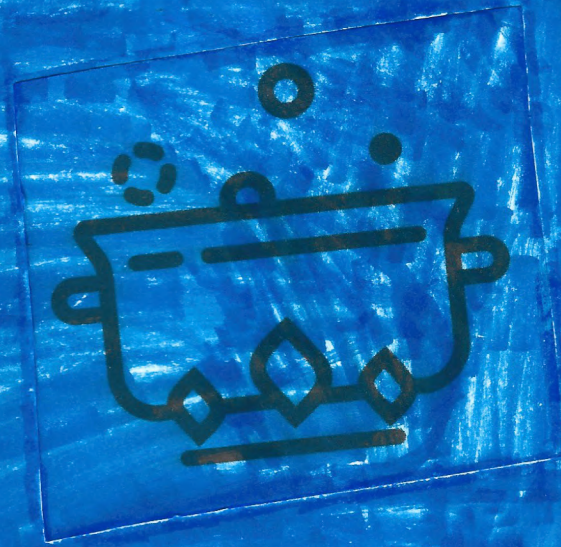
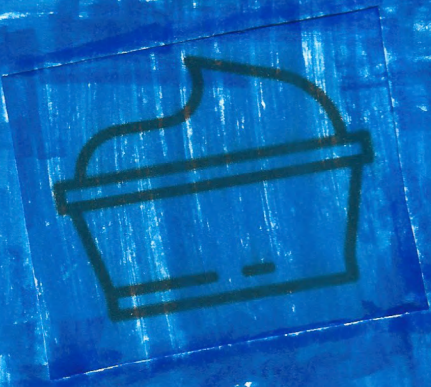




FAT

MISTOORRY!



BY ALEXANDER FRIESEN
CO-ILLUSTRATED WITH DALL-E
ARTIFICIAL IMAGE GENERATOR

About The Author

Alexander Friesen is age 10 and is currently in 5th grade as of 2024. He loves teaching and learning new branches of history and science and is very interested in cooking and mythology. His favorite sports are golf and swimming. His favorite color is green and he loves to travel to new places. He lives with his parents in the Bay Area in California, USA. One of his favorite things to do at any time is try cooking a new recipe. Maybe he'll even become a famous chef.

About The Illustrator

Cover drawn by Alexander. Food illustrations created by Alexander using the tools Chat-GPT and DALL-E.

Why Eat History?

Welcome to Eat History! This book contains 14 different recipes summarizing human history from the Stone Age to the future. I chose to write this book because I love cooking and am fascinated by it, but I also am a history buff. So, why not combine the two so you can eat real historical foods from different periods and places in human history? I also included the innovation and technology of the different periods and how they relate to the food. That is because I am also interested in technology, the different branches of science, and how they relate to food. I hope you enjoy all of the recipes in this book and 'eat history!'

Stone Age Bison Meat Leg



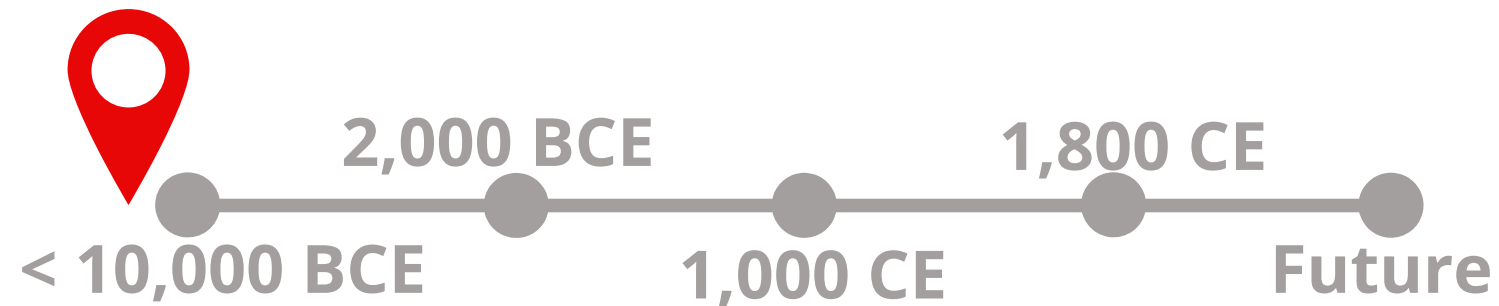
Ingredients

- Bison Leg: 1 whole leg, preferably from a young bison for tender meat.
- Salt: (If available) for seasoning.
- Herbs: Wild herbs like rosemary or thyme, if accessible.

Recipe

1. Prepare the Fire: Create a large, steady fire in a pit. It should be big enough to accommodate the size of the bison leg.
2. Season the Bison Leg: If salt is available, rub it all over the bison leg. Press the wild herbs onto the meat for additional flavor.
3. Set Up the Cooking Structure: Place large, flat stones around the fire to create a base, or use green wood branches to set up a spit.
4. Cook the Bison Leg: Skewer the bison leg onto the spit or place it on the makeshift grill. The meat should be positioned at a sufficient distance from the fire to allow for slow roasting.
5. Rotate Regularly: Turn the spit slowly or rotate the meat regularly for even cooking. This process could take several hours, depending on the size of the leg and the heat of the fire.
6. Check for Doneness: The meat should be cooked until it's browned on the outside and the inside temperature reaches a safe level. In the Stone Age, this would be judged by eye and experience.
7. Rest and Serve: Once cooked, let the meat rest for a bit before carving into it. Serve in its simplest form, as additional accompaniments were likely minimal in the Stone Age.

Stone Age Bison Meat Leg



Before 10,000 BCE

History

The Stone Age was a part of human history, the earliest part, when humans never stayed in one place and used stone tools to hunt creatures that aren't alive today. One that is still alive is bison. This recipe uses a bison leg that could have been found in the Stone Age as well as a supermarket.

