1/4 pound of finely shredded Napa cabbage (about 2 cups)
- 1 egg white, lightly beaten
- 1 tablespoon of reduced-sodium soy sauce
- 2 teaspoons of oyster sauce
- 2 teaspoons of toasted sesame oil
- 1 teaspoon of cornstarch
- 1/2 teaspoon of sugar
- 1/4 teaspoon of kosher salt





## INGREDIENTS cont.

- 1/8 teaspoon of ground white pepper
- 1/4 cup of finely minced scallions
- 2 teaspoons of minced fresh ginger
- 1 small garlic clove, minced
- 1/2 pound of ground pork
- 24 round dumpling wrappers or wonton skins

## INSTRUCTIONS

### PREPARE THE FILLING

- Bring a small pot of water to a boil. Add the cabbage and blanch it for 1 minute. Drain the cabbage, rinse it immediately with cold water, then drain it again. Over a sink or bowl, squeeze small handfuls of the cabbage to release as much water as possible, then wrap it in two layers of paper towels and squeeze again. Wrap and squeeze the cabbage one more time, then set it aside.
- Whisk together the egg white, soy sauce, oyster sauce, sesame oil, cornstarch, sugar, salt, and pepper in a medium-size bowl. Stir in the cabbage, scallions, ginger, and garlic. Add the pork and stir the filling until it's thoroughly combined.

### STUFF THE DUMPLINGS

- Fill a small bowl with cool water. Lay 4 dumpling wrappers on a work surface, covering the remaining wrappers with a damp cloth.
- Spoon 2 level teaspoons of the filling onto the center of each wrapper. Using your fingertip, moisten half of the outer edge of the wrappers with water.
- Pick up each wrapper and bring the opposite edges together over the filling, forming a taco shape. Press the edges together, pinch a few pleats to seal the dumpling, then gently squeeze around the filling to eliminate any air pockets.



## INSTRUCTIONS cont.

### STUFF THE DUMPLINGS cont.

- Transfer the stuffed dumplings to a baking sheet lined with parchment or waxed paper, spacing them so they don't touch. Keep them covered with a damp cloth while stuffing the remaining dumplings.

### COOK THE DUMPLINGS

#### For steamed dumplings:

- In a Dutch oven or other large, lidded pan, place a lightly oiled metal steamer, or lettuce leaf-lined bamboo steamer, over an inch of water (make sure the water doesn't touch the bottom of the steamer).
- Bring the water to a gentle boil. Arrange half the dumplings on the steamer, spacing them so that they don't touch. Cover the pan or bamboo steamer tightly.
- Cook vegetable and shrimp dumplings for 5 minutes and pork dumplings for about 8 minutes.
- Transfer them to a plate and serve immediately, or keep them covered in a warm oven until the remaining dumplings are cooked.

#### For pot stickers:

- Heat 1-1/2 teaspoons peanut (or vegetable) oil in a large nonstick skillet over medium-high heat.
- Arrange half the dumplings in the skillet and cook, without disturbing, until their sides are golden, about 2 minutes.
- Add 1/4 cup water and immediately cover the pan, reducing the heat slightly. Cook shrimp and vegetable dumplings for 3 minutes, pork for 5 minutes.
- Uncover the pan and raise the heat again. Cook off any remaining water, shaking the pan a few times, and continue frying the dumplings until their sides become crispy, about 2 minutes more.
- Transfer them to a plate and serve immediately, or keep them covered in a warm oven until the remaining dumplings are cooked.



Recipe: *Spoonful.com*

### **References**

<sup>1</sup> Chinese Sycee History. (n.d.). Retrieved November 17, 2014, from [http://www.sycee-online.com/Sycee\\_history.htm](http://www.sycee-online.com/Sycee_history.htm)

# PRE-COLUMBIAN TAMALES WITH BLACK BEANS



Created by the Aztecs using maize, their most important food, tamales were often filled with beans that were second only to maize in dietary importance. Other popular fillings included chilies, amaranth seeds, maize flowers, honey, beeswax, turkey, eggs and cherries.<sup>1</sup> Tamales played a significant role in the culture of the Aztecs. Tamales were central to the survival of the military who needed a portable but filling and healthy food.<sup>2</sup>

The following tamale recipe includes another link to the ancient past with the inclusion of the ingredient epazote. Also known as Mexican tea, the name comes from the Aztec (Nahuatl) epazotl. The Aztecs used it as both a culinary and a medicinal agent. It has a strong, distinctive flavor and is believed to reduce the digestive distress that sometimes accompanies the ingesting of beans.

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

## INGREDIENTS

*Makes 15 tamales*

### BLACK BEAN FILLING

- 2 cups of black beans, soaked overnight
- 6 cloves of garlic, peeled
- 1/2 teaspoon of dried chili powder
- 2 guajillo chilies
- 2 chipotle chilies
- 1/3 cup of dried epazote
- 1 tablespoon of salt, plus more to taste
- 1 (to 2) tomatillos, husk removed



## INGREDIENTS cont.

### TAMALE DOUGH

- 4 cups of masa harina
- 1 teaspoon of salt
- 2 cups of warm water
- 15 corn husks, soaked in hot water to render pliable, or parchment paper

## INSTRUCTIONS

### MAKE THE FILLING

- Place the black beans, garlic, chili powder, dried chilies and epazote in a large pot and cover with fresh water by 2 inches. Bring to the boil and cook for one half hour. Add the 1 tablespoon salt and continue cooking until very tender. Drain. Transfer the solids to the work bowl of a food processor, add the tomatillos and coarsely chop.

### MAKE THE TAMALE DOUGH

- Mix together the salt and masa harina in the bowl of a mixer. Slowly add the hot liquid, stirring to obtain a soft, moist dough. Beat the dough with the paddle attachment for five minutes to aerate the dough as much as possible. Sprinkle in the baking powder and beat 1 minute more. (Contemporary recipes contain lard, which results in a lighter product.)

### ASSEMBLE THE TAMALES

- Place a husk flat on the counter horizontally in front of you. Spread about 2 tablespoons of tamale dough in a thin layer over the husk, leaving a border around the edges. Top with about 1 tablespoon bean filling. Pull up the husks on the right and left edges and nudge the dough so that it folds over the filling. Then do the same with the top and bottom edges of the husk, so that the dough encases the filling and forms a rectangular packet. Fold the right and left sides of the husk over the dough packet, then fold the bottom of the husk up and the top of the husk down. Keep folding to make a neat package. Repeat with remaining husks.



## INSTRUCTIONS cont.

- Place the tamales in a covered steamer and steam for 45 minutes, making sure that the steamer does not dry out. Serve immediately, or reheat by steaming.

Recipe: [\*Cathy Kaufman, Chairperson of the Culinary Historians of New York\*](#)

### References

<sup>1</sup> Aguilar-Moreno, Manuel (2007). *Handbook to Life in the Aztec World*. Oxford and New York: [Oxford University Press](#). pg. 372.

<sup>2</sup> Warner, Katie. *The History Behind Tamales*. <http://www.examiner.com/article/the-history-behind-tamales>

# SPAGHETTI WITH OLIVE OIL AND ITALIAN FISH SAUCE

Ancient Roman fish sauce was made using the same fish and sea salt fermentation process used in Asia and was called *garum* or *liquamen*. Fish sauce was used not only as an alternate way to salt food, it also became the base for other dips and sauces when it was combined with wine, honey and other spices.<sup>1</sup> Today it is being used in much the same way as modern chefs experiment by adding various herbs and spices to create new, exciting flavors.

It is difficult to find traditional *garum* today. The more commonly used Italian fish sauce is *colatura*, a modern descendant of the ancient *garum*. In his blog MattBites, Chef Matt Armendariz explains that “if *garum* is the loud in-your-face uncle, *colatura* is the mannered and finessed younger cousin.” It is made with anchovies and results in a more lightly colored and delicately flavored sauce.

Chef Armendariz is the source of the delicious spaghetti recipe below, but first perhaps you’d like to try your hand at making your own authentic ancient fish sauce! We’ve included two recipes below: one that is authentically ancient and another that is updated and less challenging. When you’re finished making your sauce, follow the spaghetti recipe below for a truly Roman dish. Of course, you can always buy some *colatura* and skip straight to the spaghetti!

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

## ANCIENT GARUM RECIPE

### INGREDIENTS

- Fatty fish, for example, sardines
- A well-sealed (pitched) container, 26-35 quart capacity
- Dried aromatic herbs possessing a strong flavor, such as dill, coriander, fennel, celery, mint, oregano, etc.
- Salt



## INSTRUCTIONS

- Make a layer of herbs on the bottom of the container.
- Put down a layer of fish (if small, leave them whole, if large, use pieces)
- Add a layer of salt two fingers high on top of the fish.
- Repeat the layers until the container is filled.
- Let it rest for seven days in the sun.
- Mix the sauce daily for 20 days until it becomes a liquid. Bottle or jar your sauce.

### MODERN GARUM RECIPE (COLATURA)

#### INGREDIENTS

- 1 quart of grape juice
- Two tablespoons of anchovy paste
- One pinch of oregano

#### INSTRUCTIONS

- Cook a quart of grape juice, reducing it to one-tenth its original volume.
- Dilute two tablespoons of anchovy paste in the concentrated juice and mix in a pinch of oregano.

### SPAGHETTI WITH OLIVE OIL AND FISH SAUCE RECIPE

#### INGREDIENTS

\*Adjust the quantities of ingredients according to your preferences, start with less *colatura* and add as needed

- A single serving of spaghetti
- 3 tablespoons high quality olive oil
- 1 tablespoon *colatura* (or garum)





## INGREDIENTS cont.

- Chopped garlic
- Chopped parsley
- Red chile flakes

## INSTRUCTIONS

- Cook the spaghetti to your liking.
- While spaghetti is cooking, combine remaining ingredients.
- Toss the spaghetti in your prepared sauce.
- Add extra spices and/or *colatura* as needed.

Garum Recipes: *PBS.org*

Spaghetti Recipe: *MattBites*

## References

<sup>1</sup> Prichep, D. (n.d.). Fish Sauce: An Ancient Roman Condiment Rises Again. Retrieved November 18, 2014

# VATAPÁ: FISH AND SHRIMP STEW

GF

On April 22, 1500, a Portuguese navigator named Pedro Álvares Cabral landed on what he called the “Island of the True Cross.”<sup>2</sup> He officially claimed it for Portugal.

In the 16<sup>th</sup> century, the Portuguese began growing sugarcane on plantations along the northeast coast of Brazil. They began importing African slaves much like their European neighbors to the north. Unlike their northern neighbors, however, the Portuguese settlers frequently married both Africans and native Brazilians. Also, the natives themselves would often marry Africans. There was intermingling among the different groups to a degree not seen anywhere else.

Not surprisingly, the cuisine of modern Brazil was greatly affected by this intermingling. Vatapá is a perfect example of this fusion. The name vatapá comes from Yoruba, an African language, and means “a spicy seafood paste.” However, the dish is not found in modern African cuisine, leading to the supposition that it was developed in Brazil. There are many different variations, but several ingredients are always included: stale bread, coconut milk, ground nuts and dried shrimp.<sup>5</sup>

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

## INGREDIENTS

*Serves 6*

- 1 cup of dried shrimp
- 2 tablespoons of olive oil
- 2 cups of chopped onion
- 1/2 cup of ground, toasted cashew nuts
- 1/2 cup of ground, toasted blanched almonds



## INGREDIENTS cont.

- 1 tablespoon of minced garlic
- 1 tablespoon of minced ginger
- 1 tablespoon of minced, seeded red chili peppers
- 4 cups of fish or shrimp stock
- 1 (14-ounce) can of coconut milk
- 2 tablespoons of fresh lime juice
- 1 pound of sea bass fillets or other firm white fish fillets, cut into 2-inch cubes
- 1 pound of shrimp, peeled and deveined
- Salt and freshly ground black pepper
- 1/2 cup of chopped fresh cilantro leaves
- 6 lime wedges, for garnish
- Steamed long grain white rice, accompaniment

## INSTRUCTIONS

- Soak the dried shrimp in warm water to cover for 15 minutes. Drain, then puree in a blender or food processor. Set aside.
- Heat a Dutch oven or large pot over medium-high heat and add the olive oil. Sauté the onions, stirring often, until soft, 4 to 5 minutes. Add the pureed shrimp and cook for 2 minutes. Add the nuts, garlic, ginger and peppers and cook, stirring often, for 1 minute. Add the stock, coconut milk and lime juice and cook until reduced by 1/2, about 20 minutes. Reduce the heat to medium. Add the fish and simmer until the fish is almost cooked through, 5 to 6 minutes. Add the shrimp and simmer until cooked through, 3 to 4 minutes. Season, to taste, with salt and freshly ground black pepper. Stir in 1/4 cup cilantro and remove from the heat.
- Arrange a scoop of rice in the center of 6 large plates or soup bowls. Ladle the stew over the rice and garnish with the remaining 1/4 cup chopped cilantro. Place 1 lime wedge on each plate and serve immediately.



