

*Antiquity***NOW**



2015

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 *2015 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 & 2014



## 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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## MAIN DISHES

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# EGGPLANT LASAGNA ROLLUPS



Obviously, Italy gets all the credit as the giver of the gift that is lasagna. However, its ancient origin can be traced all the way back to Greece. The word lasagna sounds an awful lot like the Greek word *laganon*, a “flat sheet of dough cut into strips”.<sup>1</sup> When the Romans came along, they quickly realized that *laganon* was delicious and began cooking it themselves. They borrowed the word *laganon*, but turned it into *lasanum*, which referred to the pot in which they cooked the pasta.<sup>2</sup> Eventually, *laganon* became lasagna and supposedly, the rest is history.

However, tracing lasagna straight back to the Romans by way of the Greeks would be way too easy. Another theory posits that lasagna was born in Britain! But the original recipe doesn't include meat, so many people say you simply can't call it lasagna.

Whichever side you're on, these Eggplant Lasagna Rollups definitely won't disappoint.

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

## INGREDIENTS

### TOFU FILLING

- 2 lemons, juiced (~1/3 cup)
- 1 12-ounce block extra firm tofu, drained and pressed dry for 10 minutes
- 3 tablespoons of nutritional yeast
- ½ cup of fresh basil, finely chopped
- 1 tablespoon dried oregano
- 3-4 tablespoons of extra virgin olive oil
- Salt and pepper (1/2 teaspoon each)
- ¼ cup of vegan parmesan cheese (optional)



## INGREDIENTS cont.

### FOR SERVING

- Vegan parmesan cheese
- 2-3 cups favorite marinara/red sauce
- Fresh basil, chopped (optional)

## INSTRUCTIONS

- Preheat oven to 425 degrees F.
- Salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes. (If using lasagna noodles, boil, drain and set aside.)
- Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.
- Arrange slices on 1-2 baking sheets in an even layer and bake in a 425 oven for 13-15 minutes. Set aside and reduce heat to 375 degrees F.
- While eggplant is baking, add all tofu filling ingredients to a food process or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.
- Pour about 1 cup marinara sauce into an 8×8 baking dish (or similar sized dish) and reserve rest of sauce for topping / serving. Set aside.
- Scoop generous amounts (about 3 tablespoons) of ricotta filling onto each eggplant slice or lasagna noodle and roll up. Place seam side down in the sauce-lined baking dish. Continue until all filling and noodles or eggplant strips are used up. Pour more sauce down the center of the rolls for extra flavor (see photo).
- Bake in a 375 degree oven for 15-23 minutes, or until sauce is bubbly and warm and the top of the rolls are very slightly browned.
- Serve immediately with additional vegan parmesan cheese and fresh basil. Leftovers keep for a couple of days, though best when fresh.



Recipe: *Minimalist Baker*. Click [here](#) for step by step instructions, pictures and cooking tips.

### References

<sup>1</sup> Oliver, J. (n.d.). History of Lasagna. Retrieved July 26, 2015.

<sup>2</sup> Ibid.

# EGGS IN PINE NUT SAUCE

GF

The Romans had a saying, “ab ovo usque ad malum,” which translates “from eggs to apples” and is closely related to our modern saying, “from soup to nuts.” Basically, it means “from beginning to end.” One thing is certain—the Romans knew their way around an egg.

This recipe hails from the ancient Roman cookbook *Apicius*. The ancient Romans treasured their eggs. Each egg was quite expensive, up to half a day’s wage for a dozen.<sup>1</sup> So, if you’re a typical Roman worker, working hard for the money, you’re not going to just fry up a couple of eggs for breakfast, you’re going to prepare them in a delicious and delectable way. Enter Eggs in Pine Nut Sauce. A rich and scrumptious way to enjoy your eggs, this recipe is sure to be a stand-out at any meal.

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

## INGREDIENTS

- 4 eggs
- 5 ounces of pine nuts
- 1 teaspoon of honey
- 1 tablespoon of red wine vinegar
- 1/2 teaspoon of pepper
- 1 tablespoon of [Liquamen](#) or salt



## INSTRUCTIONS

- Soak the pine nuts in water for several hours to soften them – this will help us make the sauce later. If you want to be that bit more decadent, soak them in white wine to add some subtle flavor to the dish.
- Pine nuts suitably soaked, drain them and add them to a mortar (or food processor) with the honey, red wine vinegar, pepper and liquamen. Crush, crush, crush. You can make the ‘sauce’ as smooth as you like.



## INSTRUCTIONS cont.

- Sauce prepared, it's time to poach the eggs. For a good no-nonsense video explaining how to do this, [click here](#). Otherwise:
  - Add a few inches of water to a saucepan and bring this to a gentle simmer.
  - Once the water is simmering away, add a little bit of white-vinegar. Don't let the water boil.
  - Crack an egg into a small bowl or ramekin.
  - Stir the water in circles to create a vortex. As it swirls, gently pour the egg from the bowl/ramekin into the water. You need to be gentle to prevent it falling apart.
  - 4 minutes later and the egg is done. Take it out of the pan with a slotted spoon and set it into your serving dish.
- With the eggs arranged in the dish, spoon the sauce over each egg and enjoy!

Recipe adapted from *Pass the Garum*

### References

- <sup>1</sup> Pass the Garum. (n.d.). Retrieved September 7, 2015.

# EINKORN FLOUR PANCAKES

GF

Einkorn is actually a type of wheat that was one of the first plants to be domesticated and cultivated. The earliest evidence of its domestication dates all the way back to between 8,650 BCE and 7,950 BCE and was found at two archaeological sites in Turkey.<sup>1</sup> The ancients really knew what they were doing when they began eating and then growing the grain. It has a lower gluten content than modern wheat and is dense with nutrition.

If that's not enough to make you want to try cooking with einkorn, perhaps its famous fan will. Who doesn't love a celebrity endorsement? This wheat was actually eaten by Ötzi, the Iceman. The exquisite, naturally preserved mummy who lived around 3,300 BCE was found in 1991 on a glacier in the Alps and is remarkable for his tattoos. Researchers have found that Ötzi's last meal included unleavened bread made of einkorn wheat.<sup>2</sup> So it only stands to reason that if einkorn was good enough for Ötzi's last meal, it's good enough to try in a 21<sup>st</sup> century repast. Talk about a timeless recipe.... Click [here](#) to learn more about the history of Einkorn Flour Pancakes.

## INGREDIENTS

*Serves 4*

- 1 1/2 cups of einkorn flour (measured unsifted)
- 2 tablespoons of sugar
- 1 tablespoon of baking powder
- 1/4 teaspoon of salt
- 2 large eggs
- 1 cup of milk
- 4 tablespoons of butter



## INSTRUCTIONS

- Pre-heat griddle to medium temperature.
- Sift all dry ingredients into a large glass bowl.
- Using the whip attachment on mixer – whip eggs and milk until frothy.
- Melt butter and set aside.
- Pour egg mixture into the dry ingredients and mix together until the consistency of a thick milk shake.
- Make sure not to over mix or your pancakes will be tough.
- Pour melted butter into the batter and cut in using a spatula.
- Lightly oil the griddle. The griddle is the right temperature when it begins to glisten.
- Using a 1/4 cup measure per pancake.

\*Tip: You may also use rice milk, buttermilk or your yogurt of choice in replace of milk. Another option is to sour your milk for a more complex flavor by adding 1 tbsp. apple cider vinegar or lemon juice to 1 cup of milk and let it stand at room temperature for 15 minutes.

Recipe: *jovialfoods.com*

## References

<sup>1</sup> Weiss, Ehud and Zohary, Daniel (October 2011), “The Neolithic Southwest Asian Founder Crops: Their Biology and Archaeobotany”, *Current Anthropology*, Vol 52, No. S4, pp. S239-S240. Downloaded from JSTOR.

<sup>2</sup> Fowler, B. (1998, November 24). The Iceman’s Last Meal. Retrieved August 8, 2015.

Ful Mudammas has a fascinating history dating back to the ancient Israelites. It also boasts a wealth of nutrients that have sustained people for thousands of years.

The base ingredient in Ful Mudammas is the fava bean, or what was referred to in ancient times as the broad bean. This little bean was a main source of protein for the Israelites who could not rely on something as expensive as meat. In fact, it is “one of the oldest domesticated food legumes,” dating back to at least the 4<sup>th</sup> century CE.<sup>1</sup> They put the beans in a pot full of water, sealed it up and then buried it in the ground beneath hot coals to cook very slowly.<sup>2</sup> Originally, this was the extent of the Ful Mudammas recipe: simply cooked fava beans.

Today, the main recipe includes fava beans, garlic, lemon juice and olive oil. The lemon juice is definitely a modern addition since lemons weren't being cultivated in Biblical or Talmudic times.

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

## INGREDIENTS

- 2 teaspoons of olive oil
- 1 onion, chopped
- 1 (15 ounce) can of fava beans, rinsed and drained
- 1 (15 ounce) can of garbanzo beans (chickpeas), rinsed and drained
- 1 cup of water
- 1/2 (6 ounce) can of tomato paste
- 1/2 cup of lemon juice
- 1 tablespoon of olive oil
- 3 cloves of garlic, minced
- 1 tablespoon of tahini
- 2 teaspoons of ground cumin



## INSTRUCTIONS

- Heat two teaspoons olive oil in a skillet over medium heat; cook and stir the onion in the hot oil until tender, about five minutes. Add the fava beans, garbanzo beans and water to the onion; bring to a boil, stirring occasionally. Stir the tomato paste, lemon juice, one tablespoon of olive oil, the garlic, tahini and cumin through the bean mixture; return the mixture to a boil and allow to cook at a boil for five minutes. Remove from heat.
- Pour the mixture into a blender. Hold the lid of the blender in place with a towel and start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree to your desired consistency.

## References

<sup>1</sup> Ful Mudammas – Ancient Vegetarian Middle Eastern Recipe. (n.d.). Retrieved March 27, 2015, from <http://toriavey.com/toris-kitchen/2014/05/ful-mudammas-recipe/>

<sup>2</sup> Did You Know: Food History – Ful -The Egyptian National Dish. (n.d.). Retrieved March 27, 2015, from <http://www.cliffordawright.com/caw/food/entries/display.php/id/60/>

## HAM 'N HAY WITH BEER

Hay may not be the first thing that comes to mind when you think of cooking a ham, but you might want to consider it the next time you have a dinner party.

