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AD 477 – 1500 B ö rek
– known from 14th
century Persia in a poem
by Bushaq-i-Atima,
although it may be far
older. Hummus – first
mentioned in a
cookbook from Cairo,
Egypt from the 13th
century. Kuluban – an
ancient Javanese dish of

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boiled vegetables served
in spices, similar to
modern-day urap. ...

History

List of ancient dishes -
Wikipedia

This book explores a
millennium of food
consumption, from c.750
BC to 200 AD; shows the
pivotal role food had in a
world where it was linked
with morality and the
social order; concerns

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people from all walks of life - impoverished citizens subsisting on cereals to the meat-eating elites; describes religious sacrifices, ancient dinner parties and drinking bouts, as well as exotic foods and recipes; and, considers the role of food in ancient literature from Homer to Juvenal and Petronius.

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Food in the Ancient
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Cultures):

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In Food in the Ancient World, a respected classicist and a practising world-class chef explore a millennium of eating and drinking. Explores a millennium of food consumption, from c.750 BC to 200 AD. Shows the pivotal role food had in a

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world where it was linked
with morality and the
social order.

History

Food in the Ancient
World by John Wilkins

In ancient Egypt as in all
early civilizations meat
was a luxury and only the
rich could afford to eat it
frequently. Nevertheless
the Egyptians ate sheep,
pigs, cows and goats but
meat often came from

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ducks and geese.

However fish were plentiful in Egypt.

Egyptian food included many vegetables, such as marrows, beans, onions, lentils, leeks, radishes, garlic and lettuces.

Food in the Ancient
World - Local Histories
Meals in the ancient
Mediterranean revolved
around the common

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staples of cereals, vegetables, fruit, and olive oil, with an occasional bit of fish and meat thrown in for those who could afford it. The Phoenicians and Greeks then spread their cuisine wherever they colonised, from the Black Sea to southern Spain, with the Romans doing likewise in subsequent centuries.

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and consumption of
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the study of food in the
ancient world

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in the Ancient World |
Wiley Online Books
With Roman occupation
from the 1st century BC,
pears, peaches, almonds,

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and cherries were introduced. These legumes, fruits, and vegetables would be common throughout the whole Mediterranean Basin in abundance. Throughout the Ancient World, garlic wasn't just a delicacy but also used to treat rheumatic pains.

Ancient Civilizations

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Food: Humanity 's

Most Important ...

9 of the oldest food
recipes from history still

in use today 1) Stew,
circa 6000 BC – Image

Source:

MyBestGermanRecipes

Much like curry, the stew
is a beautiful mess of

vegetables,... 2) Tamales,
circa 5000 BC – Image

Source: BehindtheBread

Soft parcels made from

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masa (a type of dough)
and filled ...

9 Of The Oldest Food Recipes From History Still In Use Today

Erich Anderson covers
garum, a type of fish
sauce that was commonly
used throughout the
Roman Empire. While
most of the articles deal
with food and drink in
the Graeco-Roman

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world, Sarah Rijziger
writes about food in
Yemen before the
coming of Islam.

Food in the ancient
world - Karwansaray
Publishers Blog

Vegetables were typically,
but not exclusively,
legumes and included
beans, lentils, and peas.
As an excellent source of
protein, they were often

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mixed into bread. Other vegetables included asparagus, mushrooms, onions, turnip, radishes, cabbage, lettuce, leek, celery, cucumbers, artichokes and garlic. Romans also ate wild plants when available.

Food in the Roman
World - Ancient History
Encyclopedia
Sensual yet pre-

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eminently functional, food is of intrinsic interest to us all. This exciting new work by a leading authority explores food and related concepts in the Greek and Roman worlds. In entries ranging from a few lines to a couple of pages, Andrew Dalby describes individual foodstuffs (such as catfish, gazelle, peaches

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and parsley), utensils,
ancient writers on food,
and a vast range ...

History

Food in the Ancient
World from A to Z -
Andrew Dalby ...

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Meat, fish and poultry that was not eaten quickly was preserved by salting or drying. A variety of vegetables were grown and eaten by the ancient Egyptians including onions, leeks, garlic, beans, lettuce, lentils, cabbages, radishes

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and turnips. Fruit including dates, figs, plums and melons were eaten for dessert.

Ancient Egyptian Food:
Dining Like a Pharaoh -
History

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Food in the Ancient

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World: Alcock, Joan P.:

Amazon.com.au ...

Simple foods are often the best. The typical

Maya desayuno includes scrambled eggs, a side of black beans, fried plantains (akin to bananas but larger, with more complex flavor), a bit of queso...

Top 10 Foods of the
Maya World -- National

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Geographic World
Food Culture in the
Ancient World draws on
writings of classical
authors such as
Petronius, Galen, and
Cato, as well as on
archeological findings, to
present intimate insight
into ancient peoples.
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indispensable as it
complements classical
history, cultural, and

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literature studies at the
high school and college
levels and will also inform
the general reader.

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