Recipe: *Food Network*

### References

- <sup>1</sup> Calmon, P. (n.d.). Pedro Alvares Cabral (Portuguese explorer). *Encyclopedia Britannica Online*. Retrieved June 11, 2014, from <http://www.britannica.com/EBchecked/topic/87709/Pedro-Alvares-Cabral>
- <sup>2</sup> Flavors of Brazil: A Tale of Two Dishes – Vatapá. (n.d.). *Flavors of Brazil: A Tale of Two Dishes – Vatapá*. Retrieved June 11, 2014, from <http://flavorsofbrazil.blogspot.com/2010/11/tale-of-two-dishes-vatapa.html>

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## SIDE DISHES

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# ASPARAGUS WITH CURRY BUTTER

GF

The oldest evidence of butter-making comes from a Mesopotamian tablet circa 2,500 BCE that illustrates the steps to make butter.<sup>1</sup> The ancient Hebrews also made several mentions of butter production in the Old Testament. The word butter is believed to have come from the Greek word *bou-tyron* meaning “cow cheese,” but it may also have come from one of the Scythian languages.<sup>2</sup>

In ancient Greece, Rome and Egypt butter, as with many other spices and foodstuffs, was used not only as a food, but also medicinally and cosmetically.

The ancient cultures that prized butter the most highly were those of the British Isles and Northern Europe. Both cultures buried barrels of butter in peat bogs to mature. The “cool, antiseptic, anaerobic, and acidic properties of peat bogs” ensured the butter wouldn’t rot and even today, though the substance found in the dug up barrels is no longer butter, it is also “far from putrefaction.”<sup>3</sup>

Today, butter-making takes place in high-tech, sanitized factories with machines doing the laborious mixing and packaging. However, it’s still that simple spread of plain butter on warm bread that arouses the heart and palate for one of life’s greatest and most sustaining pleasures.

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

## INGREDIENTS

*Serves 4*

- 2 teaspoons of butter, melted
- 1 teaspoon of curry powder
- 1/2 teaspoon of lemon juice



## INGREDIENTS cont.

- 1/4 teaspoon of salt, or to taste
- 1 shallot, finely diced
- 1 bunch of asparagus (about 1 pound), trimmed and cut into 1-inch pieces

## INSTRUCTIONS

- Combine butter, curry powder, lemon juice and salt in a small bowl.
- Heat oil in a large nonstick skillet over medium heat. Add shallot and cook, stirring, until softened, about 2 minutes. Add asparagus and cook, stirring, until just tender, 3 to 5 minutes. Stir the curry butter into the asparagus; toss to coat.

Recipe: *Eating Well*

## References

<sup>1</sup> <http://www.theworldwidegourmet.com/products/butter/butter/>

<sup>2</sup> The History of Butter Butter | Dairy Goodness. (n.d.). Retrieved November 23, 2014

<sup>3</sup> Butter Through the Ages. (n.d.). Retrieved November 23, 2014, from <http://www.webexhibits.org/butter/history-intro.html>

# BABKA À LA FRANÇAISE (BABKA ROLLS WITH OLIVE TAPENADE)

“Jewish cooking in France is a hidden story,” says cookbook author Joan Nathan.<sup>1</sup> She explains that French Jewish communities have existed there for centuries but the diffusion of their culinary practices has not been widespread. However, if one takes the time to experience their cuisine, it is easy to see how the two cultures share a culinary past.

Jews came to France with the Romans nearly 2,000 years ago and they have been influencing French food ever since.<sup>2</sup> Rosh Hashanah in France today has its own inimitable flavors that differ not only from the feasts in other countries, but also vary within the country itself depending on the region and the influences of that area’s past. This recipe is an example of the fusion of these two cultures.

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

## INGREDIENTS

*Makes 24 rolls*

- 2 1/2 to 3 cups of all-purpose flour
- 1/8 teaspoon of salt
- 1/4 cup of sugar
- 2 1/2 teaspoons of active dry yeast
- 1/2 cup of whole milk, at room temperature
- 1 large egg, plus 3-4 yolks (enough to make 1/2 cup egg and egg yolks total)
- 1/2 cup of unsalted butter, cut in small pieces, plus 2 tablespoons of melted butter
- 1 1/4 cups of pitted black picholine olives
- 2 canned anchovies, drained
- 1 tablespoon of fennel seeds, pulverized
- 1 to 2 tablespoons of olive oil





## INSTRUCTIONS

- To make the dough, put two and a half cups of the flour, salt and all but one tablespoon of the sugar in the bowl of an electric mixer fitted with the dough-hook attachment.
- Put the yeast and one tablespoon warm water and the reserved tablespoon of sugar in a small bowl, and stir just until the sugar and yeast have dissolved. With the mixer, using the dough hook on low speed, pour into the bowl the yeast mixture, the milk and the egg and egg yolks. Knead the dough until it is smooth, shiny and elastic, about 10 minutes, adding more flour as needed.
- Add the pieces of butter a little at a time, until it is incorporated, then knead the dough on low speed for about five minutes, until it is silken and rich. Transfer it to a large, greased bowl, cover with plastic wrap, and allow it to rise for two hours. When the dough has risen, press it down and put it in a plastic bag or wrap it in plastic wrap. Refrigerate for one to two hours or overnight.
- To make the tapenade filling, put the olives, half the anchovies, the fennel seeds and one tablespoon of the olive oil in the bowl of a food processor fitted with a steel blade. Puree the mixture until it is smooth. Taste, and if you want, add more anchovies or salt and another tablespoon of olive oil if the filling is not smooth enough.
- When ready to assemble the babkas, grease two nine-inch round pans. Take the dough from the refrigerator and divide it in half. On a lightly floured surface, roll out one piece into a 16-by-12-inch rectangle.
- Using a knife or an offset spatula, spread half of the olive-anchovy filling very thinly over the dough, leaving a half-inch border all around. Beginning with the long side, tuck in the ends and roll the dough up tightly. Cut the rolled up dough into twelve equal pieces, and place them, with one of the cut sides of each facing up, in one of the pans in one layer. Repeat with the remaining dough and filling in the other pan.
- Allow the babkas to rise, covered with a towel, for two hours before brushing with the reserved two tablespoons melted butter.
- Preheat the oven to 350 degrees, and bake for 25 to 30 minutes, or until golden. Once the rolls are cool enough to handle, pull them apart gently into individual babkas.



Recipe: *Joan Nathan's "Quiches, Kugels and Couscous: My Search for Jewish Cooking in France."* To see more of Joan's fantastic recipes visit her website: <http://www.joannathan.com>.

### References

<sup>1</sup> Kagan, S. (n.d.). Joan Nathan's French-Jewish Rosh Hashanah Menu – Rosh Hashanah / Yom Kippur | Epicurious.com. Retrieved September 21, 2014.

<sup>2</sup> Yoskowitz, J. (2010, November 4). The Hidden Foods of France's Jews. Retrieved September 21, 2014.

# BLINI WITH HORSERADISH CREAM AND ROASTED PEPPERS

The blin is an iconic Russian food. Thin pancakes fried on a hot frying pan, blini are eaten and cherished throughout the region. Their origin can be traced back to ancient times when oat jelly was fried to make a thick, flat cake.<sup>1</sup> Oat jelly was similar to porridge. Oatmeal was soaked in water for 12 hours, boiled down, strained and allowed to cool. It then formed a jelly that could be warmed up and mixed with milk and salt.<sup>2</sup> Frying the jelly and making it into a blin created a hearty and transportable food source.

Blini quickly became an integral part of the Russian culture. It followed a person from birth to death. A woman was given a blin just after giving birth because it was believed to be lucky for the newborn. As well, blini were always served at funeral feasts.<sup>3</sup>

Today, blini are made with a variety of delicious fillings—some savory, some sweet, but all hailing back to their humble and ancient origins.

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

## INGREDIENTS

### BLINI

- 4 ounces of buckwheat/whole wheat flour
- 4 ounces of plain flour
- A pinch of salt
- 2 free-range eggs, plus 2 free-range egg whites
- 1 1/2 ounces of fresh yeast
- 2 teaspoons of caster sugar
- 1 pint/ 5 fluid ounces of warm milk
- 1 tablespoon of melted butter
- Vegetable oil, for frying



## INGREDIENTS cont.

### THE TOPPING

- 4 red peppers, roasted, peeled, seeds removed
- 4 ounces of sour cream
- 1 tablespoon of creamed horseradish from a jar
- 1 tablespoon of chopped fresh tarragon
- 1/2 lemon, juice only
- 12 black olives
- Freshly ground black pepper

### INSTRUCTIONS

- For the blinis, sift the buckwheat (or whole wheat) flour and plain flour into a bowl and mix with a pinch of salt.
- Make a well in the center of the flour mixture and add the two whole eggs and one of the egg whites. Whisk from the center outwards to create a thick paste.
- In a separate bowl, combine the yeast, sugar and milk and leave to stand for a couple of minutes.
- Gradually pour the yeast mixture into the flour and egg mixture, whisking constantly, to make a smooth batter.
- Add the melted butter and stir well.
- Cover the bowl with saran wrap and leave in a warm place for one hour.
- Just before cooking the blinis, whisk the remaining egg white in a clean bowl until light, then fold into the batter.
- Heat a little oil in a frying pan over a medium heat. Pour enough batter into the pan to make a 10cm/4in diameter blini.
- When bubbles start to appear on the surface of the batter, turn the blini over and cook the other side.
- Remove the blini from the pan and keep warm while you make the rest of the blinis in the same way.



## INSTRUCTIONS cont.

- For the topping, slice the roasted red peppers into strips.
- Spoon the soured cream, horseradish, tarragon and lemon into a bowl and mix well.
- Spoon one tablespoon of the cream mixture onto each blini and top with some of the red pepper pieces.
- Top each blini with an olive and season with freshly ground black pepper.

### References

<sup>1</sup> Of Russian origin: Blini. (n.d.). Retrieved November 20, 2014, from <http://russiapedia.rt.com/of-russian-origin/blini/>

<sup>2</sup> Cyclopædia of the diseases of children, medical and surgical, Volume 5, J.B. Lippincott & Company, 1899, pg. 68

<sup>3</sup> Of Russian origin: Blini.

# CARROTS WITH ARAME



Seaweed has been eaten for centuries in ancient civilizations all over the world. It is actually an algae of which there are numerous edible varieties, so it has flourished as a food resource in many different cultures. In Japan today, 21 species of seaweed are used daily in the cuisine and six of those are said to have been in use since the 8<sup>th</sup> century CE.<sup>1</sup> In China, seaweed has long been a revered food item to be served to kings and esteemed guests. In 600 BCE, the Chinese writer Sze Teu penned, “Some algae are a delicacy fit for the most honoured guests, even for the King himself.”<sup>2</sup>

While you may already know about seaweed’s prominent place in Asian cuisine, you may be surprised to find that it is also a traditional food in Ireland and Scotland. In fact, it has been a dietary staple for those living on the coast in the Western British Isles for at least 4,000 years.<sup>3</sup>

Seaweed was harvested and eaten in ancient Hawaii, New Zealand, Indonesia, Malaysia and many more places across the globe throughout history.

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

## INGREDIENTS

- 1/2 cup of arame (seaweed)
- 2 – 3 tablespoons of tamari
- 1/2 tablespoons of fresh ginger, grated
- 3 – 5 carrots cut into match stick lengths



## INSTRUCTIONS

- Cover arame with water.
- Soak arame for 10 minutes.