No one is sure exactly when Ham 'n Hay became popular, but considering the ingredients have been available for centuries, it has most likely been enjoyed since ancient times. The recipe exists in 17<sup>th</sup> century cookbooks and Hannah Woolley, an English writer from the 1600s, wrote about it in her book, *The Queen-like Closet*.<sup>1</sup> The hay was used not only for its ability to impart a delicious, mellow flavor to the ham, but also to keep the ham from burning and to absorb impurities.<sup>2</sup> It makes sense that hay would be popular in ancient cooking since it was inexpensive and peasants would have had access to it in abundance.

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

### INGREDIENTS

- An unsmoked leg of pork
- Hay
- Dark beer- enough to cover the ham when placed in a deep pot
- 10-15 allspice berries
- Bay leaves
- Onions



### INGREDIENTS

- Cover the ham with just enough water, add a few handfuls of hay and boil briefly 3 times: Boil one to two minutes, then rest in the same hay water for 15 minutes, boil again and so on. No change of water.



## INSTRUCTIONS cont.

- Cover the ham with just enough water, add a few handfuls of hay and boil briefly 3 times: Boil one to two minutes, then rest in the same hay water for 15 minutes, boil again and so on. No change of water.
- Take the ham out, pour enough beer to cover the ham into a cleaned pot, add some peeled onions, about 10-15 allspice berries, a few bay leaves, the half-cooked ham, bring to boil and simmer until cooked (about 15 minutes for a pound of flesh).
- Once cooked, take out and let cool before serving.

Recipe: *The Gastronomical Me*

### References

<sup>1</sup> Woolley, H. (n.d.). The Queen-Like Closet. Retrieved July 8, 2015.

<sup>2</sup> Researching Food History – Cooking and Dining. (n.d.). Retrieved July 8, 2015, from <http://researchingfoodhistory.blogspot.com/2011/10/ham-n-hay.html>

## HOT DOG IN A HOLE

The story of the hot dog begins with the story of the sausage, and the story of the sausage is ancient. Historians believe the first sausage was made during the reign of the Roman Emperor Nero (54-68 CE) when his cook Gaius discovered the process by accident.

Of course, once something was popular in Rome, it generally made its way around the world as the Romans expanded the empire. Sausages took hold in Germany where cooks began making numerous varieties in all shapes and sizes. Eventually, centuries later, the frankfurter was born. There is some dispute over where and when the first frank was actually created. Although its origin is traditionally credited to Frankfurt-am-Main, Germany sometime around 1487, the towns of Coburg and Vienna in Germany have also claimed to be the originators of the dog.<sup>1</sup>

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

### INGREDIENTS

*Serves 3*

- 1 tablespoon vegetable oil
- 3 (6-inch) hot dogs, cut into 1-inch pieces
- 2/3 cup flour
- 1/2 cup milk
- 1 egg
- 1/8 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup prepared cheese sauce, warmed



## INSTRUCTIONS

- Arrange oven rack in upper third of oven and preheat oven to 425°F
- Brush oil onto bottom and up sides of an 8-inch baking dish to thoroughly coat inside dish. Arrange cut-up pieces of hot dog in dish and bake for 5 minutes.
- In a medium bowl, combine flour, milk, egg and 2 tbsp. water; season with salt and pepper and stir thoroughly. Beat using an electric hand mixer or whisk until mixture is completely smooth.
- Carefully remove hot dish of hot dogs from oven and pour egg batter on top. Bake for 30 minutes, until puffed and golden brown around edges. Divide into equal portions and serve with warm cheese sauce.

Recipe: *MyRecipes*

## References

<sup>1</sup> The Origin of Competitive Eating Contests. (2014, June 10). Retrieved June 27, 2015, from <http://www.todayifoundout.com/index.php/2014/06/origin-competitive-eating-contests/>

## KOOKOO SABZI (HERBED OMELET)

GF

The recipe below is a Persian egg dish or kookoo similar to an Italian frittata or open-faced omelet. This egg cuisine is popular with Iranians who use flavorings to create many variations. This recipe, which is probably the most popular, is enhanced with herbs and tinted a deep green.<sup>1</sup>

It is a perfect dish to serve at the *haftseen* table for Nowruz, Persian New Year. *Haftseen* means “seven s’s” and so the table is named after the seven foods that are included, all of which begin with the Persian letter “seen”(s).<sup>2</sup> Seven is considered a lucky number and each food is chosen as a symbol of renewal.

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

### INGREDIENTS

*Serves 4-6*

- 2 tablespoons of butter or oil
- 1 bunch of scallions, chopped
- 1 bunch of parsley, chopped
- 1/2 bunch of cilantro, chopped
- 1/2 bunch of dill, chopped
- 8 eggs
- 1 teaspoon of turmeric
- 1/2 teaspoon of salt
- 1/4 teaspoon of pepper



## INSTRUCTIONS

- Preheat oven to 350°F. Heat the butter or oil in an ovenproof sauté pan or skillet over medium flame. Add the scallions, parsley, cilantro and dill and sauté until the herbs are cooked down somewhat, around 2 to 3 minutes. Remove from the pan and set aside to cool. Wipe the pan clean with a paper towel.
- Add the eggs, turmeric, salt and pepper to a large bowl and beat until smooth. Stir in the cooled herbs.
- Pour the eggs back into the sauté pan and place the pan in the preheated oven. Bake for 20 to 25 minutes, or until the eggs are fully set.
- Run a knife around the edges of the kookoo and invert onto a serving platter. Cut into wedges and serve hot or cold with a garnish of plain yogurt.

### Variations:

- Substitute chopped lettuce leaves or spinach for some of the herbs.
- For a fancier kookoo sabzi, add 1/4 cup chopped of walnuts and 1 tablespoon of currants to the beaten eggs. Or simply garnish the finished kookoo with roasted whole walnuts. In Iran, barberries, which are similar to dried cranberries, are often added.
- The kookoo can also be finished on the stovetop. Just cook it over medium-low flame until the bottom is set, then carefully flip it to cook the other side.

Recipe: *What's 4 Eats*

## References

<sup>1</sup> Kookoo Sabzi Recipe (Persian herbed omelet). (2009, March 22). Retrieved November 14, 2015, from <http://www.whats4eats.com/breakfast/kookoo-sabzi-recipe>

<sup>2</sup> Nowruz: A New Day | SAVEUR. (n.d.). Retrieved March 13, 2015, from <http://www.saveur.com/article/Travels/Nowruz-Persian-New-Year>

# MUNG BEAN AND QUINOA SOUP

GF

The mung bean. The name doesn't inspire thoughts of deliciousness. The tongue doesn't begin to water with anticipation of scrumptiousness—but maybe it should. Perhaps the rest of the world needs to get on board with a fact that India and China have known for centuries: Mung beans are fabulous.

The mung bean is native to India where carbonized beans have been found at several archaeological sites. The evidence shows them to have been domesticated at least 4,000 years ago.<sup>1</sup> The little bean spread to China and Southeast Asia over 2,000 years ago.<sup>2</sup> In addition to diet, the beans have also been used medicinally for thousands of years. They were believed to be a powerful detoxifier and modern scientists are now doing research to determine the validity of this belief.<sup>3</sup>

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

## INGREDIENTS

*Serves 2*

- 1/2 cup of whole green mung beans
- 1/2 cup of quinoa
- 2 tablespoons of cooking oil
- 1/2 onion, minced
- 2 cloves of garlic, minced
- 2 teaspoons of ground turmeric
- 2 teaspoons of dried dill weed
- 4 cups of chicken stock, vegetable stock, or water
- 2 large handfuls of chopped leafy greens, such as kale or spinach
- 1/2 of a juicy lime or lemon
- 2 heaping tablespoons of plain yogurt
- Salt



## INSTRUCTIONS cont.

- Pick through the mung beans and quinoa and rinse them under cold water.
- Heat the oil in a pot over medium heat and add the onions. Cook until translucent, about five minutes. Stir in the garlic, mung beans, quinoa, turmeric and dill, and cook for a few minutes until heated through. Add the stock and bring to a boil, then cover and cook at a very gentle boil, stirring occasionally, for 40 minutes. The beans should be starting to split open.
- Add the greens to the pot and return to a boil, reduce the heat and simmer, covered, for ten minutes, until the greens are tender. Add salt and season to taste. Ladle the soup into bowls and squeeze in equal amounts of lemon or lime juice. Top each bowl with a tablespoon of yogurt, and serve.

Recipe: *Rachel Ray*

### References

<sup>1</sup> Fuller, D. Q.; Harvey, E. (2006). "The archaeobotany of Indian Pulses: identification, processing and evidence for cultivation". *Environmental Archaeology* 11 (2): 219–246. doi:10.1179/174963106×123232

<sup>2</sup> Castillo, Cristina; Fuller, Dorian Q. (2010). "Still too fragmentary and dependent upon chance? Advances in the study of early Southeast Asian archaeobotany". In Bellina, B.; Bacus, E. A.; Pryce, O. et al. *50 Years of Archaeology in Southeast Asia: Essays in Honour of Ian Glover*. Bangkok/ London: River Books. pp. 91–111. ISBN 9786167339023

<sup>3</sup> Collins, D. (n.d.). Ancient Chinese Bean Prevents Hospital Deaths. Retrieved April 24, 2015, from <http://undergroundhealthreporter.com/mung-beans-benefits/#axzz3YFVZRszc>

## PUNIC PORRIDGE

This recipe, courtesy of *On Agriculture* by the Roman, Cato the Elder, was taken from the Phoenicians during the Punic Wars. It is considerably more exciting than the boring Roman version, also printed in *On Agriculture*.

While porridge is filling and delicious, the topic can also be a bit boring. We could have tried to jazz it up, but *Pass the Garum* already did an incredible job taking this ancient breakfast and exploring the more titillating parts of its history, namely Rome's conquest of Carthage. So, instead of trying to reinvent the wheel (you can read our post [KIDS' BLOG! The Invention of the Wheel: How the Ancient Sumerians Got Humanity Rollin'!](#) to learn how the wheel was invented), we're directing you to *Pass the Garum's* 6-part series on [Punic Wars and Porridge](#).

### INGREDIENTS

- 1 ounce of semolina (or bulgur wheat)
- 3 ounces of ricotta cheese
- 1 tablespoon of honey
- 1 egg



### INSTRUCTIONS

- Pour enough water over the semolina to cover it, and leave to sit for 10/15 minutes. When it has softened, drain the remaining water away.
- Add this to a saucepan with the cheese and the honey. Break the egg into a dish and beat it – add half of this to the pan.



## INSTRUCTIONS cont.

- Heat thoroughly, but never allow the porridge to boil. If it is too thick, add a touch of milk or water. When heated, taste and add more honey if desired. Serve immediately, with some extra honey poured over the porridge for good measure.