Innovation

There is one invention bigger than the wheel that affected society as we know it and started up our push for civilization. That invention is controlled fire. Our bison leg is impossible without fire. Not just cooking but rather all of human civilization began when we made our own fire.

If you want, you can remix the recipe and use different Stone Age spices.



**Somewhere remote in
Europe or North America**

Agricultural Revolution Flatbread



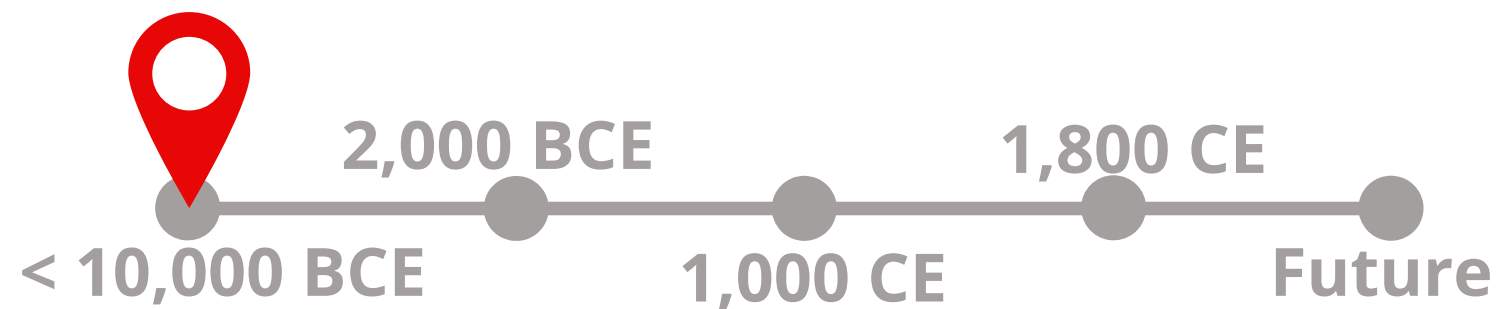
Ingredients

- Water
- Salt
- Olive oil
- Flour

Recipe

1. In a large bowl combine the warm water and salt and stir until the salt is dissolved
2. Mix in olive oil
3. Add the flour and use a spoon or your hands to mix it
4. Cut dough into 8 equal pieces
5. Use a rolling pin and roll the dough until very thin (use flour if needed to avoid sticking)
6. In a large skillet cook each flatbread 1 at a time over medium heat for 2-3 minutes, flip and cook another 2-3 minutes on the other side
7. Cook the rest in the skillet and enjoy!

Agricultural Revolution Flatbread



~10,000 BCE



Eurasia

History

The Agricultural Revolution wasn't an actual revolution. It was a discovery that you could use the seeds from plants to make more plants. That simple discovery caused humans to settle down, eat more bread, form mythology and writing, and many more discoveries came from that one simple discovery.

Innovation

The secret of yeast still remained a secret, therefore bread couldn't rise. That is why this recipe is for flatbread. But when learning to handle wheat, civilization had flour, water, and oil. Put a bit of sodium chloride, which most people call salt, and you get my recipe of Agricultural Revolution Flatbread.

In this recipe, the bread is best cut like a pizza.

Mesopotamian Barley and Cheese



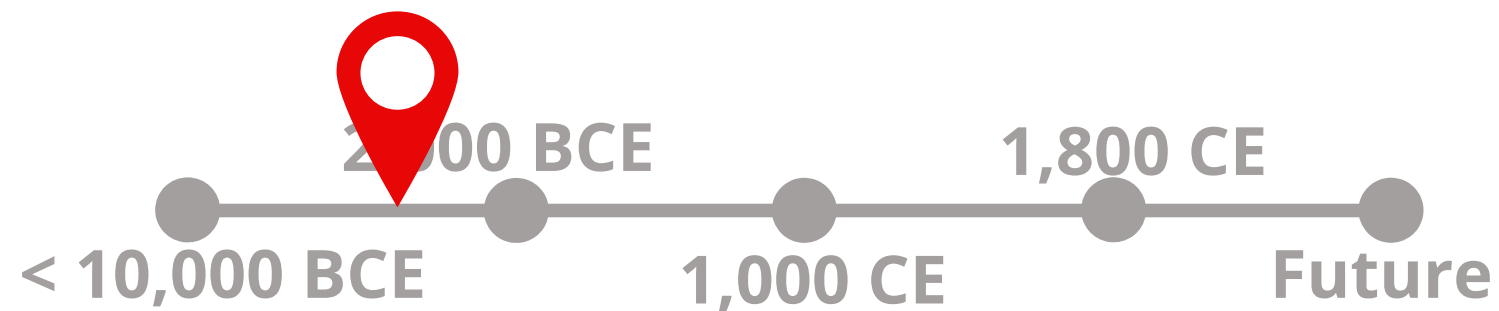
Ingredients

- 1 cup hulled barley
- 2 cups water
- A pinch of salt
- 1/2 cup of a simple, fresh cheese (similar to ricotta)
- Fresh herbs (such as cilantro or parsley), finely chopped
- Olive oil
- Paneer or Feta cheese

Recipe

1. Rinse the barley under cold water until the water runs clear.
2. In a pot, combine the barley, water, and a pinch of salt. Bring to a boil.
3. Reduce heat to low and simmer the barley until it's tender and most of the water is absorbed (about 30-40 minutes).
4. While the barley is cooking, crumble the cheese into small pieces.
5. Once the barley is cooked, remove it from heat and let it cool slightly.
6. Stir in the crumbled cheese and chopped fresh herbs.
7. Drizzle with a little olive oil, if desired.
8. Serve warm or at room temperature.

Mesopotamian Barley and Cheese



~ 4,000 BCE



Mesopotamia

History

The Mesopotamians were one of the three earliest known civilizations composed of multiple cities. The other two were the Egyptians and the Indus Valley, who built the first toilets. But what made civilizations so special is trading. The Mesopotamians were one of the first to choose cheese as a sacred food and a food that everyone should have because of markets.