## INSTRUCTIONS cont.

- Boil arame, tamari and grated ginger uncovered and on low until most of the liquid has evaporated.
- Add the carrots.
- Cover and cook until carrots are slightly tender.
- Remove lid and cook until all the water has evaporated.

Recipe: *care2.com*

### References

<sup>1</sup> Seaweed as human food. (n.d.). Retrieved from [http://www.seaweed.ie/uses\\_general/humanfood.php](http://www.seaweed.ie/uses_general/humanfood.php)

<sup>2</sup> Ibid.

<sup>3</sup> The importance of seaweed across the ages — BioMara. (n.d.). Retrieved from <http://www.biomara.org/understanding-seaweed/the-importance-of-seaweed-across-the-ages>

# COLUMELLA SALAD



The Columella Salad, named for its author, Lucius Junius Moderatus Columella, is the perfect side dish and would fit easily on any modern menu. Yet it was created in the first century CE!

Romans loved salads. Columella's writings suggest the Romans were much like we are today in their search for delicious and inventive salad combinations.<sup>1</sup> A main ingredient in all of these recipes was salt. In fact, the word salad comes from the Latin word *sal*, meaning salt. The Romans didn't call their combinations of fresh vegetables and herbs *salad*, but they knew they were on to something important. Actually, the ancient Greeks and the ancient Romans both believed salads were healthy. The physicians Hippocrates and Galen stated that "raw vegetables easily slipped through the system and did not create obstructions for what followed, therefore they should be served first."<sup>2</sup>

Click [here](#) to learn more about this ancient recipe.

## INGREDIENTS

- 3 1/2 ounces of fresh mint (and/or pennyroyal)
- 1 1/2 ounces of fresh coriander
- 1 1/2 ounces of fresh parsley
- 1 small leek
- A sprig of fresh thyme
- 7 ounces of salted fresh cheese  
(for vegan version, substitute vegan cheese)
- Vinegar
- Pepper
- Olive oil





## INSTRUCTIONS

- Place the mint, coriander, parsley, leek, thyme and cheese in a mortar and grind it all together.
- Stir in a mixture of peppered oil and vinegar.
- Place the salad on a plate and serve.

Recipe: *Patrick Faas*

## References

<sup>1</sup> Faas, P. (n.d.). Eight ancient Roman recipes from *Around the Roman Table : Food and Feasting in Ancient Rome*. Retrieved October 9, 2014.

<sup>2</sup> Katz, S. (2003). *Encyclopedia of food and culture*. New York: Scribner.

# GRILLED BUTTER MISO CORN

GF

In this unique recipe, the salty miso perfectly complements the sweet corn, creating a unique pairing full of flavor and history.

Though miso is now thought of as a traditionally Japanese food, its origins are found in China. Jiang is the predecessor of miso and is believed to have originated in China before the Chou dynasty (722-481 BCE). One of the most ancient condiments, it was used to preserve foods and did not originally include soybeans.

Once soybeans were added to the mix, it was brought to Japan by Buddhist priests in the 7<sup>th</sup> century and over the following centuries the Japanese crafted their own version of the food. Called miso, numerous varieties were produced, each with its own distinct color and taste. The darker versions were found to be earthy and almost meaty, while the lighter versions had a sweetness to them and were even quite refreshing.<sup>1</sup> Miso became an invaluable addition to the Japanese diet and was expertly crafted throughout the years until finally it was spread to other cultures that would appreciate its unique flavor and versatility.

Click [here](#) to learn more about this ancient recipe.

## INGREDIENTS

*Serves 4*

- 4 ears of sweet corn
- 3 tablespoons of butter – unsalted, softened
- 3 tablespoons of miso (for gluten free version, substitute gluten free miso)
- 3 tablespoons of honey
- 1 small clove of garlic grated



## INSTRUCTIONS

- Peel away the husks and silk of the corn, leaving the stem attached to the cob. Use a damp paper towel to rub off any stray strands of silk.
- Put the corn on a hot grill or in a hot broiler, turning periodically until there are some charred specks on every surface of the corn.
- In the meantime, add the butter, miso, honey and garlic. Use the back of a fork to mash the mixture together.
- When the corn is done, spread a generous amount of miso mixture onto each ear of corn and return to the grill.
- Grill, rotating regularly until the miso has caramelized onto the outside of the corn.

Recipe: *NoRecipes.com*

### References

<sup>1</sup> Shurtleff, W., & Aoyagi, A. (1976). *The book of miso*. Soquel, CA: Autumn Press.

# HOMEMADE NOODLES

The oldest archaeological evidence of noodles belongs to China. A 4,000 year old bowl of “beautifully preserved, long, thin yellow noodles were found inside an overturned sealed bowl at the Lajia archaeological site in northwestern China”.<sup>1</sup>

Despite the strong evidence out of China, Italy claims that they are the true inventors of the noodle. They trace their noodle lineage back to the ancient Greeks and Romans who had a food called in Latin *laganum*, which was composed of thin sheets of dough “made with wheat flour and the juice of crushed lettuce, flavored with spices and then deep fried in oil”.<sup>2</sup>

And then there is the Arabic origin of the noodle. The first definite record of boiled noodles comes from the 5th century CE and is found in the Jerusalem Talmud, written in Aramaic.<sup>3</sup>

Whatever its origin, noodles traveled the world with each culture developing its own unique version of the beloved food. Today it is difficult to think of a place in which there is no variation of the noodle.

And don't forget the sauce! Click [here](#) for a collection of sauce recipes to suit every palate.

Click [here](#) to learn more about this ancient recipe.

## INGREDIENTS

*Serves 6*

- 3 cups of all-purpose flour
- 3 eggs
- 3 pinches of salt



## INSTRUCTIONS

- Mix all ingredients. Roll thin with flour, then roll like a jelly roll. Cut into 1/2 inch strips. Let dry.
- Drop into hot chicken broth. Boil for 15 minutes.

Recipe: *AllRecipes*

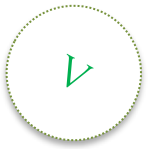
## References

<sup>1</sup> Roach, J. (2005, October 12). 4,000-Year-Old Noodles Found in China. Retrieved September 7, 2014.

<sup>2</sup> Serventi, S., & Sabban, F. (2002). *Pasta: The story of a universal food*. New York: Columbia University Press.

<sup>3</sup> Viola, D., & Walker, M. (n.d.). The History of Pasta. Retrieved September 7, 2014.

# RICE AND BARLEY WITH GINGERED ADZUKI



It is difficult to know when and where the adzuki bean was first cultivated because wild forms and cultivated forms were used at the same time. Some of the earliest archaeological evidence of the cultivated bean was found at the Awazu-kotei ruin in Japan and dates back to 4000 BCE.<sup>1</sup> However, evidence from Neolithic settlements in both Korea and Japan show signs of human manipulation of the adzuki, perhaps before full cultivation took hold.<sup>2</sup>

Regardless of when cultivation began, the little red bean was and continues to be an integral part of several East Asian diets. The most common way of eating the adzuki bean is in red bean paste. The beans are boiled with sugar and mashed into a sweet paste that is often used in confections. Of course, adding sugar does diminish the nutritional value of the bean. On its own, the adzuki bean has a sweet and nutty flavor and is low in calories while still being an excellent source of protein, unlike most other beans that have a high calorie price tag to go along with their healthy protein.

Click [here](#) to learn more about this ancient recipe.

## INGREDIENTS

*Serves 4*

- 1/3 cup of short-grain brown rice, rinsed
- 1/3 cup hulled barley, rinsed
- 3/4 teaspoon of salt
- 2 tablespoons of minced fresh ginger
- 1 tablespoons of dark sesame oil
- 1 15-oz. can of adzuki beans, drained and rinsed
- 1/4 cup of thinly sliced green onions (white and light green parts)
- 2 tablespoons of mirin (sweet rice wine)
- 1 tablespoon of umeboshi vinegar



## INSTRUCTIONS

- Combine rice, barley and 3 cups water in medium saucepan. Bring to a boil, and add 1/4 tsp. salt. Reduce heat and simmer, uncovered, about 30 minutes, or until water reaches level of grains. Reduce heat to low, cover and cook 5 minutes more, or until grains are dry. (Do not disturb steam holes that have formed.) Remove from heat and let stand 5 minutes.
- Meanwhile, heat ginger and sesame oil in medium skillet over medium heat until ginger begins to sizzle, about 3 minutes. Add beans, mirin, vinegar and remaining 1/2 tsp. salt. Cook over medium-high heat, stirring often, about 3 minutes, or until liquid evaporates.
- Stir beans into cooked rice and barley. Taste, and add more salt if desired. Sprinkle with chopped green onions.

Recipe: *VegetarianTimes.com*

## References

<sup>1</sup> Crawford GW. 2011. [Advances in Understanding Early Agriculture in Japan](#). *Current Anthropology* 52(S4):S331-S345.

<sup>2</sup> Lee G-A. 2013. [Archaeological perspectives on the origins of azuki \(\*Vigna angularis\*\)](#). *The Holocene* 23(3):453-459.

# WATERMELON AND FETA SALAD

GF

The watermelon has been more than just a juicy treat for thousands of years. Native to South Africa, the fruit was prized by the indigenous peoples of the Kalahari Desert not only as a nutritious food, but also as an important source of water.<sup>1</sup> The flesh and seeds were especially valuable for their oils and protein content.<sup>2</sup> Evidence of the watermelon's place in ancient Egypt is found in 5,000 year old hieroglyphics depicting a watermelon harvest<sup>3</sup> and in leaves and seeds found in Egyptian tombs.<sup>4</sup> It was believed the watermelon remnants left in the tombs would nourish the departed in the afterlife.<sup>5</sup> The watermelon's reputation as a paragon of sustenance is further strengthened by its mention in the Bible where it is said to have been eaten by the Israelite slaves in Egypt.<sup>6</sup>

Today, watermelons are cultivated all over the world. China produces more watermelons than any other country.<sup>7</sup> The United States and Mexico grow between 200-300 different varieties.<sup>8</sup> Regardless of where the watermelon originates, it continues to nourish, hydrate and delight in the midst of the hottest summer day, just as it has been doing for more than 5,000 years.

Click [here](#) to learn more about this ancient recipe.

## INGREDIENTS

*Serves 6*

- 1 large watermelon
- 1 red onion
- A bunch of fresh mint leaves, chopped
- 1/4 cup of red wine vinegar
- 1/2 cup of olive oil
- 4 ounces of feta cheese, crumbled
- A pinch of salt





## INSTRUCTIONS

- Chop or ball the watermelon into bite-sized pieces.
- Cut the onion into slices.
- Whisk together the vinegar, oil, salt and chopped mint. Add salt to taste.
- Combine the watermelon, feta cheese and onion.
- Toss the salad with the dressing and serve.

## References

<sup>1</sup> The Cambridge World History of Food- Cucumbers, Melons, and Watermelons. (n.d.). Retrieved August 21, 2014.

<sup>2</sup> Ibid.

<sup>3</sup> <http://www.fns.usda.gov/sites/default/files/watermelon.pdf>. Retrieved August 21, 2014.

<sup>4</sup> The Cambridge World History of Food.

<sup>5</sup> National Watermelon Promotion Board | Kids | Watermelon Facts. (n.d.). Retrieved August 21, 2014.

<sup>6</sup> Freedman, David Noel and Myers, Allen C. (2000). *Eerdmans Dictionary of the Bible*. Amsterdam University Press. pp. 1063

<sup>7</sup> <http://www.fns.usda.gov/sites/default/files/watermelon.pdf>.

