

## Preparing an “Ancient Egyptian” Dinner

**What did they eat?** The Egyptians ate many different things. They also ate well. Even the poorest people ate a healthy diet of fruits and vegetables. The rich ate meat of many kinds, mostly cows and sheep. Some priests related pigs with Set, an evil god, and made it so most people did not want to eat pigs. Egyptians ate calves, oxen, and poultry like duck, goose, stork, and pigeon. Meat was expensive because there were very few grazing pastures for the cows and sheep and other animals to eat. Some people salted down fish and duck to try to preserve it. When you salt down meat, the salt sucks up all of the moisture and the meat. (From <http://www.perankhgroup.com/>)

### Recipes to try with your family!

#### Date Candy—A recipe from 1600 B.C.

##### **Ingredients:**

- 1 cup of fresh dates (or medjool)
- 1 tsp cinnamon
- Water
- ½ tsp of cardamom seeds
- ½ cup of ground walnuts
- A small amount of warm honey
- A dish full of fine ground almonds

##### ○ **Method:**

- Mix the dates with some water to form a paste
- Mix in cinnamon and cardamom seeds
- Knead in the walnuts
- Form balls, cover with honey, and cover the ball with ground almonds
- Allow the candy to harden; enjoy!



#### Salatit Zabadi—A yogurt dipping sauce

##### **Ingredients:**

- 2 1/2 cups of Greek-style plain yogurt
- 1 small English cucumber, deseeded
- Salt
- 1 clove of minced garlic
- A handful of mint leaves, chopped
- Olive oil

##### **Method:**

- Drain the yogurt of any liquid excess, to make it as thick as possible.



- Slice the cucumbers into very thin slices, and then dice them
- Place the cucumbers into a shallow bowl and sprinkle with salt
- After an hour, you will see that the salt will have drawn out the liquid
- Drain the liquid.
- Combine the cucumbers, yogurt, garlic, mint, and the olive oil.
- Serve with pita bread or over meat kebabs.

### **Cornish Game Hens—for the meat lovers**

#### **Ingredients:**

- 2 Cornish Game Hens, thawed
- 4 medium Scallions
- Salt and Pepper

#### **Method:**

- Preheat oven to 400°
- Rinse and pat hens dry
- Peel and quarter scallions and place two scallions in each cavity
- Place birds into a heavy cast iron enameled pot
- Season with salt and pepper
- Bake for about an hour until internal temp reaches 165°



### **Ful Medammes—a recipe that is still popular today**

#### **Ingredients:**

- 1 lb. dried fava beans
- ¾ Clove garlic, chopped
- 3 tbsps olive oil
- ¼ cup lemon juice
- ¾ tsp salt
- 1 tsp. chopped fresh parsley

#### **Method:**

- Boil fava beans for 1 to 2 hours over medium heat, or until tender
- Drain water
- Add salt, lemon juice, and garlic
- Mix well
- Pour in bowl and garnish with parsley and olive oil
- If desired, garnish with pickled onions and sliced hard boiled eggs.