Innovation

Surprisingly, the Mesopotamians used very little rice. Rice comes from Asia, but Mesopotamia is in the dry part of the Fertile Crescent. So they used a grain called barley, kind of like wheat combined with rice. The climate of Mesopotamia is perfect for barley to grow because it is very arid and dry, and barley hates too much water. There was lots of barley for everybody, just like cheese. I chose this recipe because it combines two Mesopotamian classic staple foods.

Since Mesopotamians traded so much cheese, why not try some other varieties in your bowl?

Ancient Egyptian Spiced Fish

Ingredients

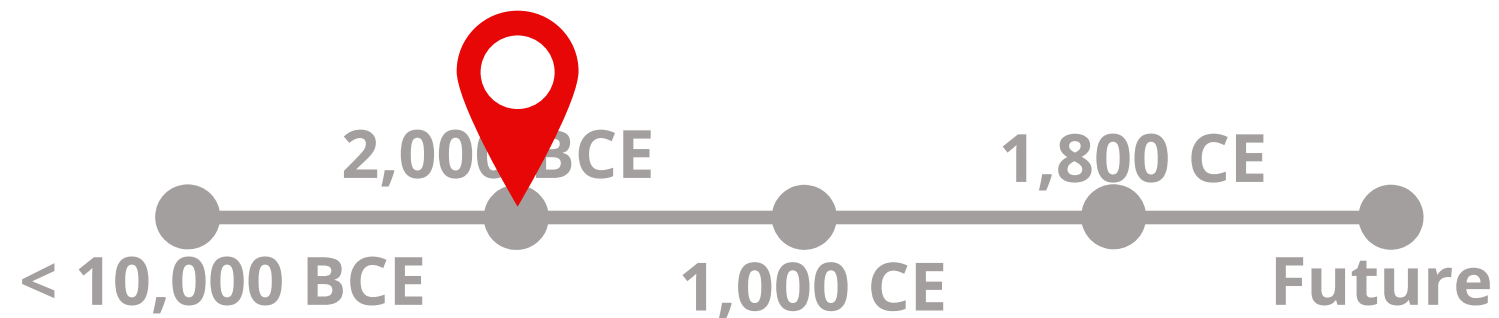
- 1 lb fish fillet (thick cut, preferably boneless- mild flavor)
- 4 stalks celery (use only the leaves)
- ½ bunch fresh cilantro (chopped)
- 1 large onion (sliced thin and in half)
- 2 large tomatoes (chopped)
- 1 green bell pepper (chopped)
- 1 red bell pepper (chopped)
- 1 yellow bell pepper (chopped)
- 1 jalapeño pepper
- 3 fresh garlic cloves (chopped finely or crushed)
- 1 large lemon
- 1 large orange
- 1 tablespoon cumin
- salt & pepper
- 3 teaspoons Old Bay Seasoning
- ½ cup unsalted butter (use 1 large stick of butter, not half stick)

Recipe

1. Spray a glass baking dish with a bit of non-stick cooking spray, or rub lightly with Olive Oil.
2. Wash the fish well.
3. Slice the fish into medium size slices. Not too thick or thin, up to you.
4. Lay the fish slices in a baking dish.
5. Sprinkle generously with cumin, salt, pepper, old bay spice and add a bit of garlic, keep the rest for top later. Squeeze the juice of lemon over this.
6. Take remaining garlic, jalapeno, celery leaves and cilantro, add a half teaspoon of cumin and pound into a paste (using a mortar pestle), does not have to be totally paste, but put together and blend well, spread this over fish. (You can squeeze lemon juice into this to make it easier to blend).
7. Add all chopped vegetables, peppers, and onions.
8. Squeeze the juice of orange into a baking dish, top with pats of butter. You may add a bit more seasoning to the top if you like.
9. Cover with foil and bake in the oven at 350 degrees for approximately 45 minutes.
10. Towards the end of baking, you may uncover if you want to lessen juices or to brown, but just as good with juices, great over brown fish rice with onion.



Ancient Egyptian Spiced Fish



~ 2,000 BCE



Egypt

History

The Ancient Egyptians were a thriving civilization in the middle of the desert for one reason: the Nile River. That one river was the source of food, water, buildings, mythology, seasons, and pretty much everything in Egyptian culture. It's no surprise that the longest river in the world, the Nile, is sacred to the Egyptians. The Egyptians even have a god of rivers: Nephthys.

Innovation

The Nile River had a lot of fish and various spices, so fish plus spice equals Egyptian spiced fish. The Egyptians probably used papyrus nets to catch the fish in large amounts to sell at markets. Some Egyptian herbs and spices would be: coriander, cumin, mint, ginger, hibiscus, saffron, garlic, rosemary, sesame, cardamom, pepper, turmeric, bay leaves, chili, cinnamon, and dukkah. Now we're talking! The Egyptians loved eating fish with all of these spices.

In case you are wondering, Old Bay Spice is made of celery salt and paprika in a spice blend.

Ancient Greek Oxygala



Ingredients

- 1 lbs Greek yogurt
- Vanilla extract
- 4 tbsp honey
- Walnuts

Recipe

1. Roast walnuts in a dry skillet until golden brown and then let cool
2. Use a knife and cutting board to cut the nuts into smaller pieces
3. Place your yogurt in a bowl and add some vanilla extract
4. Put yogurt into smaller serving bowls and cover each with the toasted walnuts
5. Add honey on top
6. Serve immediately and enjoy

Ancient Greek Oxygala



~800 to ~200 BCE



Greece

History

The Ancient Greeks were a civilization well-known for their mythology, democracy, and yogurt. There were two main city-states in Greece, Athens and Sparta. Athens was known for its great thinkers and minds, but Sparta was known more from... "SPARTA!!!" and general war tactics. In Greek mythology, this is comparing Athena (wisdom) to Ares (gore and blood.)