<sup>8</sup> National Watermelon Promotion Board

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# DESSERTS

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## ANCIENT ROMAN CHEESECAKE

When the Greeks gathered at Olympia in 776 BCE for what would become the world's first Olympic Games, they made sure cheesecake was on hand for all of the athletes because it was believed to be a good source of energy. Unlike our modern versions, Greek cheesecake was made from three simple ingredients: wheat flour, honey and cheese. Interestingly, evidence for the production of cheese dates all the way back to 2,000 BCE in Greece where archaeologists uncovered cheese molds.<sup>1</sup>

When the Romans conquered the Greeks, they inherited the cheesecake recipe and modified to make it truly Roman. Adding eggs and crushed cheese, it became a sacrificial cake offered to the household spirits.<sup>2</sup> The writings of Marcus Cato, a first century BCE Roman politician, provide us with the original Roman cheesecake recipe and indicate it was to be served warm.<sup>3</sup>

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

### INGREDIENTS

*Makes one 10-inch cheesecake*

- 15 bay leaves
- 3 eggs
- 8 ounces of ricotta cheese
- 1/2 cup of honey
- 1 teaspoon of grated orange zest
- 1 teaspoon of lemon juice
- 1/2 cup of all-purpose flour



## INSTRUCTIONS

- Preheat an oven to 425 degrees F (220 degrees C). Pour some water into a small, oven proof bowl, and place into the oven. Arrange the bay leaves over the bottom of the springform pan to cover.
- Beat the eggs in a mixing bowl, then mix in ricotta cheese, honey, orange zest and lemon juice. Sprinkle in the flour, and stir until evenly combined. Gently pour the batter over the bay leaves, being careful not to disturb them too much.
- Bake in the preheated oven until browned, about 35 to 40 minutes. Run the tip of a paring knife around the edges of the pan, and release from the springform pan. Invert onto a serving plate, and serve warm or chilled.

Recipe: *AllRecipes.com*

### References

<sup>1</sup> The Rich History of a Favorite Dessert. (n.d.). Retrieved November 21, 2014, from <http://www.cheesecake.com/History-Of-Cheesecake.asp>

<sup>2</sup> Raimer, C. (2000, November 1). Ancient Roman Recipes. Retrieved November 21, 2014, from <http://www.pbs.org/wgbh/nova/ancient/roman-recipes.html>

<sup>3</sup> Cato, *De Agricultura*, circa 200 BCE.

[http://penelope.uchicago.edu/Thayer/E/Roman/Texts/Cato/De\\_Agricultura/home.html](http://penelope.uchicago.edu/Thayer/E/Roman/Texts/Cato/De_Agricultura/home.html)

# ANISE ALMOND BRITTLE



Native to Egypt, Greece, Crete and Asia Minor, anise has been a mainstay in many ancient societies. It is a delicate, white flowering annual that can grow to over three feet tall and shares flavor similarities with other spices such as star anise, fennel and licorice.

The Egyptians used anise for many different purposes, including cooking, medicine, mummification and even in practices of magic.<sup>1</sup>

The ancient Greeks used anise medicinally to a great extent, but also used it in cooking both sweet and savory dishes.

Rome, of course, borrowed many of Greece's ideas about medicine and continued on in the tradition of using anise for its curative properties. They also used it occasionally to spice their food.

The Roman military carried anise throughout the empire. It became popular all over the world, eventually making its way to the Americas and beyond. Today it is used in a plethora of dishes all over the globe as well as in cough medicines and lozenges.

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

## INGREDIENTS

- 1/2 cup of sliced almonds
- 1 cup of sugar
- 1/3 cup of water
- Pinch cream of tartar
- 2 tablespoons of anise seeds



## INSTRUCTIONS

- In a 250-degree oven, toast almonds on an unlined baking sheet until golden and fragrant. Set aside.
- In a medium pot, combine sugar, water and cream of tartar. Stir over medium heat until sugar is dissolved. Cover the pot and let boil approximately 5 minutes undisturbed. Remove lid and examine color of the molten sugar. When the mixture turns amber, quickly add almonds and aniseeds, gently stirring to incorporate.
- Pour the brittle onto a Silpat or buttered cookie sheet. Spread candy thin with a buttered spatula to achieve glass-like texture.

Recipe: *MotherEarthLiving and Sarah Goldschmidt*

### References

<sup>1</sup> Gaifyllia, N. (n.d.). Anise. Retrieved September 15, 2014.

# APPLE CIDER DOUGHNUTS

While they may not have been eating Krispy Kreme, it isn't surprising that those ingenious Greeks and Romans were some of the first to realize the gift that is fried dough. They would take strips of dough, fry them up and then coat them in golden honey, or fish sauce if they were in the mood for a savory treat (we're not surprised the fish sauce doughnut didn't make it to Dunkin Donuts' menu).<sup>1</sup> The Greeks may even have been the originator of the treasured doughnut hole. Loukoumades are balls of dough coated in honey and sugar that some say they go all the way back to the time of the original Greek Olympics.<sup>2</sup>

Fried dough made its way into Europe during the Middle Ages and it really took off. Many cookbooks from that time period yield recipes for a type of doughnut more akin to the crepe.<sup>3</sup> Various cultures put their own spin on the recipe by changing the garnish to everything from sugar to oranges.<sup>4</sup>

Click [here](#) to learn more about the doughnut's history and how the popular doughnut hole made its appearance.

## INGREDIENTS

*Yields 12 doughnuts*

### GLAZE

- 1 cup of apple cider
- 1/2 cup of powdered sugar

### CINNAMON SUGAR TOPPING

- 1 cup of sugar
- 2 teaspoons of ground cinnamon



## INGREDIENTS cont.

### DOUGHNUTS

- 2 red apples
- 1 1/2 cups of apple cider
- 3 1/2 cups of all-purpose flour, plus more for dusting
- 4 teaspoons of baking powder
- 1 1/2 teaspoons of ground cinnamon
- 1 teaspoon of salt
- 1/4 teaspoon of baking soda
- 1/4 teaspoon of ground nutmeg
- 2/3 cups of sugar, divided
- 3 tablespoons of vegetable shortening
- 1 large egg plus one egg yolk
- 1/4 cup of buttermilk
- 1 teaspoon of vanilla extract
- vegetable oil, for frying

## INSTRUCTIONS

- Core the apples and coarsely chop. Combine the apples with the 1 1/2 cups of cider in a saucepan and set over medium heat. Cover the pan and cook until the apples start to soften, 8-10 minutes. Uncover and continue to cook until the cider is completely reduced, 10-15 minutes. Puree with an immersion blender or transfer to a blender to puree until smooth. You should have about 1 cup of sauce. If you have more, return to the pan and continue to cook down until you only have 1 cup of applesauce. Let the sauce cool slightly.
- In a bowl, whisk together the flour, baking powder, cinnamon, salt, baking soda and nutmeg. In another bowl, mix together the sugar and the shortening with a mixer on medium speed until the mixture looks sandy. Beat in the egg and the egg yolk, then the applesauce mixture.





## INSTRUCTIONS cont.

- Scrape the bowl as needed. Beat in half of the flour mixture, then the buttermilk and vanilla, then the remaining flour. Do not over-mix.
- Place a piece of parchment paper on a baking sheet and flour. Pour the dough out onto the parchment paper, and with floured hands, pat it into a 7 × 11-inch rectangle. (The dough will be sticky.) Cover with plastic wrap and refrigerate overnight.
- When ready to make the doughnuts, heat 2 inches of vegetable oil in a large heavy pot to 350°F. Line a baking sheet with paper towels and set aside.
- Start the glaze by simmering the 1 cup of cider in a small saucepan over medium heat until it is reduced to about 1/4 cup. Whisk in the powdered sugar until the glaze is sticky and smooth.
- In a shallow bowl, mix together the 1 cup of sugar and 2 teaspoons of cinnamon.
- Flour a work surface and turn the dough out onto the surface. The dough is still a bit sticky, so make sure there is enough flour down so that the dough doesn't stick. Lightly roll the dough out to a 9 × 12-inch rectangle. Using a 3 inch doughnut cutter (or a 3 inch biscuit cutter plus a 1 inch cutter for the center) cut out 12 doughnuts. Add 2 or 3 doughnuts at a time to the hot oil and fry until golden brown and cooked through, 2-3 minutes per side. Transfer to the paper towel lined baking sheet to cool. Repeat with the rest of the doughnuts, including the doughnut holes.
- Once cool enough to handle, dip the top of each doughnut into the apple cider glaze, then dip into the cinnamon sugar mixture. Serve the doughnuts warm.

Recipe: *Taste and Tell blog*

### References

<sup>1</sup> Avey, T. (2011, June 3). National Doughnut Day – The History of Doughnuts. Retrieved October 31, 2014.

<sup>2</sup> Loukoumades. (n.d.). Retrieved October 31, 2014.

<sup>3</sup> Scully, T. (2005). *The Art of Cookery in the Middle Ages*. Boydell Press.

<sup>4</sup> Ibid.

# CHOCOLATE AND WATTLESEED SELF-SAUCING PUDDING

For thousands of years, the native Aborigines of Australia have used the foods provided by the land around them. In the past several years modern Australians have looked to this past and discovered a rich culinary history. One of these delicious native foods is the wattleseed from the acacia tree.

It is believed that the Aborigines have been eating the wattleseed for over 6,000 years.<sup>1</sup> In fact, it is such an important part of the Australian diet that the wattle flower is the Australian emblem. The ancient Aborigines recognized the important nutritional value of the wattleseed and were able to determine and avoid the poisonous varieties. They ground the nutty, richly flavored seeds into a flour that could be baked into cakes using ovens made out of hot coals and holes in the ground.<sup>2</sup> Even the ripe green seeds were eaten after baking in these same ovens.<sup>3</sup>

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

## INGREDIENTS

### PUDDING

- 2 oz. of butter or dairy spread, softened
- 1/2 cup of raw sugar
- 1 egg
- 1 teaspoon of vanilla essence
- 1 cup of self-rising flour
- 1/2 cup of milk
- 1 heaped dessert-spoon of cocoa
- 1 heaped dessert-spoon of ground wattleseed



## INGREDIENTS cont.

### SAUCE

- 1/2 cup of raw sugar
- 2 heaped dessert-spoons of cocoa
- 1 3/4 cup of hot water

### INSTRUCTIONS

- Cream butter and sugar in a large bowl (suitable for baking or microwaving). Add egg and vanilla essence, mixing well.
- Sift the flour, cocoa and ground wattleseed into the bowl, adding the milk as you stir to combine.
- To make the sauce, combine cocoa and sugar before sprinkling it over the top of the pudding. Pour over the hot water. Cover the bowl with plastic cling wrap. Microwave for 7 and a half minutes on high. This might vary depending on your microwave; you can skewer the pudding to make sure it is cooked. Alternatively, leave off the plastic wrap and bake in a moderate oven (180 C) for about 45 minutes.
- Serve hot with ice cream and/or cream. Enjoy!

*\*Substitute plain ground coffee for wattleseed if wattleseed cannot be found.*

*\*Recipe: Season with Saltbush blog.*

### References

<sup>1</sup> Wattleseed. (n.d.). : *Substitutes, Ingredients, Equivalents*. Retrieved June 22, 2014, from <http://www.gourmetsleuth.com/ingredients/detail/wattleseed>

<sup>2</sup> Wattleseed( n.d.). . Retrieved June 22, 2014, from <http://tasteaustralia.biz/bushfood/wattleseed/>

<sup>3</sup> Ibid.

# CHRISTMAS PUDDING

This modern dish links back to several time periods and traditions:

## Ancient Rome and Egypt

- The many fruits included in the pudding make it reminiscent of ancient Roman and Egyptian fruitcakes, another popular holiday dessert related to the Christmas pudding

## Ancient Celts

- Often the pudding is doused in brandy and lit on fire when it is presented at the end of the feast. This harkens back to the practices of the ancient Celtic Druids who lit great bonfires at the winter solstice meant to give power to the dying sun and to hold back the approaching dark.

## Medieval England

- Frumenty, another forerunner, was a porridge involving cracked wheat, currants and almonds, which eventually turned into plum pudding when more dried fruits, eggs and breadcrumbs were added.

## Victorian England

- Mince pies with dried fruit, a precursor to the Christmas pudding, were made to preserve meat through the winter.