Recipe: *On Agriculture*, Cato the Elder

# ROAST CHICKEN WITH GRAPPA

GF

Here's a recipe that will whisk you away to Old World Italy. Its star ingredient is an underappreciated spirit that is making a comeback in modern society, grappa.

Grappa is deeply Italian. In fact, "since 1989 the name has been protected by the EU, meaning that the drink can only be called grappa if it's sourced and produced in Italy."<sup>1</sup> Grappa is made from pomace, which comes from the grape seeds, skins and stalks leftover after making wine. The general agreement is that grappa is at least 1,500 years old, but there is no way to tell when it was really invented because it was most likely created by peasants who were busy surviving and didn't have time to record their recipes for posterity.

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

## INGREDIENTS

*Serves 6*

- A little less than 1/2 cup of plain flour
- 2 good pinches of saffron strands, crushed in a pestle and mortar
- 6 chicken breasts, with bone and skin on
- 6 tablespoons of extra-virgin olive oil
- 4 large sweet potatoes, about 3 pounds and 5 ounces, peeled and cut into large chunks
- 1/4 pint full-fat milk
- A little more than 1/2 cup of taleggio cheese, broken into chunks
- 8 tablespoons of grappa (Italian brandy) \*can substitute white wine
- 4 handfuls of seedless red grapes



## INSTRUCTIONS

- Heat oven to 200 degrees C. Put the flour in a large bowl with the saffron and some seasoning. Coat the chicken breasts in the flour mix, then shake gently to remove any excess.
- Heat the olive oil in a large, heavy roasting tin, then quickly brown the chicken all over. Cover the tin with foil, then roast for about 20 minutes until the chicken is crispy and golden, then removing the foil for the final five minutes of cooking time.
- Meanwhile, boil the potatoes in a large pan for about 15 minutes or until tender, drain well, return to the pan, then mash. Place the pan back over a low heat, season, then mix in the milk and taleggio. Stir constantly, allowing the cheese to melt gently and create a smooth, creamy texture.
- When the chicken is cooked, put the tray back on the hob and add the grappa and grapes. Warm through, then remove from the heat and flambé by lighting with a taper. When the flames die down, return to the heat and simmer for about 30 seconds.
- To serve, place 3-4 tablespoons mash in the middle of each plate and sit a chicken breast on top, then spoon over the grapes and juice.

Recipe: *BBC Good Food*

## References

<sup>1</sup> Grappa. (n.d.). Retrieved May 29, 2015, from <http://www.romefile.com/foodanddrink/grappa.php>

## OSTRICH RAGOÛT

Ostriches were prized in the ancient Roman world, not just as food, but also as pets, work animals and even entertainment.

As food, ostriches seem to have been mainly eaten by royalty. The Emperor Elagabalus, who reigned from 218 – 222 CE, was known to serve ostrich at his royal banquets and even gave them as gifts to visiting dignitaries.<sup>1</sup> At one dinner he served 600 ostrich brains.<sup>5</sup> More commonly the ostrich would simply be roasted and served with a sauce, like the recipe we're featuring today.

Ostriches have long been considered exotic, but today the meat is making a reappearance in markets around the world. As people turn to healthier food options, ostrich meat is appreciated for its rich protein and iron content while being low in fat, calories and cholesterol.<sup>6</sup> If you want to try this Roman delicacy, it is easiest to order the meat online, although it can occasionally be found in gourmet food markets.

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

### INGREDIENTS

- 1 pound of ostrich steaks (substitute boneless turkey breasts or beef steak)
- 2 teaspoons of flour
- 2 tablespoons of olive oil
- 10 ounces of passum (dessert wine)
- 1 tablespoon of roast cumin seeds
- 1 teaspoon of celery seeds
- 3 pitted candied dates
- 3 tablespoons of garum\* or a tin of anchovies
- 1 teaspoon of peppercorns



## INGREDIENTS cont.

- 1 teaspoon of peppercorns
- 2 tablespoons of fresh chopped mint
- 1 teaspoon of honey
- 3 tablespoons of strong vinegar

## INSTRUCTIONS cont.

- Cook your choice of meat by the method of your choice (baking, broiling, grilling, frying)
- Make a roux with the flour and 1 tablespoon of the olive oil, add the passum and continue to stir until the sauce is smooth.
- Pound together in the following order: the cumin, celery seeds, dates, garum or anchovies, peppercorns, chopped mint, the remaining olive oil, the honey, and vinegar.
- Add this to the thickened wine sauce.
- Then stir in the ostrich pieces and let them heat through in the sauce.

\*See a previous Bon Appetit Wednesday recipe for garum [here](#).

*Recipe is courtesy of Patrick Faas's "Around the Roman Table: Food and Feasting in Ancient Rome"*

## References

<sup>1</sup> Lampridius, A. (2002, January 1). Ingestion / The Life of Elagabalus. Cabinet Magazine.

<sup>2</sup> Ibid.

<sup>3</sup> Ostrich. (n.d.). Retrieved January 28, 2015, from [http://www.blackwing.com/product\\_shop.php?pcnm=ostrich](http://www.blackwing.com/product_shop.php?pcnm=ostrich)

## WEST AFRICAN JOLLOF RICE

GF

It's an explosion of flavors, a mingling of ingredients, that creates a perfect symphony of taste. Jollof rice, or "one pot" in the Jolof language, is thought to be the original dish behind the Cajun favorite called jambalaya.<sup>1</sup> Jollof rice can be found in all corners of West Africa, with different regions claiming their own recipes. Each variation boasts a history with roots as deep as the culture in which it originally made its appearance. But to tell the true tale of jollof rice is to tell the story of the Wolof tribe.

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

### INGREDIENTS

*Serves 4*

- 2 cups of rice (long grained or medium variety)
- 1/4 cup of groundnut oil or 1/4 of cup olive oil
- 1/2 tablespoon of butter
- 1 teaspoon of dried thyme; if using fresh, 2 tablespoons would be perfect
- 1/4 teaspoon of curry powder (optional)
- 1 onion, sliced
- 1 celery, diced
- 1 green pepper, diced (remove the seeds and white membrane)
- 2 -3 garlic cloves (as per taste)
- 1 cup of diced chicken breast, not cooked preferably; omit if vegan
- 1/2 inch piece of ginger, peeled and grated
- 1 tablespoon of ground paprika (smoked would be ideal)
- 2 tablespoons of cayenne; add more if you want it hotter
- 3 tablespoons of tomato paste (I love using Hunts)
- 2 large tomatoes, chopped finely (or 1 small can pureed tomatoes)



## INGREDIENTS cont.

- 1 carrot, cubed
- 1 chicken bouillon cube
- 1 bay leaf
- 2 cups of chicken stock
- 2 cups of water
- 1/2 cup of portabella mushrooms, chopped (optional)
- Peas (you can use frozen mixed vegetables)
- Salt
- 1/4 cup of cilantro or parsley (to garnish)

## INSTRUCTIONS

- Add oil and butter in a heat resistance pot, then add the chicken breast, paprika, cayenne, onion, celery, green pepper, garlic and ginger. Sauté for about three minutes.
- Add the chopped carrots next and sauté for a minute with a little salt.
- Add the tomato paste, tomatoes along with curry powder, bay leaf and thyme. Cook until tomatoes get slightly soft, about three minutes until you see the oil getting red. Then add frozen vegetables. Add the rice next. Sauté for another two minutes or so.
- Add three cups of vegetable stock/water, bouillon cube, required salt; close the lid and cook until 90% cooked (about 30 minutes).
- Allow the rice to continue cooking until the rice is soft. If it is not dry at this point, then switch the heat to low to allow it to dry the excess water without making the rice much softer.
- If the rice is still little hard, add 1/4 cup of water and cover with foil, which will allow the rice to steam through. Check back in five minutes. It should be ready. You want your rice not too soft.
- Garnish with cilantro/parsley and serve.

Recipe: *Food.com*



## References

<sup>1</sup> Jollof Rice – GhanaNation.Com. (n.d.). Retrieved January 13, 2015, from <http://www.ghananation.com/recipes/jollof-Rice.asp>

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## SIDE DISHES & STARTERS



## AMARANTH FRITTERS

You may be thinking, “Didn’t they do an amaranth recipe in last year’s *Recipes With a Past?*” The answer is “Yes!” It was a delicious recipe for Popped Amaranth and we told you all about the ancient use of the amaranth grain in the Americas. The amazing thing about amaranth is that it was used in a completely different way in ancient Africa. It was and continues to be a very popular green vegetable, called a potherb. The leaves are boiled, sometimes with other green leafy veggies, and provide numerous vitamins and minerals. As is the case with many ancient food staples, amaranth grows quickly and easily in many habitats so it was perfect for those needing an inexpensive and healthy meal.<sup>1</sup> In fact, the word “amaranth” actually comes from the ancient Greek word meaning “life everlasting.”<sup>2</sup>

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

### INGREDIENTS

*\*This recipe for amaranth (Amaranthus sp.) comes from South Africa.*

- 2 cups of amaranth leaves
- 2 teaspoons of baking powder
- 1/4 cup of flour
- 1 teaspoon of salt
- 1 onion (finely diced)
- 1 sweet pepper (finely diced)
- 1 (sweet) potato (finely diced)
- 1/2 cup of grated cheese
- 1/2 cup of minced meat
- Oil for frying (not more than 1/2 cup)



## INSTRUCTIONS

- Sort tender leaves of amaranth, wash and cut in small pieces.
- Mix the dry ingredients.
- Add other ingredients and form a soft dough.
- Heat just enough oil in pan for frying.
- Scoop spoonfuls in a pan with oil to fry until golden brown.
- Excess oil can be drained on paper towels or brown paper.

\*Variations: Onion, sweet pepper, (sweet) potato, cheese or minced meat can be replaced by other finely diced vegetables.

Recipe: *Nature.com*

## References

<sup>1</sup> Read “Lost Crops of Africa: Volume II: Vegetables” at NAP.edu. (n.d.). Retrieved October 27, 2015.

<sup>2</sup> Ibid.

## CREAM OF NIGHTSHADE SPINACH

GF

Today, greens are all the rage. In fact in Africa, restaurants are increasingly turning to ancient, indigenous species to invigorate their menus and bring back a taste of the past. One of the most popular veggies making a comeback is the African Nightshade.

African Nightshade has long been grown and eaten in Africa. It is “one of the most important indigenous leafy vegetables in West and Central Africa.”<sup>1</sup> Unlike some other nightshade varieties, the fruit of the plant isn’t ingested. Instead, the broad leaves and shoots are cooked and enjoyed, often with the addition of milk or salt to cut the bitterness.<sup>2</sup>

This recipe takes the ancient way of cooking these greens and adds a modern twist. Spoiler Alert: There’s no spinach involved.