Innovation

The Greeks were excellent beekeepers. In fact, they probably invented beekeeping. Another great food were tree nuts, especially almonds and walnuts. Throw in some yogurt and you get this recipe. The word "Oxygala" came from letting milk go sour in warm temperatures, causing it to have a texture more like yogurt today.

Sweet! Literally! This is the first sweet recipe in the book.

Ancient Roman Chicken



Ingredients

- 1 boiling chicken
- A pinch each of pepper, cumin, thyme, rosemary, mint, fennel
- Tiny drop of asafoetida (available at Indian grocery stores)
- 2 tablespoon vinegar
- ⅔ cup stoned and chopped dates
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 teaspoon soy sauce

Recipe

1. Remove any giblets and place the chicken in a large saucepan
2. Cover chicken with water
3. Bring to a boil and simmer gently for 2 ½ to 3 hours (make sure the saucepan does not boil dry)
4. For the sauce, mix and grind all the herbs and spices in a mortar and pestle
5. Add the vinegar and the dates to the spice mixture, pounding to a smooth paste
6. Transfer the paste to a mixing bowl and stir in the honey, oil, and soy sauce
7. Add sufficient liquid from the chicken to give a thick pouring consistency
8. Remove the chicken from the pan and place on a serving plate
9. Pour the sauce over the chicken and eat at once

Ancient Roman Chicken



~200 BCE to ~400 CE



**Roman Empire, at the house
of an aristocrat**

History

Believe it or not, the Romans actually thought chickens were oracles as gifts from the gods! So then why were some destined for the dinner plate? Chickens had many aspects in Rome, from religion and cockfighting to food and the economy! So some chickens were destined to squawk at Romans, and others were some aristocrat's dinner.

Innovation

The Romans were one of the first to practice selective breeding, where they bred chickens to find the best meat, eggs, fighting skills, etc. You might notice that in this recipe we use asafoetida, which is a spice that comes from a plant that tastes like burnt onion and other savory foods. Sadly, English call it "Devil's Dung" despite its wonderful flavor that adds to the chicken's savory taste, which the Romans would have loved.

This is certainly some flavorful meat!

Tang Dynasty classic Congee



Ingredients

- 1 cup long grain rice
- 9 cups of vegetable broth
- Soy sauce
- Sesame oil

Recipe

1. In a large pot, add the broth (or water) and the rice.
2. Cover and cook for about 1h30 to 2 hours over low heat until the rice and water have formed a mush.
3. The porridge can be consumed fluid or more compact, in which case, it will be necessary to extend the cooking. After 2 hours, there is still some liquid left, but the congee is still quite fluid.
4. Pour the congee into bowls.
5. Season with soy sauce and sesame oil, if desired.

Tang Dynasty classic Congee



~400 to ~1,000 CE



China

History

Congee was usually served to emperors with gold-tipped ivory chopsticks, however most people in China's Tang Dynasty got their servings of the delicious congee porridge. Congee came from a story of a fisherman's wife who got attacked by pirates while boiling rice. When the fisherman came back, having survived the pirates, he had discovered congee.

Innovation

Congee was very healthy for the body in many ways. Medicinal herbs could easily be added to congee to revive the sick. A nice platter of meat would go great with congee on a cold winter's night, and on a hot summer day congee would go great with lotus seeds or hawthorn to refresh and cool down. From 108 BC to 1911, China had 1,828 famines-one for almost every year! But pretty much none of them were deadly thanks to congee.

Porridge? From 632 CE?! I'm hungry right now!

Lamb Stew with Dried Apricots



Ingredients

- 2 pounds boneless leg of lamb, cut into 1-inch cubes
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cardamom
- ½ teaspoon ground turmeric
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 2 cups finely chopped onion
- 4 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 (3 inch) cinnamon sticks
- 2 cups low-sodium chicken stock
- 1 cup dried apricots, halved
- 2 (3 inch) orange peel strips
- 1 tablespoon honey
- ¼ cup chopped fresh cilantro
- ¼ cup toasted pine nuts

Recipe

1. Combine lamb, coriander, cumin, paprika, cayenne, cardamom, turmeric, and salt in a large bowl; toss together until lamb is evenly coated.
2. Heat oil in a large Dutch oven or tagine over medium heat. Add onions; cook, stirring occasionally until soft and translucent, about 5 minutes. Stir in garlic, ginger, and cinnamon; cook, stirring frequently, until fragrant, about 1 minute. Add seasoned lamb; cook, stirring frequently until light brown, being careful not to caramelize, about 2 minutes. Add chicken stock and bring to a gentle boil over medium heat. Reduce heat to low and simmer, covered, until the lamb is just tender, about 1 hour and 15 minutes.
3. Stir in apricots, orange peels, and honey; continue to simmer over low heat, uncovered, until the liquid has thickened slightly and lamb is fork-tender, about 30 minutes. Remove from the heat, discard cinnamon sticks and orange peels.
4. Divide evenly among 4 bowls. Garnish each bowl with a tablespoon each of cilantro and pine nuts.

Lamb Stew with Dried Apricots



~1,000 to ~ 1,400 CE



Arabia

History

The Islamic Golden Age was a pretty exciting time in history for the Muslim people. Many forms of art and science flourished at the time, and cooking was no exception. Arabic culture advanced modern society hugely at the time.

Innovation

The Islamic Golden Age was a time of great achievements, and I'm not kidding when I say they advanced modern society in algebra, calculus, geometry, chemistry, biology, medicine, and astronomy. That's a lot of scientific advancements, not forgetting that it wasn't just science that flourished, but art also. Art appeared in the Islamic Golden Age as ceramics, metalwork, textiles, illuminated manuscripts, woodwork, and calligraphy. The age of innovation during this time wasn't named after AU79 gold (the actual element gold), but rather how "golden" this wonderful "age" was.