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

## INGREDIENTS

### PUDDING

- 2 1/2 ounces of blanched almonds
- 2 large Bramley cooking apples
- 7 ounce box of candied lemon peel (in large pieces) or all citron if you can find it



## INGREDIENTS cont.

- 1 whole nutmeg (you'll use three quarters of it)
- 2 1/4 cups of raisins
- 1 1/2 cups of plain flour
- 3 1/2 ounces of soft fresh white breadcrumbs
- 1/2 cup of light muscovado sugar, crumbled if it looks lumpy (you can substitute brown sugar)
- 3 large eggs
- 2 tablespoons of brandy or cognac, plus extra to flame
- 1/2 pound of butter, taken straight from the fridge

### BRANDY AND GINGER BUTTER

- 6 ounces of unsalted butter, softened
- Grated zest of half an orange
- 5 tablespoons of icing sugar
- 4 tablespoons of brandy or cognac
- 2 pieces of stem ginger, finely chopped

## INSTRUCTIONS

- Get everything prepared. Chop the almonds coarsely. Peel, core and chop the apples. Sharpen your knife and chop the candied peel. (You can chop the almonds and apples in a food processor, but the peel must be done by hand.) Grate three quarters of the nutmeg (sounds a lot but it's correct). Mix all the ingredients for the pudding, except the butter, in a large bowl.
- Holding the butter in its wrapper, grate a quarter of it into the bowl, then stir everything together. Repeat until all the butter is grated, then stir for 3-4 minutes - the mixture is ready when it subsides slightly after each stir. Ask the family to stir too, and get everyone to make a wish.



## INSTRUCTIONS cont.

- Generously butter two 2 pint bowls and put a disc of greaseproof paper in the bottom of each. Pack in the pudding mixture. Cover with a double layer of greaseproof paper or baking parchment, pleating it to allow for expansion, then tie with string (keep the paper in place with a rubber band while tying). Trim off any excess paper.
- Now stand each bowl on a large sheet of foil and bring the edges up over the top, then put another sheet of foil over the top and bring it down underneath to make a double package (this makes the puddings watertight). Tie with more string, and make a handle for easy lifting in and out of the pan. Watch [the video](#) to see how to tie up a pudding correctly.
- Boil or oven steam the puddings for 8 hours, topping up with water as necessary. Remove from the pans and leave to cool overnight. When cold, discard the messy wrappings and re-wrap in spanking new greaseproof or baking parchment, foil and string. Store in a cool, dry place until Christmas.
- To make the brandy butter, cream the butter with the orange zest and sugar. Gradually beat in the brandy or cognac and chopped ginger. Put in a small bowl, fork the top attractively and put in the fridge to set. The butter will keep for a week in the fridge, or it can be frozen for up to 6 weeks.
- On Christmas Day, boil or oven steam for 1 hour. Unwrap and turn out. To flame, warm 3-4 tablespoons of brandy in a small pan, pour it over the pudding and set light to it.

Recipe: *Good Food Vegetarian Christmas magazine*, [December 2006](#)

### References

<sup>1</sup> Wattleseed. (n.d.). : *Substitutes, Ingredients, Equivalents*. Retrieved June 22, 2014, from <http://www.gourmetsleuth.com/ingredients/detail/wattleseed>

<sup>2</sup> Wattleseed( n.d.). . Retrieved June 22, 2014, from <http://tasteaustralia.biz/bushfood/wattleseed/>

<sup>3</sup> Ibid.

# HALAWET EL-RIZ

GF

The recipe below for Halawet El-Riz conjures up a rice, cheese and cream dish that is interesting not only in its delectable blend of ingredients, but as is so with many recipes, because it is the culinary result of human endeavor through the centuries.

The Egyptian rice called for in the recipe has a fascinating derivation. No one is really sure of rice's origin. What is known from archaeological evidence is that rice was being grown and consumed in China more than 7,000 years ago. Evidence of rice was also found in India around 1,000 BCE. Ancient Egypt was considered the most important spice trading port of the Eastern Mediterranean (circa 80 BCE) so we can assume rice entered Egypt through this trading.

One of the most interesting ingredients in this recipe is the rose water. The rose predates human existence, going back 25 to 40 million years ago. The Babylonians cultivated roses as shown in cuneiform tablets and a rose is prominent in an Egyptian hieroglyphic from 1400 BCE. The Chinese, Greeks and Romans cultivated varieties of the flower and lavished their gardens with its fragrant blossoms. The Turkic people in the 11<sup>th</sup> century produced rose water for feasts and celebrations.

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

## INGREDIENTS

*Serves 18*

- 400 grams of akawi cheese, Czech
- 1 1/4 cups of egyptian rice or 250 grams
- 3 cups of water
- 1 cup of sugar or 200 grams
- 1/2 cup of rose water



## INGREDIENTS cont.

### CREAM

- 1 tin [NESTLÉ® Sweetened Condensed Milk](#) or 397 grams
- 3 cups of water
- 3/4 cup of corn flour or 100 grams
- 2 tablespoons of rose water

### INSTRUCTIONS

- Slice the cheese and soak it in water at room temperature for 3 hours to remove the salt. Change the water every 10-15 minutes.
- Boil the rice with the 3 cups of water until it is completely cooked. Add the sugar and rose water and blend using electrical blender.
- Put the cheese in a bowl and melt it on double boil (bain-marie). Boil the rice mixture again and add the melted cheese to it while on fire, mixing constantly until well combined.
- To prepare the cream, mix all the cream ingredients and bring to boil on low heat, and then simmer for 1 minute, stirring constantly. Keep aside to cool down.
- Put the cheese mixture in individual cups or a large plate. Serve cold with the cream on top.

Recipe: *The Nestle Family*

### References

<sup>1</sup> Amy Riolo: An Egyptian Spice Timeline. (n.d.). Retrieved December 15, 2014.

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Gülhsa Rose Water. (n.d.). Retrieved December 15, 2014, from <http://www.gulsha.com.tr/en/rose-damascena/history-of-rose-water.aspx>



# HONEY AND VINEGAR CANDY

GF

Honey is one of the oldest and healthiest foods on earth. Evidence of man's interaction with bees and honey has been found in ancient rock art from Africa and Spain.<sup>1</sup> Perhaps the oldest and most well-known example of beekeeping/hunting comes to us from a 15,000 year old Paleolithic cave painting in Valencia, Spain. Called the "Man of Bicorn," it was discovered in 1921 in the Cueva de la Arana and depicts a person hanging on ladders picking honeycombs while bees buzz around a nearby beehive.<sup>2</sup>

Honey was used both medicinally and as a food by several ancient cultures including the ancient Mesopotamians, Chinese, Egyptians, Greeks and Romans.

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

## INGREDIENTS

- 1 cup of honey
- 1/4 cup of apple cider vinegar (or fruit infused vinegar)
- (optional) 1/2 teaspoon of pure vanilla extract

## INSTRUCTIONS

- Pour the honey and vinegar into a heavy saucepan.
- Place pan over medium heat until mixture starts to boil.
- Adjust the heat lower if needed and let boil until honey reaches 300 degrees F (hard crack stage.)
- Remove from heat, add vanilla, if desired.
- Immediately pour onto a parchment lined baking sheet.
- Place in freezer or refrigerator to cool. Once completely chilled, break into long strips, then break those again into smaller, bite-sized pieces.
- Store in freezer.



Recipe: *thenerdyfarmwife.com*

### **References**

<sup>1</sup> Crane, E. (1999). *The world history of beekeeping and honey hunting*. New York: Routledge.

<sup>2</sup> Selin, H. (2008). *Encyclopaedia of the history of science, technology, and medicine in Non-Western cultures* (2.nd ed.). Berlin: Springer Science and Business Media.

# KHEER: ANCIENT INDIAN RICE PUDDING



Kheer is a rice pudding made in several variations across South Asia and of course, it has a history! Also called payasam, this ancient dessert comes from the Hindi culture and is most often seen at ceremonies, feasts and celebrations, although it can easily be enjoyed any time of year.

Kheer is believed to have originated in the Lord Jagannath Temple, Puri, Orissa around 2,000 years ago where it was served as an offering to the gods. This practice spread throughout South Asia to various Hindi temples where the recipe was altered slightly based on the region. Today, there are distinct differences between the kheer produced in Eastern vs. Southern vs. Northern India.<sup>1</sup>

Click [here](#) to read more about the history of kheer and the ancient legend of its origin.

## INGREDIENTS

*Serves 4-6*

- 1/4 cup of Basmati or any other fragrant long grained rice
- 8 cups of milk
- 1/2 cup of sugar
- 2 tablespoons of slivered plain unsalted pistachios
- 2 tablespoons of blanched and slivered almonds
- 3/4 teaspoon of saffron
- 1 tablespoon of hot milk to soak the saffron
- 1 tablespoon of raisins
- 3/4 teaspoon of cardamom



## INSTRUCTIONS

- Wash the rice and soak it with enough water to cover the rice for about 5 minutes and then drain the water and allow to dry.
- Soak the saffron in the 1 tbsp hot milk.
- Heat the 2 litres milk in a wide heavy bottomed pan or kadhai on a medium flame, and bring to a rolling boil. This should take about 15 minutes.
- Lower the flame a little, add the rice, slivered almonds and pistachios and cook for 15 minutes more.
- Crush the soaked saffron in a mortar and pestle or with your fingers to extract a deep orange colour and flavour from it.
- Put the saffron extract into the boiling milk mixture and continue cooking for 10 more minutes.
- Now lower the flame and add sugar and raisins. Continue to cook it for 15 minutes more on the lowest flame.
- Stir in the cardamom powder.
- Bring to room temperature and chill for a minimum of 3 hours before serving.

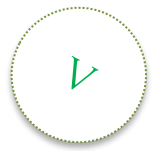
\*Note- The kheer continues to thicken a bit while chilling in the refrigerator, therefore don't make the kheer very thick while cooking it. You can add a few spoons of lightly sweetened milk if the kheer in the refrigerator is too thick for your liking.

Recipe: *Divine Taste*

### References

<sup>1</sup> SEMIYA PAYASAM. (n.d.). Retrieved May 19, 2014, from <http://www.vahrehvah.com/indianfood/semiya-payasam/>

# MAPLE LEAF, PUMPKIN AND FIG TEMPURA



Tempura arrived in Japan most likely through Spanish and Portuguese missionaries in the 16<sup>th</sup> century who brought with them a tradition of frying foods in oil. At that time and throughout the Edo period (1603 CE-1868 CE), tempura actually referred to two different dishes: fish fried in oil and served in broth and fish and vegetables covered in batter and fried.<sup>1</sup> Eventually, tempura came to mean exclusively the batter-fried meal we know today.

Although we have no written evidence of ancient fried maple leaves and only word of mouth accounts of its production passed down over generations, it isn't hard to imagine a fried-foods aficionado looking around at the brightly colored detritus and thinking, "If I cover this in some batter and fry it up, this could be delicious!" Today, the crispy snack is called *momiji* and it is very popular in Northern Japan. The leaves are covered in salt or sometimes left to soak in salt barrels for up to a year before being fried in a tempura batter made with sugar and sesame.<sup>2</sup>

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

## INGREDIENTS

*Amounts are not exact and may require experimentation.*

- Golden syrup (substitute: light corn syrup and molasses in a 2:1 ratio)
- Sliced pumpkin and figs
- Maple leaves
- Sunflower oil
- Black sesame seeds (optional)

## TEMPURA BATTER

- ½ cup of flour
- 1 tablespoon of corn flour
- 7 ounces of ICE COLD ginger beer or water



## INSTRUCTIONS

- Cut the pumpkin into thin slices, removing the skin from each slice.
- Slice the figs in half.
- Brush the leaves, pumpkin slices and figs with the golden syrup or substitute mixture.
- Prepare the tempura batter by sifting the dry ingredients into the ginger beer or water. The mixture will appear lumpy.
- Dip the prepared leaves, pumpkin slices and figs into the batter, coating them completely.
- Fully submerge the battered leaves into a wok of simmering sunflower oil. It should only take seconds for them to fry and become crispy.
- Fully submerge the battered pumpkin slices and figs into the sunflower oil for a minute or two.
- Drizzle some of the golden syrup and black sesame seeds on top and enjoy!

\*For more complete instructions with images, visit <http://homegrown-revolution.co.uk/leaves-and-greens/maple-leaf-tempura/>.

Recipe: *Adapted from James Wong on Homegrown Revolution.*

### References

<sup>1</sup> Rath, E. (2010). *Food and fantasy in early modern Japan*. Berkeley: University of California Press.

<sup>2</sup> Zarrell, R. (n.d.). Fried Maple Leaves Are a Thing People Eat in Japan. Retrieved October 7, 2014.