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

### INGREDIENTS

- 4 cups of African nightshade leaves
- Water (enough to cover the leaves)
- 1/4 cup of cream or milk
- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tablespoon of salt
- 2 tablespoons of oil



## INSTRUCTIONS

- Wash the leaves and drain.
- Boil one cup of water, add the leaves and cook for 15–25 minutes.
- Remove from heat and drain excess water if desired.
- Heat the oil in a pan, add the onions and fry until soft.
- Add the tomatoes and cooked leaves. Cook for two minutes, stirring occasionally.
- Add the cream and four cups water.
- Cover and cook for five minutes.

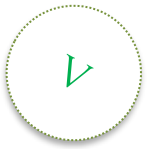
Recipe: *Africafreak*

## References

<sup>1</sup> Matt, S. (n.d.). African Nightshade: An Underappreciated Native Comes into the Light. Retrieved October 17, 2015.

<sup>2</sup> Ibid.

## EZEKIEL BREAD



You may have seen Ezekiel bread in the freezers where you shop and wondered, “What is this strange bread with a Bible verse on it?” It is actually a recipe taken straight out of the ancient Hebrew Bible.

In chapter four of Ezekiel, God instructs the prophet on how to make the bread and tells him to eat it while lying on his side every day at specific times for 390 days. This is the number of days that Jerusalem would be besieged. He also initially instructs Ezekiel to cook it using human “dung” as fuel, but after Ezekiel balks at this, God relents and allows him to use cow dung.<sup>1</sup> The entire process is used as a teaching tool for the nation of Israel.

Of course, none of this applies directly to us today, so why do we care about this bread? Well, it is extremely nutritious. The combination of grains and legumes results in a food that is hearty, filling and packed with vitamins and minerals.

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

### INGREDIENTS

- 2 1/2 cups of wheat berries
- 1 1/2 cups of spelt flour
- 1/2 cup of barley
- 1/2 cup of millet
- 1/4 cup of dry green lentils
- 2 tablespoons of dry great Northern beans
- 2 tablespoons of dry kidney beans
- 2 tablespoons of dried pinto beans
- 4 cups of warm water (110 degrees F/45 degrees C)



## INGREDIENTS cont.

- 1 cup of honey
- 1/2 cup of olive oil
- 2 (.25 ounce) packages of active dry yeast
- 2 tablespoons of salt

## INSTRUCTIONS

- Measure the water, honey, olive oil and yeast into a large bowl. Let sit for 3 to 5 minutes.
- Stir all of the grains and beans together until well mixed. Grind in a flour mill. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes. The dough will be like that of a batter bread. Pour dough into two greased 9 x 5 inch loaf pans.
- Let rise in a warm place for about 1 hour, or until dough has reached the top of the pan.
- Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until loaves are golden brown.

## References

<sup>1</sup> Hebrew Bible, Ezekiel, 4:12



## GLOBULI (ANCIENT ROMAN CHEESE CURDS)

Petronius, a Roman courtier in the first century CE, wrote that the students of his day “learn nothing but, ‘melitos verborum globulos et omnia dicta factaque quasi papavere et sesamo sparsa,’” which in English is, “honey-sweetened round globs of words and all things said and done as if sprinkled with poppy seed and sesame seed.”<sup>1</sup>

Apparently, this insult made perfect sense to Romans because students were familiar with the delicious fried food called globuli. We’ve already described how the Romans loved frying dough in our post on the history of doughnuts, [Bon Appetit Wednesday! Happy National Doughnut Day](#), and we’ve also explored their fondness for cheese in our post [Bon Appetit Wednesday! Celebrate an Olympic-Sized Love with Ancient Cheesecake](#). So it isn’t surprising that they joined their love of fried dough and cheese in order to create a treat that’s been enjoyed for thousands of years.

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

### INGREDIENTS

- Curd cheese, 500 g or about 1 lb
- 1 cup of semolina
- Honey
- Olive oil



### INSTRUCTIONS

- Drain the curd cheese. Use a sieve or colander, or let it hang in cheese cloth, or squash excess moisture out any way that suits you
- Mix with the semolina into a loose dough and let it sit for a few hours.



## INSTRUCTIONS cont.

- With wet hands, form the mixture into dumplings.
- Quickly fry dumplings in olive oil for a few minutes.
- Drain and roll in honey. Recipe: *PETA*

Recipe: *Susanna Duffy*

## References

<sup>1</sup> Ancient Foods Today! (n.d.). Retrieved July 3, 2015.

The word “moretum” is Latin and is usually translated as “salad,” but that’s not really an accurate translation.<sup>1</sup> It’s not a salad at all, at least not what we think of as salad in modern times. It’s a sort of spread or dip. Virgil is most often credited with the recipe. In his poem entitled “Moretum” he tells the story of Symilus, a peasant farmer who is making his morning meal. He first makes the bread, but quickly realizes he has no meat to go along with the crusty creation. Concerned that man cannot survive on bread alone, he decides to make an accompaniment for his baked good. Virgil then describes the process by which Symilus makes his moretum.

The recipe below is slightly different from Symilus’ recipe. It has less garlic and leaves out one ingredient, rue, entirely. Rue can be poisonous so of course we thought it best not to include that.

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

### INGREDIENTS

- 1 clove of garlic
- 1/2 of a celery stick (with its leaves)
- A small bunch of flat-leaf parsley
- 1 tablespoon of coriander seeds
- A pinch of salt
- Some aged pecorino cheese  
(approx. 8 ounces), feta is also a popular option
- 1 teaspoon of extra virgin olive oil
- A splash of vinegar



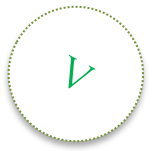
## INSTRUCTIONS

- Peel the garlic, add to the mortar and grind.
- Add the salt, the cheese and the celery to the mortar and mash them up too. Really make sure to mix them well with the garlic from earlier.
- To this paste, add the coriander seeds, parsley, oil and vinegar. I find that it is helpful to add the parsley in batches and break it down bit by bit rather than trying to do it all at once and making a mess. Test for flavor – if it is too garlicky, add more parsley.
- Grab some bread and dip or spread ‘til your heart’s content!

Recipe: *Adapted from Pass the Garum*

## References

<sup>1</sup> The Salad. (n.d.). Retrieved March 17, 2015, from <http://virgil.org/appendix/moretum.htm>



Although naan is now eaten all over the world and is often associated with South Asian cuisine in general, it is originally from India. The first mention of naan in recorded history is from 1300 CE. The poet Amir Kushrau wrote in his notes that naan-e-tunuk (light bread) naan-e-tanuri (cooked in a tandoor oven) was cooked at the Imperial Court in Delhi.<sup>1</sup> Yeast, one of naan's main components, was brought to India from Egypt and thus was expensive to obtain. For that reason, naan was mainly found in richer households and was, for many centuries, associated with royalty.

Thankfully, you don't have to be royalty to enjoy naan today. And this vegan recipe is sure to please everyone!

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

## INGREDIENTS

*Serves 6*

- 1 teaspoon of active dry yeast (1/2 package)
- 1/2 cup of warm water
- 1 tablespoon of sugar
- 3 tablespoons of soy milk
- 1 teaspoon of salt
- 1 3/4-2 cups of bread flour
- 2 tablespoons of olive oil



## INSTRUCTIONS

- In a large bowl, dissolve the yeast in warm water. Let stand about ten minutes, until frothy.
- Stir in the sugar, soy milk, salt and enough flour to make a soft dough, between 1 3/4 to 2 cups.
- Knead for six to eight minutes on a lightly floured surface or until smooth. Place in a well-oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.
- Punch down the dough, then roll into golf ball-size pieces and place on a baking sheet. Cover with a towel and allow to rise until doubled in size, about 30 minutes.
- Preheat a pan to high heat and lightly oil. Roll each ball of dough into a thin circle, then add to pan one at a time. Cook for two to three minutes, or until bubbles begin to brown and brush the top side with additional oil. Flip the bread and cook for two to three minutes on the other side. Continue until all the bread is cooked.

Recipe: *PETA*

## References

- <sup>1</sup> Gopal, S. (2011, February 21). History of the Naan. Retrieved February 5, 2015.

# NETTLE PUDDING

Why would anyone ever want to eat something called a “stinging nettle?” Well, because it’s delicious and nutritious! Our ancient ancestors knew the value of this unhappily named plant and you can still enjoy it today.

The stinging nettle has long been an important food source and was greatly appreciated by ancient cultures. Its use as food has always been closely tied to its medicinal value. Often it would be ingested during the spring because it was believed to help in circulation and could restore warmth to the body after the cold winter months.<sup>1</sup> Generally, the younger plants were chosen for food because they are less bitter, but more mature leaves can be boiled until they are suitable for ingestion. The Romans boiled nettles along with meat in order to tenderize it. Europeans used it in soups and puddings like the one below. In fact, in 2007 the recipe below was named Britain’s oldest recipe and is believed to be from around 6,000 BCE.<sup>2</sup>

So take a chance on an unusual food and live on the wild side by eating some Nettle Pudding. It’s rich in vitamins and minerals as well as ancient history!

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

## INGREDIENTS

- 1 bunch of sorrel
- 1 bunch of watercress
- 1 bunch of dandelion leaves
- 2 bunches of young nettle leaves
- Some chives
- 1 cup of barley flour
- 1 teaspoon of salt



## INSTRUCTIONS

- Chop the herbs finely and mix in the barley flour and salt.
- Add enough water to bind it together and place in the center of a linen or muslin cloth.
- Tie the cloth securely and add to a pot of simmering venison or wild boar (a pork joint will do just as well). Make sure the string is long enough to pull the pudding from the pot.
- Cook the pudding until the meat is done (at least two hours).
- Leave the pudding to cool slightly, remove the muslin, then cut the pudding into thick slices with a knife.
- Serve the pudding with chunks of barley bread.

\*The pudding can be served along side the meat with which it was cooked, or it can be served as its own stand-alone dish.

Recipe: *Ancient Craft and Celtnet Recipes*

## References

<sup>1</sup> Vance, K. (n.d.). History of Stinging Nettle. Retrieved January 2, 2015.

<sup>2</sup> Macrae, F. (n.d.). Traditional English cooking: Nettle pudding and other ancient recipes. Retrieved January 2, 2015.

# SWEET AND EASY CORN ON THE COB



You may be surprised to learn that the yellow kernel we've come to know and love doesn't actually grow anywhere in the wild.

Domestication of modern maize began about 9,000 years ago in the Central Balsas River Valley of southern Mexico.<sup>1</sup> Its ancient wild relative is a grass called Balsas teosinte.<sup>2</sup>

Over thousands of years, ancient agriculturalists turned the useless grass into an "easily harvested food crop."<sup>3</sup> Once it was cultivated it quickly became a dietary staple.