If you're a famous Arabian scientist working on a famous discovery, you need a famous dinner.

Inca Chuño Quinoa Soup



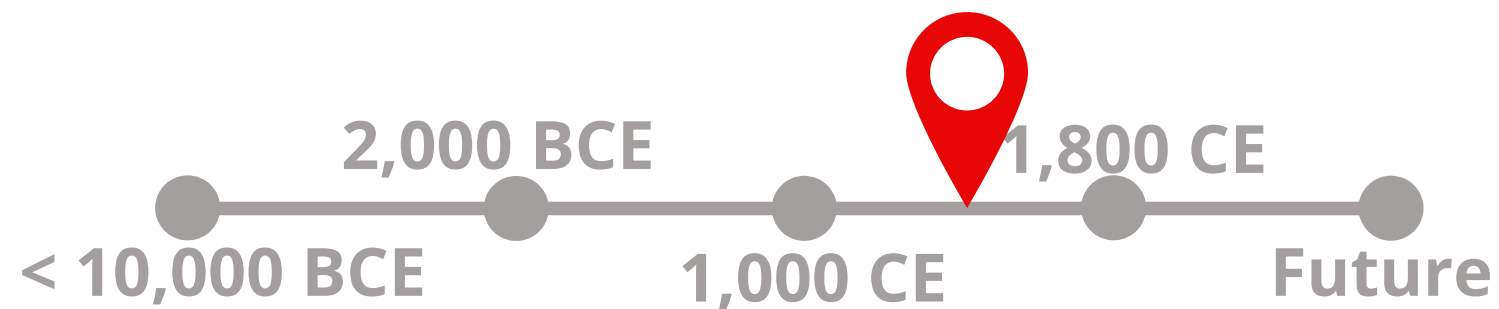
Ingredients

- 2 tablespoons olive oil
- 1/2 of a large onion, diced
- 3 cloves garlic, minced
- 1/2-inch ginger, peeled and minced
- 2 medium carrots, scrubbed and chopped
- 2 stalks celery, chopped
- 1/2 cup quinoa, rinsed
- 1 quart low-sodium vegetable or chicken stock
- 1 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- salt and pepper, to taste
- 2 bay leaves
- 2 cups diced yellow potatoes
- 1-1/2 cups diced butternut squash
- 1/4 cup chopped cilantro

Recipe

1. In a large pot, heat the olive oil. Add the onion, garlic, ginger, carrots and celery and saute on medium heat until the onions begin to brown, 7-10 minutes. Add the quinoa and toast, stirring often, until the seeds brown slightly, about 5 minutes.
2. Add the stock, oregano, paprika, salt (go easy on this, since the stock is pre-salted), pepper, bay leaves, potatoes and butternut squash. Bring to a boil, then reduce the heat to medium-low.
3. Simmer the soup for 20-25 minutes, until the vegetables are fork-tender. Taste and adjust seasonings, then stir in the chopped cilantro and serve.

Inca Chuño Quinoa Soup



~1,400 to ~1,600 CE



Peru

History

The Incas lived far in Machu Picchu in the mountains of Peru. If you haven't been there (which I haven't), you must know it isn't a haven for plants and growing food. This harsh climate caused the Incas to discover inventions to help them to have food. A classic dish for the Incas was a Chuño stew based on Quinoa soup.

Innovation

The Incas had such amazing food preservation techniques that you could say they invented fridges! They freeze-dried the potatoes using only the cold air, so that the potatoes could last a long time before expiring. Hopefully enough time to make this Chuño Quinoa Soup!

The Incas "invented" refrigeration by perfecting freeze drying!

Classic Monarch's Puff Pastry



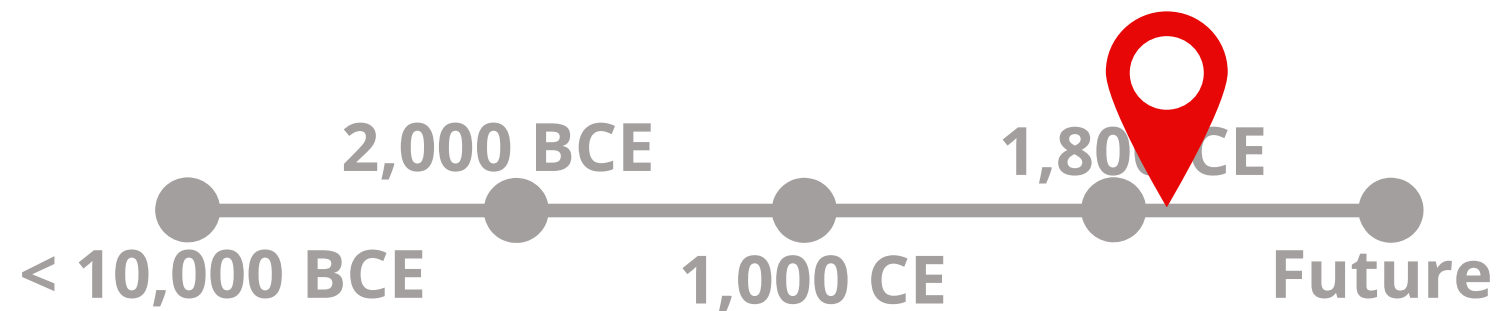
Ingredients

- Cold butter
- Cold water
- Sugar
- Flour
- Salt

Recipe

1. Grate the butter. To make it easier to grate, you can freeze the butter beforehand.
2. Combine the grated butter with whisked flour, sugar, and salt.
3. Drizzle the cold water over the mixture and fold the mixture until it clumps together.
4. Gently knead the dough and then shape into a ½-inch thick square and wrap in plastic wrap before chilling for an hour.
5. On a lightly floured surface, start laminating the dough by rolling out the dough and folding the dough in thirds.
6. Turn the dough 90 degrees and repeat rolling, folding, and rotating 3 more times before chilling or freezing for later use. It should look much smoother than when you started.