# NO-BAKE QUINOA COOKIES



Quinoa is native to the Andes Mountains and has been eaten continuously by the people of the region for 5,000 years. Remains of the grain have been found in tombs at Tarapacá, Calama and Arica in Chile, and at archaeological sites all over Peru.<sup>1</sup> It was a staple crop for the Inca civilization. They called it “chesiya mama,” which means “mother of all grains” in the Inca language Quechua.<sup>2</sup> Each year during the “first planting of the season” the Inca emperor would show his respect for the crop by breaking ground with a golden implement.<sup>3</sup>

During long marches to expand their territory by conquering neighboring tribes, Inca warriors would nourish themselves with something called “war balls,” which were a mixture of quinoa and fat.<sup>4</sup> The Empire was largely successful because it could feed its own people as well as the people in the tribes that it conquered.<sup>5</sup>

This super-grain will fill you up and keep you energized all day long, just like the Inca warriors centuries ago. So make up a batch of these simple but yummy cookies and hit the road for an adventure. These powerful little snacks will be sure to keep you going all day.

Click [here](#) to read more about the history of quinoa and the ancient legend about its origin.

## INGREDIENTS

*Makes 20-25 small cookies*

- 3 cups cooked of quinoa (from about 1 cup uncooked quinoa)
- 1/4 cup of coconut oil
- 1/2 cup of maple syrup
- 1/4 cup of unsweetened cocoa powder



## INGREDIENTS cont.

- 1/2 cup of creamy peanut butter OR almond butter
- 1/2 tsp of vanilla extract
- 1/4 tsp of kosher salt
- 1/4 cup of coconut shredded coconut (if making coconut almond)
- Chocolate chips for topping

## INSTRUCTIONS

- If you haven't already, make the quinoa according to directions on the bag.
- Line a baking sheet with parchment paper and clear a space in your fridge or freezer for it. Set aside.
- Combine coconut oil, maple syrup and cocoa powder
- Stir in peanut butter OR almond butter, vanilla and salt. Mix in quinoa. Add coconut if you are making coconut almond flavored cookies. Make sure to taste test!
- Drop batter in small scoops onto the parchment paper (using a 1/4 or 1/3 cup works well). If desired, top with chocolate chips.
- Place trays in fridge or freezer to set, which will take at least an hour. The cookies are ready once they are completely firm. For best results, cut and serve on parchment paper. Store in the fridge.

Recipe: *theloveoffood.com*

## References

<sup>1</sup> 2013 International Year of Quinoa (IYQ2013). (n.d.). Retrieved October 3, 2014.

<sup>2</sup> Keoke, E., & Porterfield, K. (2002). *Encyclopedia of American Indian contributions to the world: 15,000 years of inventions and innovations*. New York, NY: Facts on File.

<sup>3</sup> 2013 International Year of Quinoa (IYQ2013). (n.d.). Retrieved October 3, 2014.

<sup>4</sup> Keoke, E.

<sup>5</sup> Erdos, J. (n.d.). Quinoa, Mother Grain of the Incas. Retrieved October 3, 2014.



## PUMPKIN PIE

*Cucurbita pepo* or the pumpkin squash was a major part of the ancient Mesoamerican diet. Remains of the food at the Guilá Naquitz Cave in Oaxaca, Mexico have been dated to between 8,000 and 7,000 BCE.<sup>1</sup>

The pumpkin emerged in North America around the same time as it did in South and Central America, but separately from those areas. They were used in every conceivable way. The flesh could be cooked by boiling, roasting, baking or drying. The seeds were dried or roasted as well. The meat of the squash was dried and ground into a flour. The skins were dried and used as containers to store other valuable seeds and grains. Nothing was wasted. The whole pumpkin was put to good use in order to sustain the people.

When settlers arrived in the New World, the pumpkin—already grown for more than 300 years by the Native Americans—became a staple in their diet and helped them to survive. In fact, pumpkins were so ubiquitous, nearly every one of the European explorers arriving on North American shores mentioned the pumpkin in his writings.

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

### INGREDIENTS

*Makes two 10-inch pies*

- 1 medium pumpkin (about 3 pounds, the type used for pumpkin pies)
- 4 cups of milk
- 3/4 cup of dark brown sugar, more to taste
- 2 teaspoons of salt



## INGREDIENTS cont.

- 2 tablespoons of ground cinnamon, more to taste
- 1 tablespoon of ground ginger, more to taste
- Grated zest of 1 lemon, optional
- 3 eggs, whisked together
- 2 10-inch pie shells
- 2 10-inch pie pans

## INSTRUCTIONS

### COOKING THE PUMPKINS

- Slice the skin from the top and bottom of the pumpkin. In a curving motion, cut remaining skin in segments from the sides, working from top to bottom.
- Cut flesh in half, scoop out and discard seeds and cut the flesh in chunks; they should weigh about 2 pounds.
- Put pumpkin in a saucepan with water to cover base of the pan. Add the lid and cook over medium heat, stirring often, so pumpkin steams until it can be crushed easily with a fork, 30-45 minutes.
- Crush it with a potato masher or puree in a food processor until smooth.

### PIE SHELLS

- Chill the pie shells.
- Heat oven to 400 degrees and put a baking sheet low down on a shelf to heat.

### PIE FILLING

- Heat milk in a large saucepan.
- Stir in pumpkin puree and cook over medium heat, stirring constantly, so the mixture thickens slightly, about 20 minutes.



## INSTRUCTIONS cont.

### PIE FILLING cont.

- Let cool to tepid, then stir in sugar, salt, cinnamon, ginger and lemon if using. Taste and adjust sweetness and spice.
- Stir in eggs.

### ASSEMBLE THE PIES

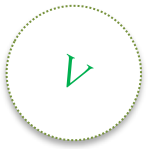
- Transfer filling to pie shells.
- Set pies on the heated baking sheet and bake in the oven 15 minutes.
- Lower heat to 350 degrees and continue baking until pies are firm but slightly wobbly in the center, 40 to 50 minutes more.
- Serve at room temperature.

Recipe: *Adapted from Lydia Child's recipe in The American Frugal Housewife. Adaptations courtesy of The Washington Times.*

### References

<sup>1</sup>Betz, V. (n.d.). Athena Review 2,1: Early plant domestication in Mesoamerica. Retrieved October 24, 2014.

## SFENJ (MOROCCAN DOUGHNUTS)



Today, there are Jews all over the world whose religious feasts, including those at Hanukkah, feature the flavors of Morocco. Many of these families identify with both Sephardic and Ashkenazic Jewish traditions. As a result, their foods and traditions are a vibrant mix of cultures. Click [here](#) to read more about Jewish ethnic diversity.

The recipe below is for a traditional Sephardic Hanukkah food, sfenj, a delectable yeast doughnut dipped in honey. Making the sfenj for Hanukkah is a process treasured by many Sephardic Jews, especially those who can trace their roots back to Morocco where the food is still often served for breakfast throughout the year.

Spice up your Hanukkah table and add sfenj to your celebration. Read [Rosh Hashanah Around the World: Ancient Influences, Modern Recipes](#) to learn more about how the ancient past has shaped modern Jewish tradition all over the globe.

### INGREDIENTS

- 2 1/2 cups of all-purpose flour
- 1 1/2 teaspoons of dried yeast
- 1 teaspoon of salt
- 1/2 cup of warm water
- Vegetable oil, for frying
- Powdered sugar (optional)
- Honey (optional)



## INSTRUCTIONS

- Dissolve the yeast in 1/4 cup of the warm water and set aside.
- Mix the flour, salt and rest of the warm water in a large bowl. Add the water and yeast mixture, and stir vigorously with your hand or a spoon until smooth. The dough should be too sticky to knead or shape, almost like a batter.
- Cover the bowl, and leave the dough to rise for two to four hours, until double or triple in bulk.
- In a wide pot, heat an inch or more of vegetable oil until hot. Dip your hands in water, and pull off a piece of dough about the size of a small plum. Use your fingers to make a hole in the ball of dough, stretch the hole wide to make a ring and place the dough in the hot oil.
- Repeat with the remaining dough, wetting your hands as necessary to keep the dough from sticking as you work with it. Don't overcrowd the rings in the hot oil.
- Fry the sfenj until golden brown, turning once or twice (two to four minutes each side). Remove the cooked sfenj to a plate lined with paper towels to drain. Serve hot with powdered sugar or honey.
- Serve the sfenj hot. If desired, dip the sfenj in sugar to sweeten them.

Recipe: *food.com*

## S'MORE PIE

The marshmallow wasn't always a confectionary treat. The “marshmallow plant” or *Althaea officinalis* grew around salt marshes and large bodies of water and contained important medicinal properties. The ancient Greeks and Egyptians used it medicinally and as a delicious food ingredient.

Fast forward to the mid-nineteenth century where the modern marshmallow finally began to take shape. After centuries of being used mainly as a throat lozenge, the French decided that while it was quite a good lozenge it was also a rather delicious treat and they endeavored to improve upon the ancient recipe. They whisked the sap together with egg whites and sugar to create a frothy foam that would harden into a candy.<sup>1</sup> It was a slow process that yielded a small amount of marshmallows at one time so it was only undertaken by small candy shops and confectionaries.

By the late 1800s gelatin replaced the actual marshmallow plant sap and a process called the “starch mogul” system used cornstarch molds that allowed for much easier and efficient marshmallow-making.<sup>2</sup>

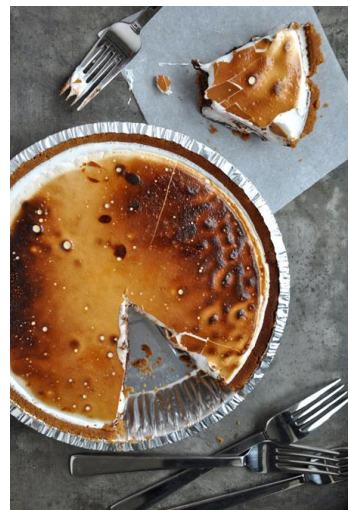
Click [here](#) to read more about the history of this recipe.

### INGREDIENTS

- One 9-inch pre-made graham cracker pie crust

#### CHOCOLATE FILLING

- 7 oz. bittersweet chocolate (not more than 70% cacao), finely chopped
- 1 cup of heavy cream
- 1 large egg, at room temperature for 30 minutes



## INGREDIENTS cont.

### MARSHMALLOW TOPPING

- 1 teaspoon of unflavored gelatin
- 1/2 cup of cold water
- 3/4 cup of sugar
- 1/4 cup of light corn syrup
- 1/2 teaspoon of vanilla
- Vegetable oil, for greasing

## INSTRUCTIONS

- Unwrap the pie shell and place it on a cookie sheet.
- Preheat the oven to 350°F.
- First make the chocolate filling by placing the chopped chocolate in a large bowl.
- Bring the heavy cream to a boil in a heavy saucepan, then pour it over the chopped chocolate and let it sit for 1 minute.
- Whisk together the chocolate and heavy cream until thoroughly incorporated and smooth.
- Gently whisk in the egg and a pinch of salt until combined, then pour the mixture into the prepared pie crust (it will be about half full). Cover the exposed crust with a pie shield or foil.
- Bake the pie for 20 to 25 minutes, just until the chocolate is mostly set but slightly jiggly in the center.
- Allow the pie to cool on a rack for one hour while you make the marshmallow topping.
- Make the marshmallow topping by adding ¼ cup cold water to the bowl of a heat-proof stand mixer fitted with the paddle attachment. Sprinkle the gelatin over the water and let it stand until firm, about 1 minute.



## INSTRUCTIONS

- Stir together the sugar, corn syrup, a pinch of salt and remaining  $\frac{1}{4}$  cup water in a heavy saucepan and bring it to a boil over moderate heat, stirring until the sugar is dissolved. Boil it until a candy thermometer registers 260 degrees F, about 6 minutes.
- Begin beating the gelatin mixture on medium speed, then very carefully pour in the hot sugar syrup in a slow stream. Try your best to avoid the paddle and the sides of the bowl.
- Once all the syrup has been added, continue beating it on medium speed until the mixture has tripled in volume and is thick and glossy, about 5 minutes.
- Add the vanilla and beat it just until combined and then immediately pour the marshmallow topping over the pie. It will be loose enough to spread. Refrigerate the pie for one hour, uncovered, then cover it with plastic wrap that has been coated lightly in vegetable oil and chill it for 3 more hours.
- Preheat the broiler.
- Place the pie on a cookie sheet, remove the plastic wrap and cover the pie edges with a pie shield or foil.
- Very carefully rotate the pie under the burner, about 3 to 4 inches away from the flame, just until the top is evenly browned, about 3 minutes.
- Let the pie cool for 10 minutes before slicing it with a sharp knife dipped in hot water.