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

## INGREDIENTS

- 2 tablespoons of white sugar
- 1 tablespoon of lemon juice
- 6 ears of corn on the cob, husks and silk removed



## INSTRUCTIONS

- Fill a large pot about 3/4 full of water and bring to a boil.
- Stir in sugar and lemon juice, dissolving the sugar.
- Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes.

Recipe: *NoRecipes.com*

## References

<sup>1</sup> Tracking the Ancestry of Corn Back 9,000 Years. (2010, May 24). Retrieved November 18, 2015, from [http://www.nytimes.com/2010/05/25/science/25creature.html?\\_r=0](http://www.nytimes.com/2010/05/25/science/25creature.html?_r=0)

<sup>2</sup> Ibid

<sup>3</sup> Ibid.



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## DESSERTS

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Cherries have a long and juicy history. Here are some of the highlights.

- The common cherry comes from the tree *Prunus avium*. The tree's name is Latin and means of or for the birds because our feathered friends have always loved the succulent fruit of the cherry tree.<sup>1</sup>
- The cherry was part of the cuisines of several ancient cultures, including the Greeks, Romans, Egyptians and Mesopotamians. In fact, the word cherry comes from the Greek *kerasos* and the Assyrian *karsu*.<sup>2</sup>
- When European colonists arrived in America they found that a species of cherry called *Prunus serotina* was already strongly rooted in the New World. However, they brought their favorite *Prunus avium* with them and the two were eventually cross-bred. Today, there are thousands of cherry varieties.<sup>3</sup>
- In the 8th century CE, the Japanese began transplanting cherry blossom trees from the mountains to more populated areas to be seen and enjoyed. The trees were venerated and regarded as a symbol of reproduction and new life.<sup>4</sup>

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

## INGREDIENTS

*Serves 6*

- 1/2 cup of natural cane sugar
- 16 ounces of sweet cherries, pitted
- 3 eggs
- 1 1/4 cups of buttermilk
- 1/3 cup of almond flour



## INGREDIENTS cont.

- 2 tablespoons of brown rice flour (or all purpose but then it won't be gluten-free)
- 2 teaspoons of vanilla extract
- 2 teaspoons of finely grated ginger
- 1/4 teaspoon of fine sea salt
- Confectioners' sugar, for dusting

## INSTRUCTIONS

- Preheat the oven to 375° f. Grease a 9-inch pie pan with unsalted butter. Sprinkle with 1 tablespoon of the sugar.
- Arrange the cherries in a single layer on the bottom of the pan. Set aside.
- In a bowl, whisk together the eggs, buttermilk, remaining sugar, almond flour, brown rice flour, vanilla ginger and salt until smooth. Pour evenly over the fruit.
- Bake for about 50 minutes, until golden brown around the edges and set in the center. Test by inserting a toothpick in the center—if it comes out clean, the clafoutis is ready.
- Allow to cool slightly, then dust with confectioners' sugar and serve.

Recipe: *This Is Glamorous*

## References

<sup>1</sup> Filippone, P. (n.d.). Cherry History – Food History. Retrieved April 4, 2015, from <http://homecooking.about.com/od/foodhistory/a/cherryhistory.htm>

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

<sup>4</sup> Rolfes, E. (n.d.). For Hundreds of Years, Cherry Blossoms Are Matter of Life and Death. Retrieved April 4, 2015, from <http://www.pbs.org/newshour/rundown/for-more-than-1000-years-cherry-blossoms-move-world-to-emotion/>

## DULCIA DOMESTICA (DATE CANDIES)



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>2</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>3</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>4</sup> Eventually, traders spread the tasty fruit around the world and today it is enjoyed by many different cultures.

The date wasn't just beloved by the Mesopotamians. It became a staple in many cultures including the ancient Egyptians, Romans and other groups across the Middle East. The recipe below was beloved by the Romans.

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

### INGREDIENTS

*Serves 4*

- 7 ounces of fresh dates in honey
- 2 ounces of course ground nuts (nuts of your choice) or pine kernels (you can also use whole blanched almonds, you'll need approx. 2 per date)
- Freshly ground black pepper (you can also use cayenne, cinnamon or pumpkin pie spice depending on your preference)
- 1/2 cup of red wine
- 2 tablespoons of honey



## INSTRUCTIONS

- Mix the ground nuts/kernels or whole blanched almonds with the spice of your choice.
- Stone the dates and fill them with either the ground nuts/kernels or whole blanched almonds.
- Place the nuts in a shallow sauce pan with the red wine and honey and allow to simmer for approx. five to 10 minutes.
- Serve with a bit of the wine sauce drizzled on top.

Recipe: *Recipe taken from the Roman cookbook “De Re Coquinaria” credited to Apicius (Editor’s note: Apicius is a Roman book of recipes compiled in the late 4th to early 5th centuries CE.)*

## References

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

<sup>2</sup> (n.d.). Retrieved November 18, 2015, from [http://oregonstate.edu/instruct/nutr216/ref/symposium\\_jambi.html](http://oregonstate.edu/instruct/nutr216/ref/symposium_jambi.html)

<sup>3</sup> Ibid.

# GREAT-GRANDMOTHER BUBBIE'S HAMANTASCHEN

This scrumptious little cookie is synonymous with the holiday Purim, a commemoration of the salvation of the Jewish people from a mass extermination. The extermination was planned in the 4<sup>th</sup> century CE by Haman, one of king Ahasuerus' chief advisors. Ultimately, the Jews were saved through the bravery of the king's wife Esther, and Haman was put to death.

Hamantaschen is a Yiddish word that means "Haman's pockets," and the cookies represent the deception of Haman and the uncovering of his plot by Esther and her cousin Mordecai.<sup>1</sup> The shape of the cookies has various possible meanings. One belief is that the triangular shape represents the three-pointed hat that Haman wore, while another suggests it is emblematic of the three founders of Judaism- Abraham, Isaac and Jacob.<sup>2</sup> A third, less appetizing option is that the shape is reminiscent of human ears, which were often cut off prior to execution by hanging.<sup>3</sup>

So it is clear Hamantaschen is not just a cookie filled to the brim with gooey deliciousness, it is a tradition steeped in symbolism and history.

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

## INGREDIENTS

*Makes one 3 dozen*

- 2 cups of pitted prunes, cooked, drained and mashed
- 2 cups of dried apricots, cooked drained and mashed
- 3 eggs
- 1 cup of white sugar
- 1/2 cup of safflower oil



## INGREDIENTS cont.

- 1 lemon, zested
- 1 orange, zested
- 4 cups of unbleached all-purpose flour
- 2 teaspoons of baking powder
- 1 tablespoon of lemon juice
- 1/2 cup of chopped walnuts
- 1/3 cup of white sugar, or to taste

## INSTRUCTIONS

- Place prunes and apricots into a large pot filled with water and bring to a rolling boil over high heat. Cook the fruit uncovered, stirring occasionally, until the fruit is tender, about 15 minutes. Drain fruit in a colander and mash together in a bowl using a fork. Set aside.
- Preheat an oven to 350 degrees F (175 degrees C).
- Whisk eggs, 1 cup sugar, oil, lemon zest and orange zest together in a bowl and set aside. Sift flour and baking powder together in a large bowl. Stir in the egg mixture, kneading with hands until the dough comes together. Roll out dough to about 1/4 inch in thickness on a lightly floured surface. Cut circles out using a cookie cutter or the rim of a drinking glass.
- Mix prune and apricot mixture, lemon juice, walnuts and 1/3 cup sugar in a bowl. Place a tablespoon of the filling in the center of the cookie. Pinch the edges firmly together to create a triangle, leaving the center open to expose the filling. Repeat with the remaining cookies.
- Bake in the preheated oven until golden brown, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Recipe: *Aliza Finley on AllRecipes.com*



## References

<sup>1</sup> Wasserman, T. (n.d.). Hamantaschen: The First Thousand Ears | Reform Judaism. Retrieved March 2, 2015, from <http://www.reformjudaism.org/hamantaschen-first-thousand-ears>

<sup>2</sup> Pelaia, A. (n.d.). What Are Hamantaschen? Retrieved March 2, 2015, from <http://judaism.about.com/od/holidays/a/hamantaschen.htm>

<sup>3</sup> Ibid.

## LEMON BUTTERMILK PIE WITH SAFFRON

Saffron has been used for millennia as a spice and dye, but it is its medicinal uses that really took the spotlight in ancient times. Saffron threads are actually the dried stigmas of crocus bulbs. They cannot be harvested by any machine and must instead be plucked by hand from the delicate flowers. There are only three strands of saffron per bulb and so it takes 72,000 flowers to make one pound of the delicate spice.<sup>1</sup> Unsurprisingly, this pound of painstakingly harvested saffron generally costs around \$1,000 US dollars. Perhaps more surprising is that according to prehistoric evidence, humans have been willing to undertake this slow and arduous task for over 50,000 years.<sup>2</sup>

“Primeval traces of saffron are found in the prehistoric beasts painted on the cold walls of Iraqi caves and in tattered threads pulled from disintegrating carpets and funeral shrouds of the ancient Persian court.”<sup>3</sup> 16th century BCE frescoes from the Greek island of Thera depict a goddess overseeing “the manufacture and use of a drug from the saffron flower.”<sup>4</sup> In fact, we have written records from numerous countries about the use of saffron to treat 90 illnesses over the past 4,000 years, including the oldest known record, an Assyrian botanical dictionary from the 7th century BCE.<sup>5</sup>

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

### INGREDIENTS

*Serves 8*

#### BUTTERMILK PIE DOUGH

- 1 1/4 of cups all-purpose flour
- 1 tablespoon of sugar
- 1/2 teaspoon of kosher salt
- 1/2 cup (1 stick) of chilled unsalted butter, cut into pieces
- 1/4 cup of buttermilk



## INGREDIENTS cont.

### FILLING AND ASSEMBLY

- 2 tablespoons all-purpose flour, plus more
- 6 large egg yolks
- 3 large eggs
- 1 1/4 cups of buttermilk
- 1 1/4 cups of sugar
- 1 tablespoon of finely grated lemon zest
- 1/3 cup of fresh lemon juice
- 1/4 teaspoon of kosher salt
- A pinch of saffron threads
- 2 tablespoons of unsalted butter, melted, cooled slightly
- Whipped cream (for serving)

## INSTRUCTIONS

### BUTTERMILK PIE DOUGH

- Pulse flour, sugar and salt in a food processor to combine. Add butter and pulse until mixture resembles coarse meal with a few pea-size pieces of butter remaining.
- Transfer to a large bowl and add buttermilk. Mix with a fork, adding more buttermilk by the tablespoon if needed, just until a shaggy dough comes together; knead very lightly until no dry spots remain. Pat into a disk and wrap in plastic. Chill at least 4 hours.