Classic Monarch's Puff Pastry



17th century



King Louis's Palace in France

History

Being a king tastes good. Many professional chefs come far and wide to cook for you. Before the 18th century, many people cooked to survive. Now, we have something new: professionalism. When people cooked for fun or money instead of survival. This changed the world as we know it, and it began in a particular country (can you guess?): France.

Innovation

The French culinary innovation happening in the 18th century was a huge leap in culinary advancements. Can you believe that people began to cook for others? Puff Pastry for Monarchs is a great example of French cooking technique and where it led.

Being a king tastes good. REALLY good.

New-York-City-style Eggs a la Benedict



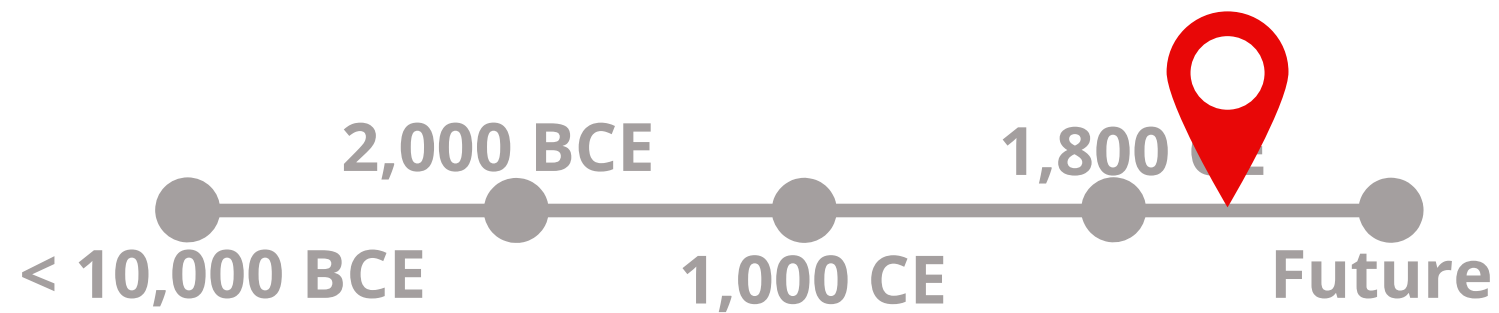
Ingredients

- 2 english style muffins
- Cooked ham cut $\frac{1}{8}$ inch
- 2 eggs
- Salt
- Butter
- Lemon

Recipe

1. Cut some muffins in half lengthwise
2. Toast them without allowing them to brown
3. Place a round of cooked ham $\frac{1}{8}$ an inch thick and as a similar diameter as the muffins on each half
4. Heat in a moderate oven and put a poached egg on each toast
5. To make Hollandaise sauce melt butter on very low heat in a pot
6. Let melted butter rest and then beat in some whisked lemon juice and a pinch of salt
7. Pass sauce through a fine sieve and add salt
8. Cover toast with Hollandaise sauce

New-York-City-style Eggs a la Benedict



19th century



New York City

History

In an age of inventions, more people were able to get luxurious conditions. The Eggs Benedict originally comes from when NYC Wall Street stock brokers needed a quick but luxurious breakfast to be able to get to work on time. And yet now it's a delicious breakfast you can find in most brunch places.

Innovation

200 years later, still an average breakfast. Such an amazing fact, how did it happen? The manufacturing of most major stoves and ovens began with the Industrial Revolution in the first half of the nineteenth century. When everyone gets stoves and ovens, everyone can make an Eggs Benedict.

Being a NYC broker makes your eyes bigger than your stomach, so if you want to get fancy, try adding some spices to the Hollandaise.

70's Cheese Fondue



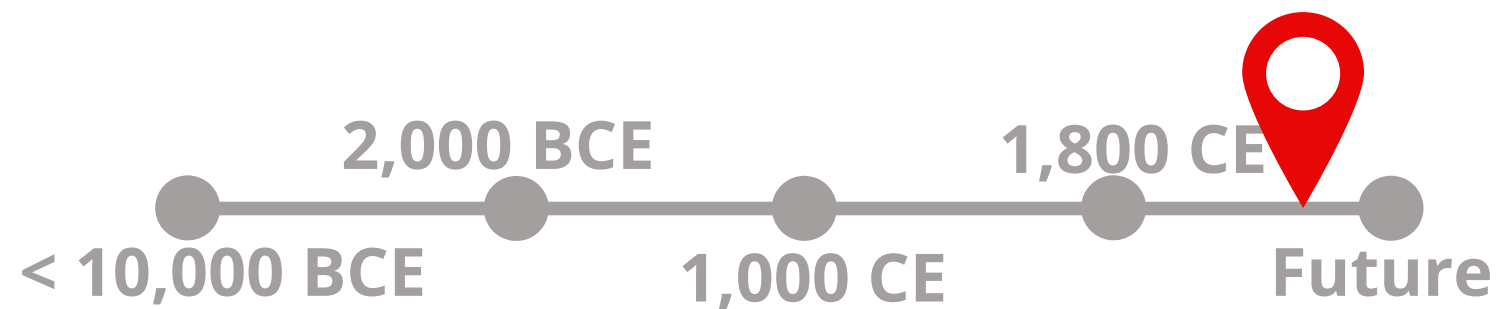
Ingredients

- 1 loaf French bread
- 1 pound Swiss cheese
- 2 tablespoons flour
- 1 clove garlic
- 1 cup dry white wine
- 2 tablespoons kirsch or sherry
- 1 teaspoon salt
- ⅛ teaspoon nutmeg
- Dash white pepper