Recipe: *Just a Taste*

### References

<sup>1</sup> "It's a Marshmallow World." *Smithsonian*. N.p., n.d. Web. 4 May 2014. <http://www.smithsonianmag.com/arts-culture/its-a-marshmallow-world-27466036/?no-ist>.

<sup>2</sup> Bellis, M. (n.d.). The History of Marshmallows (Marsh-Mallow Plant Sap). Retrieved December 3, 2014, from <http://inventors.about.com/od/foodrelatedinventions/a/marshmallows.htm>



## UR PALACE CAKES

This cake was served in the palaces of the ancient Mesopotamian city of Ur and uses one of the most important food staples in ancient Mesopotamia—the date. Ur was located in what is now Iraq and was an important city on the Persian Gulf. It was inhabited from 3800 to 450 BCE.

The date was central to the diet in ancient Mesopotamia. The fruits of the date palm were extremely important because they supplied much needed nutrients including fruit sugars and iron.<sup>1</sup> The dates were easy to store and traveled well in the hot and arid climate. Ancient Mesopotamians were said to have eaten up to six pounds of dates per day.<sup>2</sup> Every part of the date palm was used. The leaves could be woven into baskets, hats, carpets and even roofs for desert huts while the timber from the trunk was used in the construction of homes and furniture.<sup>3</sup> Eventually, traders spread the tasty fruit around the world and today it is enjoyed by many different cultures.

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

### INGREDIENTS

- 3 cups of dates, finely chopped
- 1/3 cup of raisins
- 2 teaspoons of ground fennel or aniseed
- 1/3 cup of cottage cheese
- 1 cup (2 sticks) of butter, melted and at room temperature
- 2 eggs, beaten together, at room temperature
- 2/3 cup of milk, at room temperature
- 1 1/2 cups all-purpose flour



## INSTRUCTIONS

- Preheat the oven to 325 degrees F. Combine the dates, raisins and spice and scatter in a 10-inch cake pan.
- Press the cottage cheese through a strainer to break up the curds. Combine the cheese with the melted butter, eggs and milk and slowly stir into the flour, moistening thoroughly. Pour the batter over the dried fruits and bake for 45-55 minutes, or until a toothpick inserted into the centers comes out clean.

\*Note: The dried fruit will stick to the bottom of the pan. Line the pan with parchment paper or grape leaves for a more authentically ancient feel.

Recipe: *"Cooking in Ancient Civilizations"* by Cathy Kaufman

### References

<sup>1</sup> Kaufman, C. K. (2006). *Cooking in ancient civilizations*. Westport, Conn.: Greenwood Press.

<sup>2</sup> [http://oregonstate.edu/instruct/nutr216/ref/symposium\\_jambi.html](http://oregonstate.edu/instruct/nutr216/ref/symposium_jambi.html)

<sup>3</sup> Ibid.

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## SNACKS

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## 5-MINUTE POPPED AMARANTH



Over 500 years ago the Aztecs prized amaranth as a staple of their diet. In fact, the largest acreage ever grown was at the height of the Aztec civilization.<sup>1</sup> They recognized its nutritional properties and ability to give a person strength and energy. Indeed, to the Aztecs the grain was so prized it was believed to provide “supernatural powers”<sup>2</sup> and was included in religious practices and ceremonies.

When Cortes and the Spaniards arrived in the New World, they took one look at how the Aztecs were using amaranth and banned it outright. The Catholic Spaniards believed it was a heathen and evil food and so they burned all of the fields and forbade anyone to grow the crop.<sup>3</sup> Despite the attempts by the Spaniards to completely eradicate amaranth, the persistent grain would not fade into nonexistence. Quietly, it was passed down from generation to generation until a mere handful of farmers continued to grow the plant in modern times. Then, sometime around the 1970s, scientists began looking for “promising plant resources heretofore unknown, neglected or overlooked” and they found species of amaranth growing around the world in Asia, Africa and the Americas.<sup>4</sup> So began the reclamation of amaranth of its rightful place within earth’s nutritional bounty.

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

### INGREDIENTS

*Serves 1*

- 1 cup of amaranth (uncooked)
- 2 tablespoons of extra-virgin olive oil
- Sea salt (sprinkle of)



## INSTRUCTIONS

- Heat a dry skillet over medium high heat.
- When skillet is hot, pour 1/8th of a cup of amaranth on to the skillet and shake the skillet gently until amaranth start to pop and turn white. Keep shaking until all the grains have popped, then quickly transfer to a heat-proof bowl before they begin to burn.
- Continue with remaining uncooked amaranth until all is popped.
- Drizzle olive oil and sprinkle sea salt onto popped amaranth, stir, and enjoy!

Recipe: *Food52*

### References

- <sup>1</sup> Putnam, D., Oplinger, E., Doll, J., & Schulte, E. (n.d.). Amaranth. Retrieved September 30, 2014.
- <sup>2</sup> Brody, J. (1984, October 15). ANCIENT, FORGOTTEN PLANT NOW 'GRAIN OF THE FUTURE' Retrieved September 29, 2014.
- <sup>3</sup> Minifie, K. (n.d.). Amaranth: An Ancient Grain to Add to Your Arsenal | Epicurious.com. Retrieved September 29, 2014.
- <sup>4</sup> Brody, J.

## ANCIENT IRISH DONEGAL OATCAKES

Of the grains that were grown in ancient Ireland, oats were almost certainly the most abundant. After the oats had been dried and ground into a meal and then a flour, the women would make them into cakes. “The dough was kneaded in a trough (*losad*) and baked on a griddle (*lann*) of some kind, or a baking flag (*lec*).<sup>1</sup> This appears to have been a type of work reserved specifically for women and no intrusion of men into the baking process would be tolerated.<sup>2</sup>

Much as we do today, the ancient Irish enjoyed butter with their bread and it was always served with the oatcakes. In fact, it was considered an “outrage” to serve oatcakes, or any type of bread, without butter.

So use the recipe below to fry up some delicious and ancient oatcakes, but don't forget the creamy butter!

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

### INGREDIENTS

*Serves 4*

- 1 1/2 cups of fine oatmeal
- 1–2 tablespoons of butter or lard
- Pinch of salt



### INSTRUCTIONS

- Put the oatmeal into a bowl. Put the butter or lard and salt into a measuring cup, pour  $\frac{3}{4}$  cup boiling water onto it and stir until melted and dissolved. Pour this into the oatmeal and mix to a pliable dough. You may need a little more liquid to obtain the right consistency.
- Press the dough out with your fingers into a 10x9-inch pan. You may not manage to get it quite that thin on your first attempt, because the dough is rather difficult to handle.



## INSTRUCTIONS cont.

- Leave it to dry for another hour or two before you bake it. Bake at 250° F for 3–4 hours. The more slowly it cooks, the better the flavor will be. Oatcakes keep for ages in a tin and can be reheated. Eat with butter or butter and jam.

Recipe: *Darina Allen's [Irish Traditional Cooking: Over 300 Recipes from Ireland's Heritage](#)* (Kyle Books; 2012)

### References

<sup>1</sup> Lucas, A.T., "Irish Food Before the Potato", *Gwerin: A Half-Yearly Journal of Folk Life*, Volume III, No. 2, 1960(p. 3-43). 1960

<sup>2</sup> Ibid.

# AZTEC CHOCOLATE CARAMEL POPCORN

GF

You may be surprised to learn that popcorn is an ancient food. In fact, researchers believe the very first method of cooking both wild and cultivated corn was by popping.<sup>1</sup> Archaeological evidence from Peru suggests that people were enjoying popcorn as early as 4700 BCE.<sup>2</sup> Most likely the cobs were roasted directly over hot coals or flames. Nearly 5,000 years later, other ancient Peruvians would invent the world's first popcorn popper, "a shallow vessel with a handle and a hole on top".<sup>3</sup>

Popcorn was extremely important to the Aztecs, who used it not only as a food source but also in religious ceremonies and fashion. This recipe also includes another Aztec favorite, chocolate, to create a snack that's a timeless treat for the palate.

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

## INGREDIENTS

*Serves 40, 1/2 cup each*

- 14 cups of popped popcorn
- 1 cup of roasted and salted pumpkin seeds (pepitas)\*
- 1 1/2 cups of packed brown sugar
- 3/4 cup of butter
- 1/3 cup of light-color corn syrup
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of vanilla
- 1 cup of semisweet chocolate pieces
- 1 tablespoon of shortening
- 2 teaspoons of ground ancho chile pepper
- 1/2 teaspoon of instant espresso coffee powder
- 1/4 teaspoon of ground cinnamon





## INSTRUCTIONS

- Preheat oven to 300 degrees F. Remove all un-popped kernels from popped popcorn. Place popcorn and pumpkin seeds into a 17x12x2-inch roasting pan. Keep warm in oven while preparing caramel.
- Butter a large sheet of foil; set aside. For caramel, in a medium saucepan combine brown sugar, butter and corn syrup. Cook and stir over medium heat until mixture boils. Continue boiling at a moderate, steady rate, without stirring, for 5 minutes more.
- Remove saucepan from heat. Stir in baking soda and vanilla. Pour caramel over popcorn mixture; stir gently to coat. Bake for 15 minutes. Stir mixture; bake for 5 minutes more. Spread popcorn mixture on prepared foil; cool completely.
- In a small saucepan combine chocolate, shortening, ancho chile pepper, coffee powder and cinnamon. Cook and stir over low heat until chocolate is melted and smooth.
- Drizzle chocolate mixture over popcorn mixture; if desired, toss gently to coat. Let stand at room temperature or in the refrigerator until set. Break mixture into clusters. Spoon into gift container.

*\*Note:* To roast raw pumpkin seeds, in a 15x10x1-inch baking pan combine 1 cup raw pumpkin seeds (pepitas), 2 tablespoons olive oil and 1/2 teaspoon salt; toss gently to coat. Spread pumpkin seeds in a single layer. Bake in a 350 degrees F oven for 10 minutes, stirring once halfway through baking.

*\*Make Ahead Instructions:* Place popcorn in an airtight container; cover. Store at room temperature for up to 1 week.

Recipe: *Better Homes and Gardens*

### References

<sup>1</sup> History of Popcorn. (n.d.). Retrieved December 4, 2014, from <http://www.popcorn.org/EncyclopediaPopcornica/WelcometoPopcornica/HistoryofPopcorn/tabid/106/Default.aspx>

<sup>2</sup> Popcorn Was Popular in Ancient Peru, Discovery Suggests. (2012, January 20). Retrieved December 4, 2014, from <http://www.history.com/news/popcorn-was-popular-in-ancient-peru-discovery-suggests/>

<sup>3</sup> Ibid.

## BACON PEMMICAN (JERKY)

GF

The exact origin of jerky is unknown. Some say it was the Native Americans who made the first jerky using buffalo meat while others maintain the ancient Quechuans in South America were first when they began making jerky out of alpaca and llama meat over 8,000 years ago.<sup>1</sup> The Quechua called this recipe “ch’arki” and it is believed the word jerky evolved from this original word. While ch’arki is a simple dried meat, the pemmican of the native North Americans combined other ingredients with the meat to create a unique food.

Pemmican was most often made from buffalo meat that was cut into strips, dried in the sun and pounded into a powder before being flavored with choke cherries or june berries. This combination of meat and berries would then be mixed with melted fat and allowed to dry and become firm. The resulting food was packed into rawhide bags where it could be kept for years without spoiling.<sup>2</sup> When Europeans arrived in the New World they found this wonderful food and adopted it quickly into their diets. In fact, there is some discussion over whether the Native Americans included the berries into the recipe specifically because the Europeans liked it more that way, or if they ate it that way themselves as well.<sup>3</sup>

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

### INGREDIENTS

- 12-16 ounces of bacon
- 1/2 cup of coconut oil (melted)
- 1 cup of dried cranberries



## INSTRUCTIONS

- Begin by cooking the bacon in a skillet. The key is cooking it long and slow. You really don't want to crisp it up too much. It should be soft and flimsy still but the fat should be mostly cooked down. At this point turn the heat off and let it cool.
- After it cools down (but before the fat begins to solidify), add everything to the blender. Include as much of that tasty bacon fat as possible. Then begin blending it down. Chop it as finely as you can. At this point add 1 cup of cranberries and make sure they get chopped into very fine pieces as well. The last step is to add the coconut oil and blend till it's good and mixed up.
- Next get the glass dish out and pour the mixture into it. Try to make it about even depth in the dish, then cover and freeze. It will take an hour or so to solidify. At this point you can cut it into bars or whatever size pieces your heart desires.