\*Do Ahead: Dough can be made 2 days ahead. Keep chilled.

### FILLING AND ASSEMBLY

- Preheat oven to 325°. Roll out pie dough on a lightly floured surface to a 14" round. Transfer to a 9" pie dish, allowing dough to slump down into dish. Trim dough, leaving about 1" overhang. Fold overhang under and crimp edge. Prick bottom all over with a fork. Freeze 15 minutes.



## INSTRUCTIONS cont.

### FILLING AND ASSEMBLY cont.

- Line crust with parchment paper or foil, leaving an overhang, and fill with pie weights or dried beans. Place pie dish on a rimmed baking sheet and bake until crust is dry around the edge, 20–25 minutes. Remove parchment and weights; bake until surface looks dry, 10–12 minutes longer.
- Meanwhile, blend egg yolks, eggs, buttermilk, sugar, lemon zest, lemon juice, salt and saffron in a blender until smooth. With motor running, add 2 tablespoons of flour, then butter. Tap blender jar against countertop to burst any air bubbles in filling and pour into warm crust.
- Bake pie, rotating halfway through and covering edges with foil if they brown too much before filling is done, until filling is set around edge but center jiggles slightly, 55–65 minutes. Transfer pie dish to a wire rack and let pie cool. Serve pie with whipped cream.

\*Do Ahead: Pie can be baked 2 days ahead. Keep at room temperature up to 6 hours; cover and chill to hold longer.

Recipe: *Bon Appétit* by Alison Roman

### References

<sup>1</sup> Thomson, J. (n.d.). The Surprisingly Beautiful Origin Of Saffron. Retrieved May 8, 2015, from [http://www.huffingtonpost.com/2014/03/24/saffron-origin\\_n\\_5006403.html](http://www.huffingtonpost.com/2014/03/24/saffron-origin_n_5006403.html)

<sup>2</sup> Sayer, J. (n.d.). The Ancient Flower That Heals The Human Soul. Retrieved May 8, 2015.

<sup>3</sup> Willard, P. (2002), *Secrets of Saffron: The Vagabond Life of the World's Most Seductive Spice*, Beacon Press (published 11 April 2002), ISBN 978-0-8070-5009-5

<sup>4</sup> Honan, WH (2004), "Researchers Rewrite First Chapter for the History of Medicine", *The New York Times* [January 10, 2006].

<sup>5</sup> Ibid.

# NANNY'S GRAPE SALAD

GF

The sweet, succulent grape. It's a fruit that has found its way into cultures around the world. Its cultivation goes all the way back to the Neolithic era (6,000-6500 BCE). Over the next centuries its production spread from the Caucasians to Asia Minor and to the Nile Delta through the Fertile Crescent. It became an important product for consumption, sale and trade in ancient times, as evidenced by the Code of Hammurabi (c. 1700 BCE), which decreed how wine was to be sold in Mesopotamia.<sup>1</sup> (Interestingly, women were allowed to own property and sell wine, so much of the code refers to female vendors.) The Greeks, Phoenicians and Romans extolled the glories of the grape in action, song and verse throughout the known world. By the fall of the Roman Empire the grape was firmly entrenched and the rise of the Christian church allowed a new stream of wine production through thousands of monasteries. As the centuries unfolded wine became a mainstay for cultural and religious reasons and as well in places and times where potable water was absent. There is so much more to the history of this tiny little fruit. Click [here](#) to learn more about the grape.

## INGREDIENTS

*Serves 8*

- 1 cup of chopped pecans
- 1/3 cup of white sugar
- 1 (8 ounce) package of cream cheese, softened
- 1 teaspoon of vanilla extract
- 2 pounds of red seedless grapes



## INSTRUCTIONS cont.

- Place pecans in a skillet over medium-low heat; cook and stir until pecans are toasted and fragrant, 3 to 5 minutes. Remove from heat and pour into a heatproof bowl; stir to prevent nuts from overcooking.
- Beat sugar, cream cheese, and vanilla extract together with an electric mixer in a bowl until smooth. Fold in pecans and grapes. Stir gently until grapes are coated.

Recipe: *All Recipes*

### References

<sup>1</sup> Kurtural, D. (n.d.). A Brief History of the Grape and Its Uses. Retrieved December 31, 2014, from <http://www.uky.edu/Ag/CCD/history&uses.pdf>

Wojapi is a traditional Native American dish that has been enjoyed for centuries. We give you fair warning that once you've had your first taste of wojapi, you won't be able to put down the spoon.

Wojapi has been made by Native American tribes for centuries, with each generation passing the recipe down through the family. It is created with a combination of wild berries that can be found growing on the Great Plains, corn flour and honey. One of the favored berries for the recipe is the chokecherry. Used extensively by the North American Native tribes, the chokeberries were ground up, including the stones, and used in soups, stews, pemmican and even with salmon or salmon eggs.<sup>1</sup> The bark and even the roots of the chokecherry trees were used in medicines to treat a host of illnesses.<sup>2</sup> The time of year when the chokecherry trees were in bloom was called a "black cherry moon." The chokecherry was so important to the Cheyenne and Blackfoot tribes that they simply called the fruit "berry."<sup>4,5</sup>

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

## INGREDIENTS

- Berries (Wild Choke Cherry, plum, sand cherry, currant, buffalo berry, or grape. All wild, all found on the Great Plains.) \*Substitute any combination of available fresh berries.
- Wild corn flour
- Honey



## INSTRUCTIONS

- Mash fruit, boil pulp for about one hour at low heat, strain through a cheese cloth type cloth. (This first cut is used for fine jelly).
- Boil again for an hour, remove seeds and half the pulp, add a white sauce of water and flour to boiling fruit and water. Thicken and add honey to taste. (This second cut is wojapi).
- Crush seeds and remaining pulp, boil for hour. Strain juice and add thickener, salt and a small amount of wild honey. (this final cut is meat dressing or BBQ sauce)
- Serve with ice cream or frye bread.
- You can substitute corn starch for wild corn flour.

Recipe: *Turtletrack.org*

## References

<sup>1</sup> Prairie Elements – Biology and Culture of the Chokecherry. (n.d.). Retrieved May 15, 2015, from <http://www.prairie-elements.ca/chokecherry.html>

<sup>2</sup> Foods Indigenous to the Western Hemisphere. (n.d.). Retrieved May 15, 2015, from <http://www.aihd.ku.edu/foods/chokeberries.html>

<sup>3</sup> Prairie Elements.

<sup>4</sup> Ibid.

<sup>5</sup> Foods Indigenous to the Western Hemisphere.

## OLD FASHIONED APPLE PIE

The modern festival Mabon, celebrated during the autumnal equinox, has its roots in ancient Celtic celebrations. The Celts believed this was a time for being thankful for the summer, honoring the approaching darkness of the winter and preparing for the Samhain, a festival to celebrate the coming of winter. Much of the festival revolved around sharing harvest fruits and vegetables. Apples were and continue to be of particular importance. First, when cut in half, the five pointed star can be seen in the center of the fruit. This is believed to be a highly magical symbol. Second, the apple itself is believed to be a divine symbol and its trees are representative of wisdom and guidance.<sup>1</sup> So, during the Mabon festival, it is important to feast on apples.

Of course, it doesn't need to be Mabon or even autumn for you to enjoy a slice of good 'ol apple pie!

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

### INGREDIENTS

- 2 (9 inch) unbaked pie crusts
- 7 cups of peeled, cored and sliced apples
- 1 cup of white sugar
- 2 tablespoons of all-purpose flour
- 1 teaspoon of ground cinnamon
- 1/8 teaspoon of ground nutmeg
- 1/4 teaspoon of salt
- 2 tablespoons of butter



## INSTRUCTIONS

- Preheat oven to 425 degrees F (220 degrees C).
- In a bowl combine apples, sugar, flour, cinnamon, nutmeg and salt. Place mixture in a pastry-lined 9 inch pie plate. Dot with butter and adjust top crust that has been vented.
- Place in oven and bake at 425 degrees F (220 degrees C) for 10 minutes. Turn oven temperature down to 275-300 degrees F (135-150 degrees C) and bake 40-50 minutes or until crust is golden brown and apples are tender. Let cool and serve.

## References

- <sup>1</sup> Wigington, P. (n.d.). Hold a Mabon Apple Harvest Rite. Retrieved September 22, 2015.

## JIAN DUI (SESAME BALLS)



Chewy and crispy, sweet and savory, this ancient Chinese treat has it all. Sesame balls, Jian Dui, date back to the Tang Dynasty (7th century CE) in China. These round pastries were a popular palace food in Chang'an, the capital of the Tang Dynasty.<sup>1</sup> Not surprisingly, as people migrated across China, they brought Sesame Balls with them and the recipe persisted from century to century.

It is a simple, but delicious treat. Made of a glutinous rice flour covered in crispy sesame seeds and filled with sweet lotus paste, black bean paste or red bean paste, these delightful spheres are the perfect harmony of flavors and textures. In fact, they are so delightful, their Chinese name, “Jian Dui,” translates to “smiling mouth cookies.”<sup>2</sup> The happy little treats are often served at holidays and occasions such as New Year's because they symbolize happiness and laughter.<sup>3</sup>

Of course, there's no reason why you can't enjoy them any time of the year! Bake up a batch tonight. We bet you can't eat just one!

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

### INGREDIENTS

*Yields 12 balls*

- 1/3 cup of brown sugar
- 2 cups of glutinous rice flour, plus more for dusting
- 1/4 cup of sweetened red bean paste
- 1/2 large ripe banana, cut into 12 small pieces
- 1/2 cup of white sesame seeds, plus more if needed
- Vegetable or peanut oil, for frying



## INSTRUCTIONS

- Dissolve the brown sugar in 1/3 cup boiling water. Once the sugar is dissolved, add in 1/3 cup cold water to bring down the temperature.
- In a large mixing bowl, add the rice flour and make a well in the center. Stir in the brown sugar water and stir to combine. Once combined, knead the dough in the bowl for 5 minutes and shape into a ball. Dough should be soft, pliable and smooth; add more flour or water if need be to adjust the consistency.
- Roll the dough into a log, and then divide the log into 12 even pieces. Dust your hands with a little rice flour and form each piece into a ball roughly the size of a large walnut.
- With the palm of your hands, flatten the dough balls into disks. Place 1/4 teaspoon red bean paste and a piece of banana in the center of each of the disks. Gather the sides toward the center and pinch close. Gently roll in the palms of your hands to reshape into a ball. Repeat with the remaining balls. Once all the balls are filled and formed, roll in the sesame seeds to coat thoroughly.
- Heat 3 inches of oil in a pot or wok to 350 degrees F, or until a piece of dough browns in 15 seconds.
- Deep-fry the sesame seed balls, a few at a time, until the sesame seeds are golden and the balls float to the surface, 3 to 4 minutes. Remove from the oil with a slotted spoon and drain on paper towels. Best served warm.