Recipe

1. Cut bread into 1-inch cubes
2. Cut cheese into ¼ inch cubes (about 4 cups)
3. Sprinkle flour over cheese and toss until cheese is coated
4. Rub cut clove of garlic on bottom side of ceramic fondue pot
5. Add wine and heart over medium heat just until bubbles rise to the surface (do not allow to boil)
6. Gradually stir in the cheese, adding only ½ cup at a time and stirring after each addition until cheese is melted and blended (do not allow mixture to become too hot)
7. Stir in kirsch or sherry
8. Stir in salt, nutmeg, and white pepper
9. Transfer fondue pot to source of heat at a table and keep fondue just bubbling
10. Guests spear cubes of bread with long handled forks and dip into cheese mixture
11. Stir fondue occasionally

70's Cheese Fondue



20th century (70's)



**Switzerland for a while, then
went global in the 1970s**

History

Believe it or not, Fondue was a Swiss thing until the 70's! Mass media caused people to learn more about this cheesy dinner. Mass production of Fondue pots and other cooking tools enabled more people to be able to make Fondue.

Innovation

Mass production of pretty much anything was a major innovation of the 20th century after the World Wars, when people tried to mass produce weapons to destroy the enemy. When the war was over, munitions factories could be repurposed. All of the scientific innovations being made in the 20th century helped mass production go global.

Cheese fondue is more popular than you think.

Banana Bread from Instagram



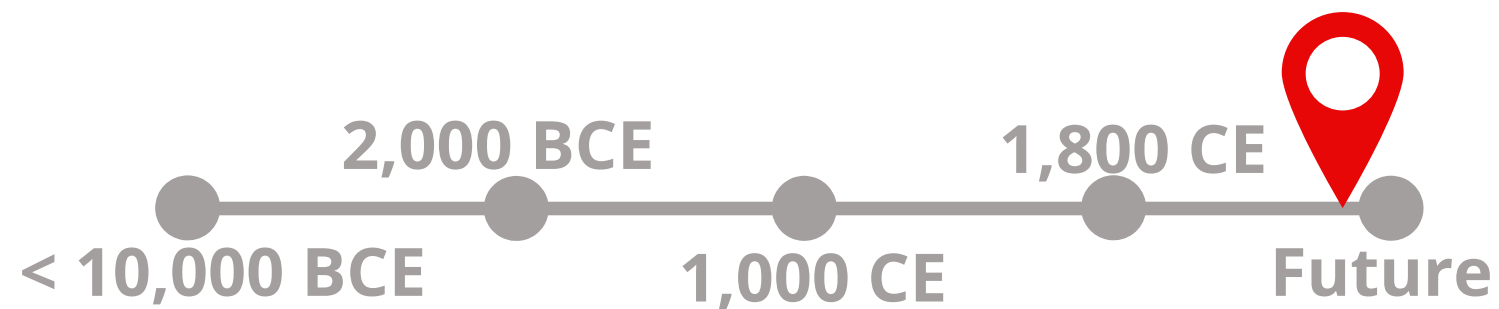
Ingredients

- 2 cups all-purpose flour
- 1 cup banana mashed ripe (2 to 3 medium)
- 1 cup sugar
- 1/2 cup shortening
- 2 eggs
- 1 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1 cup Mini Semi-Sweet Chocolate Chips
- 1/2 cup walnuts chopped

Recipe

1. Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan.
2. Combine all ingredients except small chocolate chips and walnuts in large bowl; blend well on medium speed of mixer. Stir in small chocolate chips and walnuts. Pour batter into prepared pan.
3. Bake 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack.

Banana Bread from Instagram



21st century

History

When widespread media arrived in the form of personal devices, everyone could share ideas for their recipes and more people could chat with each other. This changed the world as we know it. One common social media recipe was in fact banana bread!

Innovation

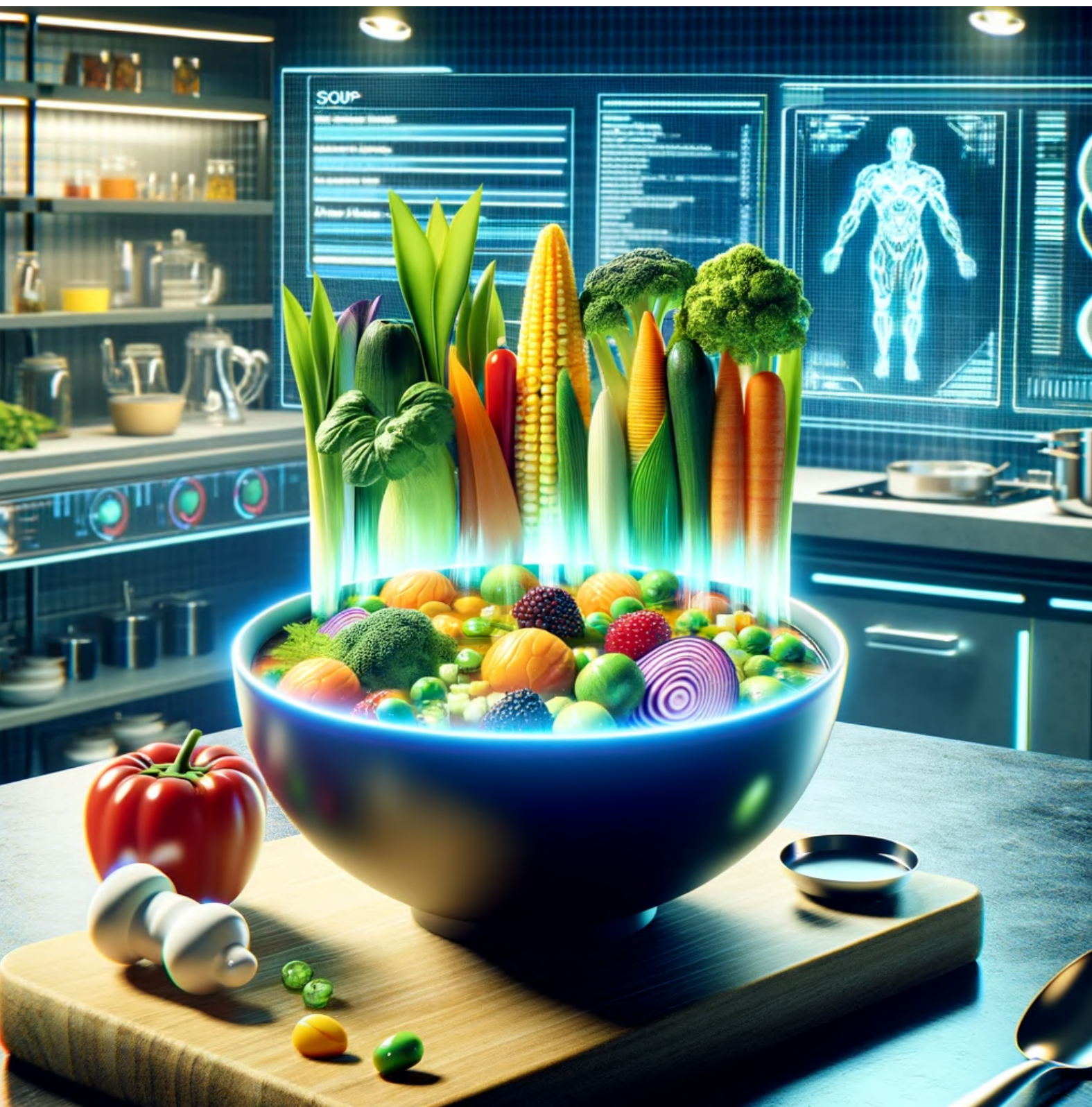
The invention of the Internet caused widespread data, and banana bread recipes enjoyed by few became a viral banana bread recipe practiced by millions! Isn't that crazy?