Recipe: *SCD Lifestyle*

### References

- <sup>1</sup> Ch'arki – The Original Jerky Method of Preserving Meat. (n.d.). *About.com Archaeology*. Retrieved July 7, 2014, from <http://archaeology.about.com/od/cbthroughch/qt/Charky.htm>
- <sup>2</sup> HowStuffWorks “Pemmican”. (n.d.). *HowStuffWorks*. Retrieved July 7, 2014, from <http://history.howstuffworks.com/native-american-history/pemmican.htm>
- <sup>3</sup> Pemmican. (n.d.). *The Canadian Encyclopedia*. Retrieved July 7, 2014, from <http://www.thecanadianencyclopedia.ca/en/article/pemmican/>

# PICHUBERRY RASBERRY COCONUT MUFFINS

The pichuberry is actually just a fancy name for the Inca berry, a wild-growing fruit picked by the Incas more than 800 years ago.

It is unclear whether or not the Incas actually cultivated the crop at some point, but some sort of domestication is suspected. The Inca berry has been called the “Lost Incan Crop.”<sup>1</sup> Spanish conquistadors arrived in the Inca Empire in the early 16<sup>th</sup> century and soon noticed the tiny fruit. They carried it back to Spain where it spread to England, France and eventually Africa. Around 1774, English settlers on the Cape of Good Hope began growing the Inca berry and from there it spread to Australia where it acquired its current Australian name, the “Cape Gooseberry.”<sup>2</sup> Today, it is grown all over the world and each region calls it by a different name. In Madagascar it is *pok pok*, in Hawaii it is *poha*, in Africa it is the *African ground cherry* (though it is not actually a ground cherry), in China it is the *Chinese gooseberry* and in France it is poetically called *love in a cage*.

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

## INGREDIENTS

- 1 cup of pichuberries, quartered and roasted
- 1 tablespoon of sugar
- 1/2 cup of butter, softened
- 3/4 cup of sugar
- 1 egg, lightly beaten
- 1/2 cup of sour cream or yogurt
- 1 teaspoon of vanilla
- 1 1/2 cups of flour



## INSTRUCTIONS

- Prepare a muffin pan by lining with paper cupcake liners. Preheat the oven to 400 degrees.
- Remove the stems and papery skins from the pichuberries and rinse them in cold water. There is a sticky film on the outer flesh that needs to be rinsed off. Dry the berries, cut into quarters and place on a baking sheet. Sprinkle the tablespoon of sugar over the top. Roast in a 400 degree oven for 10-12 minutes. Pour into a mesh strainer to drain the liquid off. Allow to cool.
- Cream the butter and sugar together until light. Scrape down the sides of the mixing bowl.
- Add the egg, sour cream (or yogurt) and vanilla and mix well.
- Mix the flour, baking powder and salt together and add to the creamed mixture.
- Gently fold in the cooled pichuberries, raspberries and toasted coconut. Use a scoop to fill each cup to about  $\frac{2}{3}$ . Sprinkle with crushed toasted coconut and bake in the oven for about 25 minutes until lightly golden brown on top.

Recipe: *The Egg Farm*

### References

<sup>1</sup> <http://www.pichuberry.com> | pichuberry-general-information.  
(n.d.).<http://www.pichuberry.com>. Retrieved August 4, 2014

<sup>2</sup> Morton, J. F., & Dowling, C. F. (1987). Cape Gooseberry. *Fruits of warm climates* (). Eugene, Or.: Wipf and Stock Publishers.[http://www.hort.purdue.edu/newcrop/morton/cape\\_gooseberry.html](http://www.hort.purdue.edu/newcrop/morton/cape_gooseberry.html)

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BEVERAGES  
& LIBATIONS



# DANDELION WINE



Dandelions—from the Middle French “tooth of the lion” for the shape of its leaves—were prized as a food and medicine by many ancient civilizations including the Greeks, Romans, Egyptians, Chinese and Persians.

Each civilization used it for its nutritional as well as medicinal value. It has been used for centuries to aid the liver, purify the body of toxins, boost the immune system and cure numerous ailments including baldness, dandruff, toothache, sores, fevers, rotting gums, weakness, lethargy and depression.<sup>1</sup>

You can enjoy dandelions in a variety of ways. Humans can actually eat every part of the dandelion. The leaves can be boiled like spinach or eaten raw in salads. The roots can also be eaten raw in salads, fried or roasted. The yellow buds can be eaten straight off the stem, ground into flour or, of course, made into wine.<sup>2</sup> Rich in many essential vitamins, this versatile plant provides such benefits as folic acid, riboflavin, potassium, niacin, vitamin -E and vitamin-C and is a strong antioxidant.

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

## INGREDIENTS

*Makes 4 quart jars*

- 1 quart of yellow dandelion blossoms, well-rinsed
- 1 gallon boiling water
- 1 (.25 ounce) package active dry yeast
- 8 cups of white sugar
- 1 orange, sliced
- 1 lemon slice



## INSTRUCTIONS

- Place dandelion blossoms in the boiling water, and allow to stand for 4 minutes. Remove and discard the blossoms, and let the water cool to 90 degrees F (32 degrees C).
- Stir in the yeast, sugar, orange slices, and lemon slice; pour into a plastic fermentor, and attach a fermentation lock. Let the wine ferment in a cool area until the bubbles stop, 10 to 14 days. Siphon the wine off of the lees, and strain through cheesecloth before bottling in quart-sized, sterilized canning jars with lids and rings. Age the wine at least a week for best flavor.

Recipe: *AllRecipes*

### References

<sup>1</sup> Sanchez, A. (n.d.). Ten Things You Might Not Know About Dandelions. *Dandelions*. Retrieved July 21, 2014, from <http://www.mofga.org/Default.aspx?tabid=756>

<sup>2</sup> Common Dandelion – The Lion’s Tooth. (n.d.). . Retrieved July 21, 2014, from <http://wssa.net/wp-content/themes/WSSA/WorldOfWeeds/dandelion.html>



# MODERN COCKTAILS WITH ANCIENT BITTERS

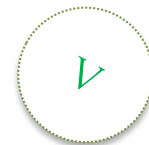
Around 60,000 years ago our ancestors were using their taste buds to find things to eat or to avoid. While bitter-tasting plants were usually excluded from diets, some people realized that a few plants with this bitter hallmark were actually full of positive traits, including “digestive responses that ultimately result in appetite stimulation, improved nutrient absorption, and reduction of food-related illness.”<sup>1</sup> Even the Egyptians realized the benefits as evidenced by an analysis of ancient wine jars that once contained wine mixed with bitter herbs.<sup>2</sup>

By the 1700s physicians and salesmen pretending to be physicians were routinely taking bitters, preserving them in alcohol and selling them as medicinal tonics. These “medicines” were marketed as cures for stomach aches, circulation problems and even cure-alls. Unfortunately, it’s difficult to experience a settled stomach when the taste of the tonic makes you nauseous. As a result, people would often mix the bitters tonic with other spirits and with sugar.<sup>3</sup> And so, the bitters cocktail was born and flourished throughout the 18<sup>th</sup> and 19<sup>th</sup> centuries.

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

## HOMEMADE AMARO

### INGREDIENTS



- 3 cups of 151-proof neutral grain spirit
- 3 or 4 star anise seeds
- 6 fresh sage leaves
- 6 fresh mint leaves
- 1 sprig rosemary
- 1 allspice berry
- 1/2 teaspoon of whole cloves
- 1/2 teaspoon of cinchona root



## INSTRUCTIONS

- Macerate the herbs in alcohol for three to four weeks.
- Strain the herbs and sweeten with honey syrup (equal parts honey and water) to your liking.
- You can do a second infusion with whatever's in season if you like. Beets are a great winter product that add a unique mouth feel and earthy taste. Or try it mole-style with chocolate and chilies.

Recipe: *Executive Chef Tucker Yoder at the Clifton Inn in Virginia*

### GARDEN TONIC

#### INGREDIENTS



- 4 mint leaves
- 3 cucumber slices
- 2 dashes of The Bitter Truth Celery Bitters
- 2 teaspoons of St. Germain Elderflower Liqueur
- 1-1/2 ounces of Plymouth Gin
- 3 ounces of Fever-Tree Premium Indian Tonic Water
- Fresh lime wedge

## INSTRUCTIONS

- In the bottom of a sturdy glass, agitate the mint leaves and cucumber slices with the bitters.
- Add ice. Pour in the liqueur and gin.
- Top with tonic water and stir.
- Garnish with lime wedge.

Recipe: *Wayne Collins*



SAZERAC  
**INGREDIENTS**



- 1 lump of sugar
- 1-1/2 ounces of Sazerac Rye
- 3 drops of Peychaud's Bitters
- 3 drops of La Fée Absinthe
- Lemon peel

**INSTRUCTIONS**

- Take two heavy-bottom 3.5 ounce bar glasses. Fill one with cracked ice and allow it to chill.
- In the other glass, place the lump of sugar with a bit of water to moisten it. Crush sugar with a bar spoon. Add Sazerac, bitters and a few cubes of ice and stir.
- Empty the first glass of ice and add absinthe. Twirl briskly and dump out – enough absinthe will remain and coat glass to impart flavor. Strain the rye concoction into the absinthe glass. Twist a lemon peel over the glass but do not drop in.

Recipe: *Wayne Collins*

**References**

- <sup>1</sup> Lemon, M. (n.d.). Bitter-tasting medicines from human antiquity survive in cocktail form. Retrieved December 4, 2014
- <sup>2</sup> Barazesh, S. (n.d.). An ancient remedy: Bitter herbs and sweet wine. Retrieved December 4, 2014
- <sup>3</sup> Dietsch, M. (n.d.). Cocktail 101: All About Bitters, Part 1. Retrieved December 4, 2014.

# HOT SPICED APPLE CIDER



Archaeological evidence suggests that as early as 6500 BCE people were making a very basic form of cider.<sup>2</sup> Since apples can be caused to ferment by wild yeasts, it is easy to assume that cider-making was discovered in many ancient cultures almost as far back as the cultivation of the apple itself.<sup>3</sup>

Not surprisingly, the Romans perfected their own version of apple cider and Roman soldiers reported on various ciders being made around the world, including England where the Britons had long been enjoying the drink. Cider-making really took off in England after the Norman Conquest in 1066 when new varieties of apples were brought from France. The drink eventually became so popular that it was customary to pay a portion of a farm laborer's earnings in cider.<sup>4</sup>

Cider's importance in history was sealed when it became a holiday libation. In England drinking hot mulled cider at Christmas time originated with the drinking of wassail for Yuletide (read more about Yuletide in our [previous posts](#)). Wassail was a hot mulled punch with spices such as cinnamon, nutmeg and ginger. This tradition of hot mulled cider was brought over to the United States where it continues to be associated with the holidays for revelers of all ages.

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

## INGREDIENTS

- 4-5 cups of apple juice
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 3 ounces of spiced rum (optional)
- Cinnamon sticks
- Apple slices to garnish



## INSTRUCTIONS

- In a small pot heat the apple juice, spices and rum (if using) over low/medium heat.
- Stir often while the mixture is heating so the spices will blend into the juice (you don't want any spice clumps).
- Once it's hot pour into two mugs and garnish with apple slices and cinnamon sticks.

Recipe: *A Beautiful Mess*

### References

<sup>1</sup> How Products Are Made. (n.d.). Retrieved December 5, 2014, from <http://www.madehow.com/Volume-4/Cider.html>

<sup>2</sup> History of Cider Part I: Early Development. (n.d.). Retrieved December 5, 2014.

<sup>3</sup> Origins of Cider | National Association of Cider Makers. (n.d.). Retrieved December 5, 2014, from [http://cideruk.com/cider\\_making/origins\\_of\\_cider](http://cideruk.com/cider_making/origins_of_cider)

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