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

## References

<sup>1</sup> Nguyen, A. (2009). *Asian dumplings: Mastering gyōza, spring rolls, samosas, and more*. Berkeley [Calif.: Ten Speed Press.

<sup>2</sup> Smiling sesame-ball cookies for the Chinese New Year – Chatelaine. (2014, January 30). Retrieved October 31, 2015.

<sup>3</sup> Ibid.

## SIMPLE RICOTTA TART

Did you know that soft, delicious ricotta cheese isn't really a cheese at all? It's actually a creamy curd that has been cooked twice. The excess whey leftover when making cheese is skimmed off and then recooked, at which point the albumin in the whey solidifies and becomes the ricotta cheese we know and love. Of course, something this delicious has many potential origins, but it almost certainly evolved, as so many ancient foods did, out of necessity. It came from "peasant thrift, dairy farmyard recycling and domestic frugality."<sup>1</sup>

Today, ricotta has thrown off the shackles of its lowly social position and finally come into its own. It is rarely the star ingredient, demanding attention and claiming the spotlight; instead, it quietly and confidently supports and enhances the ingredients around it. Sweet and savory recipes alike can benefit from ricotta and yet, the cheese that's not really a cheese can also stand simply on its own as a light snack with a bit of salt and pepper or some honey. Enjoy the recipe below and delight in the enduring flavor of this wonderfully versatile food.

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

### INGREDIENTS

Click [here](#) to see a video of this yummy tart being made.

#### TART DOUGH

- 1 ½ cups of all-purpose flour
- ½ cup of blanched sliced almonds
- ⅓ cup of confectioners' sugar
- Grated zest of 1 lemon
- Pinch kosher salt



## INGREDIENTS cont.

### TART DOUGH cont.

- 1/2 cup/1 stick of unsalted butter, cold and cubed
- 1 large egg, lightly beaten
- 1 tablespoon of poppy seeds

### FILLING

- 1/4 cup of mascarpone
- 1/4 cup of sugar
- 1/8 teaspoon of cinnamon
- 1 3/4 cups of ricotta
- 1 large egg plus 1 large egg white
- 1 teaspoon of good strong honey, more for drizzling (optional)
- 1/8 teaspoon of kosher salt

## INSTRUCTIONS

- Make the tart shell: Place 1/4 cup of flour and the almonds in a food processor with the blade attachment. Process until almonds are finely ground, about 1 minute. Add remaining 1 1/4 cups of flour, the sugar, the lemon zest and the salt. Pulse to combine.
- Add butter and pulse until a coarse meal forms. Add egg and pulse just until a crumbly dough comes together. Add poppy seeds and pulse briefly to combine. Press dough into a disk, wrap in plastic and chill for at least 1 hour or overnight.
- When ready to bake the tart, roll the dough out between two sheets of plastic to a 3/8-inch thickness. Line a 9-inch tart pan with the dough and chill for 30 minutes.
- Heat oven to 325 degrees. Line the tart shell with foil and fill with baking weights. Bake for 20 minutes, then carefully remove the foil and baking weights. Continue baking, uncovered, for about 15 additional minutes or until tart is light golden in color.



## INSTRUCTIONS cont.

- While the tart crust is baking, make the filling: In the bowl of an electric mixer, combine mascarpone, sugar and cinnamon. Using the paddle attachment, beat mixture until light and fluffy, about two minutes. Add ricotta, egg plus egg white, honey and salt, and mix to combine. Pour filling into baked tart shell and smooth the top (crust can still be hot when you add the filling).
- Bake tart for 20 to 30 minutes, or until filling is just set in the center (a little wobble is O.K.). Let cool at room temperature on a wire rack. If you like, drizzle with honey or arrange fruit on top just before serving. Tart is best served the same day as baking.
- [Click here](#) for delicious seasonal fruit ideas to add to your tart.

Recipe: *The New York Times*

### References

<sup>1</sup> De Soissons, S. (n.d.). Fifty shades of whey – the history and making of ricotta. Retrieved May 20, 2015.

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## BEVERAGES & LIBATIONS



We love chocolate at AntiquityNOW, so it shouldn't be surprising that given the chance to bring you another chocolate recipe we jumped for joy! This holiday season, look no further for the drink that will delight your guests and make you the talk of the party scene: cacao wine from ancient Honduras.

Long before humans were making chocolate sauce and chocolate candies, they were making cacao wine. In fact, the fermented drink was the motivation for domesticating the cacao plant. In order to capture the cacao beans inside the pod, the fruit was first allowed to ferment around the bean. The fermented fruit became a drink with an alcohol content similar to modern beer.<sup>1</sup> "The earliest evidence for this cacao-based wine comes from chemical analysis of pottery fragments recovered at the Puerto Escondido site in Honduras dating to as early as 1400 B.C."<sup>2</sup> Eventually, the Mesoamericans turned to the cacao beans alone for their beverages, realizing they could combine the crushed beans with water and other spices and allow that drink to ferment in order to enjoy an even more appetizing cacao wine.

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

## INGREDIENTS

- 2 lbs. of agave nectar
- 4 ounces of cacao nibs
- 1 serrano chile
- Red star pasteur champagne yeast
- Mint
- 2-3 ounces of annato



## INSTRUCTIONS

- Heat about 12 cups of water up to 150 degrees Fahrenheit. While the water is heating, prepare the other ingredients.
- Stem, seed, and chop the serrano chile into large pieces.
- Take two ounces of the cacao nibs and work thoroughly with pestle and mortar.
- Mix the chile, ground cacao, and agave into the water and hold at 150 degrees for 15 minutes.
- Allow the liquid to cool, remove the chile pieces, and transfer the liquid to a gallon carboy.
- Put a pinch of Red star pasteur champagne yeast into the carboy.
- Allow to ferment for two weeks.
- Tear up seven mint leaves and add it to the fermented liquid. Allow the drink to ferment for another 24 hours.
- Grind the annatto to a fine powder and add it to the drink.
- Strain the wine into a large pot.
- Grind the remaining cacao nibs into a very fine powder and mix it into the drink.
- Pour the wine into two 2 liter growlers and place the growlers into a pot of water. Cover the pots and gradually heat the water. Once the internal temperature of the growlers reaches 165 degrees, hold it there for 15 seconds.
- Cool the wine, seal the growlers, and place them in a fridge. After several days, take out your growlers and sample your wine!

Recipe: Adapted from *Epic Curiosity*.

## References

<sup>1</sup> Brewing with Chocolate: Aztec Cacao Wine. (2014, May 24). Retrieved November 27, 2015, from <http://epic-curiosity.com/2014/05/brewing-chocolate-aztec-cacao-wine.html>

<sup>2</sup> Cheers! Eight ancient drinks uncorked by science. (2009, December 15). Retrieved November 27, 2015, from [http://www.nbcnews.com/id/34435526/ns/technology\\_and\\_science-science/t/cheers-eight-ancient-drinks-uncorked-science/#.VljVVfmrSM8](http://www.nbcnews.com/id/34435526/ns/technology_and_science-science/t/cheers-eight-ancient-drinks-uncorked-science/#.VljVVfmrSM8)

## (CELTIC) WOODRUFF SPICED WINE



When the seasons changed and the cold of winter gave way to the warmth of spring, the ancient Celts celebrated with the Beltane festival. They feasted on food and drink, reflecting their deep spiritual intertwining with the natural world around them.

One of these ancient drinks is a spiced wine that uses woodruff leaves, a favorite of the Celts, to obtain its unique flavor. The woodruff is said to banish the winter chill and welcome the spring.

Add some of our other Bon Appetit Wednesday recipes to make it a full Celtic meal: [Oatcakes](#), [Asparagus with Curry Butter](#) and [Nettle Pudding](#).

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

### INGREDIENTS

- One bottle of a light white wine
- 1/2 ounces of dried woodruff
- A bit of sugar, if desired



### INSTRUCTIONS

- Mix together all of the ingredients, cover and let it sit in the refrigerator overnight or for at least 8 hours so the wine can be infused with the spice and sugar.
- Serve with your Celtic feast!



## KEFIR SMOOTHIE



Kefir is a fermented milk drink with a consistency similar to drinkable yogurt. It originated centuries ago with the nomadic, shepherding peoples of the Caucasus Mountains. The exact date is unknown, perhaps because the making of the drink was a closely guarded secret for many years. The process of making kefir was a simple one. Milk from cows, goats or sheep was poured into watertight, animal skin bags before adding the kefir grains, which we'll discuss below. The bag was then hung out in the sun. After sunset, the bag was brought inside and suspended near a place of high traffic where everyone would poke and prod it in order to make sure it stayed well-mixed. As the fermented drink was consumed, more milk would be added and the process would continue on and on uninterrupted, an efficacious process since the kefir grains are self-sustaining.

Kefir's health-giving properties are due to the kefir grains, which have been referred to as “magical grains” because their origin of discovery is so mysterious.<sup>1</sup> Click [here](#) to uncover the mystery!

### INGREDIENTS

- 1 cup of cold kefir (you can buy it at any health food store or make your own)
- 1 frozen banana
- 1 cup of frozen cherries
- Honey to taste

\*If your fruit isn't frozen, add a few ice cubes to the mix.



## INSTRUCTIONS

- Place all ingredients into a blender and blend. Use smoothie setting if possible.
- Pour into a tall glass and sip away!

\*You can add some spinach or other greens if you'd like a bit more fiber. Experiment with different fruits and veggies. Kefir goes with everything!.

### References

<sup>1</sup> Why I Love Kefir and What Are Kefir Grains? (n.d.). Retrieved January 18, 2015, from <http://www.homemademommy.net/2012/09/why-i-love-kefir-and-what-are-kefir-grains.html>

Mead, at its most basic, is a fermented drink of honey and water; however, there are variations that include fruits, spices, grains and hops. It has been suggested that the drink was most likely discovered by prehistoric hunter-gatherer societies when they happened upon upturned beehives that had filled with rainwater. The honey and water had fermented over time and when the ancients drank it, they were treated to the world's first alcoholic beverage.<sup>1</sup> Some form of this discovery most likely occurred in many different places all over the ancient world since we have widespread writings about mead from numerous cultures. Mead held a place of importance in antiquity and was often tied to myth and religion.