Instagram

Not a bad food for something on Instagram.

Hearty “Martian” Veggie Soup



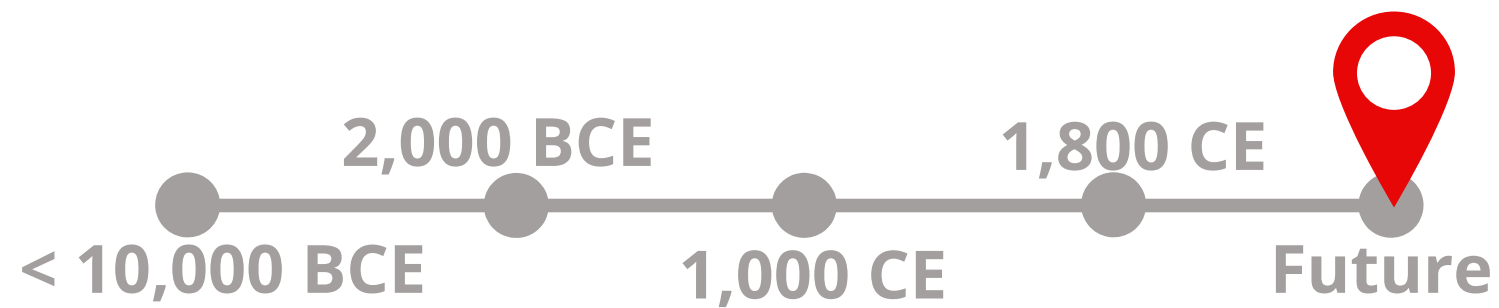
Ingredients

- Vegetables: For this soup recipe we're using carrots, celery, parsnips, green beans, zucchini, potatoes, cabbage, and onions.
- Tomatoes: We use both canned tomatoes and tomato paste to create the tomato base for our vegetable soup.
- Broth: I recommend chicken broth for the perfect flavor, but you could use vegetable broth instead.
- Seasoning: To season, we use a mix of herbs and spices, like rosemary, red pepper flakes, and seasoned salt.
- Butter
- Oil
- Water

Recipe

1. Chop and Prep: Chop up and prepare all of the ingredients so they're ready to go into the soup.
2. Sauté Veggies: Sauté the onions, garlic, carrots, parsnips, celery, and green beans to soften them.
3. Add Ingredients: Add all of the soup ingredients into a large pot.
4. Cook: Bring soup to a boil, then reduce heat and simmer until fully cooked and warmed through.
5. Serve: Garnish and serve the soup, and enjoy!

Hearty “Martian” Veggie Soup



Sometime in the future



**Somewhere in the future,
maybe Mars?**

History

We don't know what food will be like in the future yet, but with interstellar travel we will definitely have to adapt our cuisine to space, and maybe even use extraterrestrial ingredients! Who knows what will happen?

Innovation

We will have to adapt our cuisine quite a bit, with space travel and all. I wonder what food inventions we will make in the future. This vegetable soup could be a wonderful lunch in the future that can be grown easily via seeds (that can be transported) instead of tricky bioengineering for animal meat, so that is why I chose it.

Who knows what humanity will do next when they eat veggie soup?



Goodbye

Thank you for reading Eat History!

I hope you enjoyed some of the recipes in this book and learned a bit more about our shared history.

It is my wish you are inspired by this cookbook to try your own culinary masterpiece and to combine foods from different cultures.

Again, thank you for reading, and see you next time. Enjoy 'eating history!'



Alexander cooking and enjoying the Lamb Stew

Sources and Citation

I used many different books and websites to help me with making this cookbook:

- Books:
 - Food & Feasts In the Middle Ageas by Imogen Dawson
 - Daily Life of The Ancient Egyptians by Bob Brier and Hoyt Hobbs
 - Food & Feasts in Ancient Greece by Imogen Dawson
 - The Genius of Islam by Bryn Barnard
 - Food & Feasts in Ancient Rome by Philip Steele
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