Several hundred years ago, mead-making declined sharply all over the world. People began to prefer wine and beer. Also, with the spread of sugar as a sweetener, honey was less in demand. However, in recent years mead has made a comeback, especially in the United States where numerous meaderies have opened up all across the country. More and more people are trying this ancient drink and delighting in the many varieties that can be produced.

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

### INGREDIENTS

- 2 parts traditional mead (See the recipe on the next page for traditional mead)
- 1 part bourbon

### INSTRUCTIONS

- Serve over ice, preferably in a rocks glass.

Recipe: *Cocktail Atlas*



# EASY, INEXPENSIVE HOMEMADE MEAD

## INGREDIENTS

- 1 gallon of spring water (room temperature, do not get refrigerated)
- 3 pounds of honey – pure unprocessed
- 1 bag of balloons big enough to stretch over the mouth of the spring water jug
- 1 package of Fleishmann's Yeast
- 1 box of raisins
- 1 orange

\*If you can't get Fleishmann's Yeast here are some perfectly suitable alternates: Narbonne Yeast (Lalvin 71B-1122), Lalvin D-47, or Montpelier Lalvin (K1V-1116)

\*\*If you would like to add a bit of spice to this recipe you could add 1 or 2 cloves. But be careful, they are very strong so don't put more than 2.

## INSTRUCTIONS

- Pour about half of the water into a clean container. Slice up your orange into eighths and put the slices, honey, twenty-five raisins and the yeast into the now half-empty water jug. Pour some of the water back into the jug so that the level is a couple of inches from the top. Put the cap on and shake it up well. If you can, you should shake it for a good five minutes. This will aerate the mixture. The yeast needs a lot of oxygen to grow vigorously.
- Poke a pinhole in the top of the balloon, remove the cap from your jug and put the balloon right over the mouth of the jug. The mouth of the balloon should be stretched completely over the mouth of the jug so that as the gases form inside the jug they will inflate the balloon. Put a rubber band or tape around the neck to keep it firmly in place if it feels like it might come off. Leave it out on a counter for the first day so you can monitor it.  
\*Check the balloon regularly for cracks or degradation caused by oxidation and replace it if it shows any signs of either.



## INSTRUCTIONS cont.

- Somewhere between an hour and twenty-four hours later the balloon will start to inflate. This is a great sign and it means that your yeast is transforming the contents of the jug into wine. Gases are forming inside the jug and are escaping through the pinhole. This setup insures gases escape but no contaminants get into your brew. If the balloon is getting big you may need to poke another hole or two in it. You don't want it to burst. It would leave your mead open to contamination. Once you are satisfied that the gases are escaping and the balloon is not under unusual stress you can set the jug in a cool dry place like a kitchen cabinet or closet shelf. Check on it every day if you can just to make sure it is ok and the balloon hasn't popped off.
- After two to three weeks the major portion of the fermentation will be complete and the balloon will have deflated. At this point you may want to taste a little bit to see how it is coming along, but it isn't really a tasty wine at this point. It will need another couple of months to begin tasting delicious. Over time, as you check on it, you will notice the cloudiness disappears and it slowly clarifies and transforms into wine.
- The orange and raisins can stay in the mixture for the entire process, but if you want to make the mead a little milder and help it clarify faster, you can transfer just the liquid, minus the orange and raisins, into another gallon jug and place the balloon on that one. This would be after the two to three week fermentation period is complete. This process is called racking and it will move your mead along nicely.
- Be patient and taste your mead every few weeks. It should be really clear and delicious after a few months. It will continue to age and improve over time so the longer you wait the better it will get. Try to wait six months if you can!

\*Some helpful tips:

- You can experiment with the flavor a bit by adding a cinnamon stick or a pinch of nutmeg to the batch when you add the orange.
- Don't leave out the raisins. They are not there for taste. They are a necessary food for the yeast because honey is a bit low in the nutrients that yeast likes.



## INSTRUCTIONS cont.

- Make sure you sanitize everything that will come in contact with your mead. When mixing up your honey, water and other things you are making a food environment. It is a place loaded with nutrients for yeast and that means it can be easy for other types of unwanted yeast or bacteria to quickly grow! It's almost like a little incubator. You want to make sure no outside yeast or cells develop other than the yeast you pitch. This means you should sanitize everything that comes in contact with your new batch of mead including the jug, spoons and measuring cups.

Recipe: *Storm the Castle*

### References

- <sup>1</sup> A Brief History of Mead. (n.d.). Retrieved January 24, 2015, from <http://www.skyriverbrewing.com/Mead/mead-history.html>

# ANCIENT BOILED TURKISH COFFEE



Enjoy this recipe for the perfect ancient Turkish coffee, a drink that is not only delicious and full of energy, but according to recent studies, is also a healthy addition to your day. Greek researchers have discovered that “consumption of a boiled type of coffee is associated with improved endothelial function,” or cardiovascular health.<sup>1</sup>

Before you start boiling and brewing, check out our blog post and slideshow about the ancient history of the coffee bean. Did you know that Bach composed a Coffee Cantata? Learn this and many more fun facts in [\*Celebrating National Coffee Day: A Jittery Goat, Political Plots, Slave Labor, Grounds for Divorce—The Coffee Bean Brews Up a Tumultuous World History\*](#).

## INGREDIENTS

*Serving size: 1 cup of coffee*

- Extra fine Arabica coffee grounds
- A Turkish coffee pot (cezve)
- Espresso demitasse cup or Turkish coffee cup (fincan)
- Cold water



## INSTRUCTIONS

- Pour one and a half cups of cold water into the coffee pot (cezve).
- Add a teaspoon of coffee grounds to the cold water and stir. You can add more for a stronger coffee.
- Add sugar, if you want a sweeter coffee.
- Heat the pot as slowly as possible and be careful not to let the coffee boil over.



## INSTRUCTIONS cont.

- Once the water is boiling, pour some of the coffee into your cup. Fill it up about a third of the way.
- Allow the coffee to boil again and then fill your cup up the rest of the way.
- Wait for a few minutes to allow the coffee grounds to settle at the bottom of your cup. Enjoy!

\*Click here to watch a video walking you through a similar recipe.

### References

<sup>1</sup> Consumption of a boiled Greek type of coffee is associated with improved endothelial function: The Ikaria Study. (n.d.). Retrieved December 11, 2015, from <http://vmj.sagepub.com/content/18/2/55>

Turmeric has been used for over 4,000 years as an ingredient in a wide variety of recipes as well as an effective treatment for numerous ailments. It also holds a sacred place in the Hindu religion. Pots found in New Delhi dating back to 2500 BCE were found to contain residue from turmeric, as well as ginger and garlic.<sup>1</sup>

Of course, turmeric isn't just a medicine and religious symbol. It is a flavorful spice used widely in South Asian, Middle Eastern and Indian cooking. As turmeric's popularity traveled the ancient world, most likely reaching "China by 700 CE, East Africa by 800 CE, West Africa by 1200 CE, and Jamaica in the eighteenth century," people marveled at the spice that so closely resembled the much more expensive saffron.<sup>2</sup>

Today, turmeric is enjoying something of a resurgence. Modern doctors and naturopaths are rediscovering its benefits. The active substance in turmeric that gives it such powerful healing properties is called curcumin. The recipe below is especially helpful in fighting respiratory illnesses such as the common cold. It can ease symptoms of congestion, headache and sore throat. It is also delicious. Even if you're not feeling under-the-weather, "Golden Milk" is a fast, healthy and yummy treat for kids and adults.

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

### INGREDIENTS

- 2 cups of milk (coconut, almond, dairy, etc.)
- 1 teaspoon of dried turmeric
- 1 teaspoon of dried ginger or dried cinnamon (use both if you're feeling adventurous)
- A pinch of black pepper
- Honey to taste



## INSTRUCTIONS

- Place milk and spices in a small saucepan over medium heat.
- Bring to a simmer while whisking to combine. It is important that you let the milk heat to a full simmer so the turmeric will be less bitter.
- Turn off the heat, cover and let the mixture sit for 20 minutes or so in order to aid infusion of the spices.
- Add honey to taste and serve warm!

## References

<sup>1</sup> Avey, T. (2015, March 9). What is the History of Turmeric? Retrieved June 3, 2015, from <http://www.pbs.org/food/the-history-kitchen/turmeric-history/>

<sup>2</sup> Prasad, S., & Aggarwal, B. (n.d.). Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Retrieved June 3, 2015, from <http://www.ncbi.nlm.nih.gov/books/NBK92752/>

## JALTUN HA (XTABENTÚN COCKTAIL)



Xtabentún is an anise-flavored liqueur made from anise seeds, rum, “the nectar of Mayan bees” and the fermented nectar of the xtabentún flower (also called Mexican Bindweed).<sup>1</sup> The flower is from the morning glory family and is native to the Yucatan peninsula, but there is another key characteristic that makes it uniquely ideal for a spirit. The xtabentún flower or *Rivea corymbosa* (also *Turbina corymbosa*), as it is scientifically known, comes from a seed that, when ingested, causes a sense of euphoria and drowsiness due to its psychotropic nature.<sup>2</sup> It is said to be a natural source of the hallucinogenic drug LSD and was also used in the religious ceremonies of the Aztecs and various other indigenous cultures.<sup>3</sup>

Although the Aztecs may have used it to enhance their religious experiences, it’s the Maya who developed it into a liqueur and made it famous.

Click [here](#) to read the legend behind the spirit.

### INGREDIENTS

- 1 ounce of xtabentún
- 2 ounces of pineapple juice
- 2 ounces of orange juice
- 1 ounce of pomegranate Tequila
- 2 teaspoons of tamarind purée (reserve a few drops for garnish)
- 3 lime slices, for garnish



## INSTRUCTIONS

- Combine all ingredients in a cocktail shaker filled with ice, shake vigorously and pour into a large glass. For even more authenticity, use a jicara bowl instead of a glass.
- Garnish with drops of tamarind purée and lime slices.

Recipe: *La Cantina at the Maroma Resort and Spa.*

### References

<sup>1</sup> Exotic Mexican Spirit Xtabentun Makes a Splash. (n.d.). Retrieved April 21, 2015, from <http://www.winemag.com/Web-2012/Exotic-Mexican-Spirit-Xtabentun/>

<sup>2</sup> Xtabentun: The Legend and the Drink. (n.d.). Retrieved April 19, 2015, from <http://www.cancun.com/Editorial/Xtabentun/>

<sup>3</sup> Piatz, S. (n.d.). *The complete guide to making mead: The ingredients, equipment, processes, and recipes for crafting honey wine.*



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