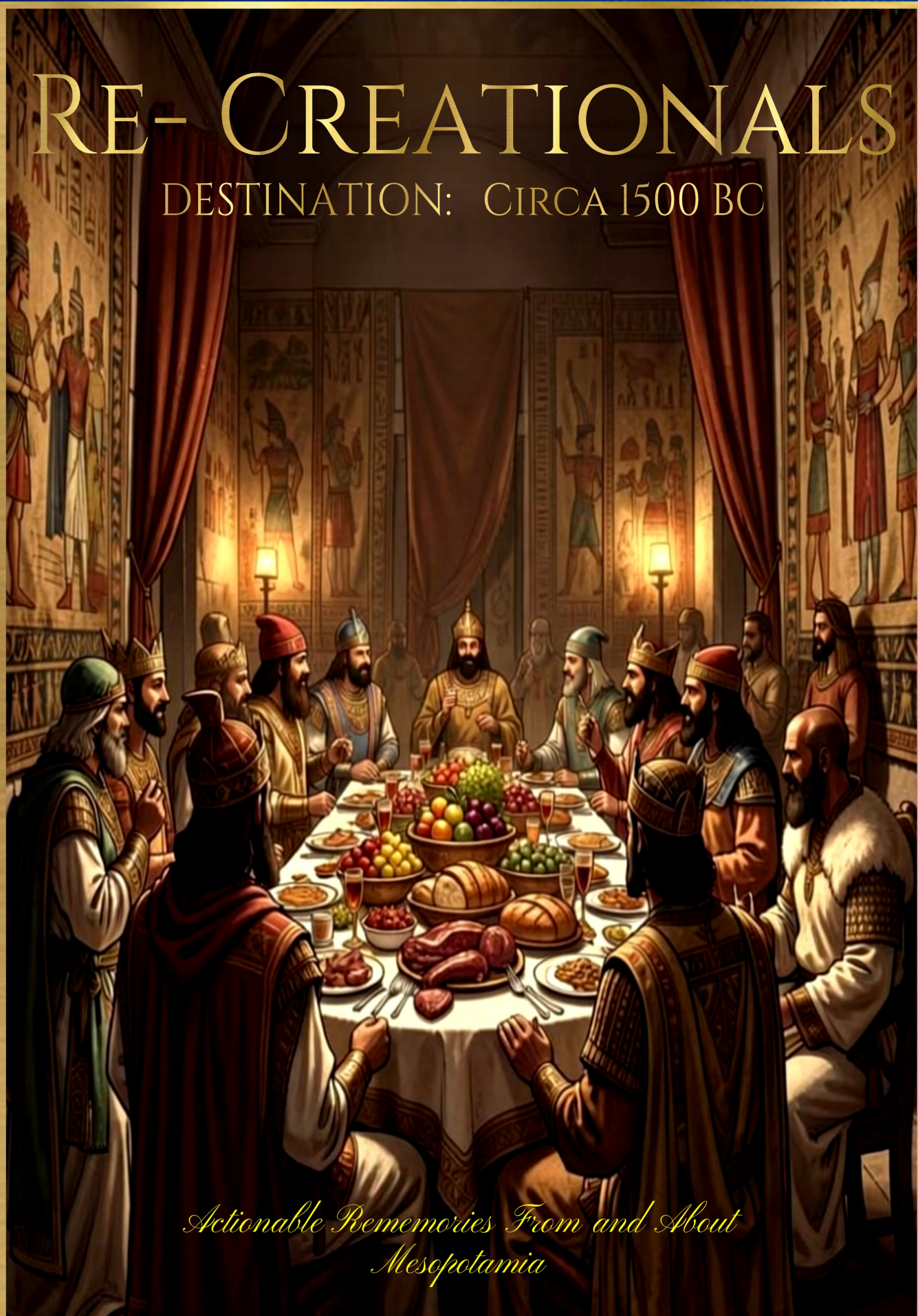


RE-CREATIONALS

DESTINATION: CIRCA 1500 BC



*Actionable Rememories From and About
Mesopotamia*

THE OATH of HAPPINESS

“The Pursuit of Happiness” is the central theme of the Founding Documents of the United States. It was based on the ancient Greek concept of 'eudaimonia', which means “happiness, blessing or flourishing”.

To achieve that state of mind, the Founders recognized that citizens needed a government that was just and which would enable and encourage everyone to live their best life.

Eudaimonia is achieved through each individual's R[oots] ----- Their families and their education--- A[wareness] and their W[ings] ----- Their Communities. Working together, these factors unleash both personal and community R.A.W. Power.

The framework is available to everyone in the U.S. Constitution. But, for many, if not most people, “The Pursuit of Happiness” often gets stalled because they don't know about the “Oath of Happiness”.

“The Oath” is a silent promise to yourself at the start of your day that you will accomplish two things

1. Do something extra for someone and
2. Learn at least one new thing.

And then, before you fall asleep, you silently review what you did and what you learned. (Something that can be as simple as “Today I smiled at a stranger and I learned that I don't like green eggs and ham” or as amazing as “Today I saved someone's life and I learned a useful life hack”).

The first change that you experience will probably be almost immediate ---- More restful sleep. But, in a relatively short time, you will find other improvements in your personal and professional lives, in addition to gaining more respect from both friends and strangers.

DEDICATED TO
RACHEL, DAVID, ALLISON, AMY AND AMANDA

RE-CREATIONALS

MESOPOTAMIA

BY DAWN CORLEONE

DAWN CORLEONE IS OUR PEN NAME FOR THE
ARTIFICIAL INTELLIGENCE WHICH COMPILED THIS BOOK.
PRIMARYLY SQUIBLER.IO AND NOIZ.IO

Welcome to Our Time Machine

The recipes in this book are modern *Re-Creationals* of ancient recipes.

Re-Creationals are based on a blend of archeological evidence and scholarly interpretation of that evidence. Recipes have been adapted for modern procedures and ingredient availability for your personal enjoyment of adventures from the distant past.

Because of the limited and expensive access to the spices and ingredients that were needed, most of the enclosed recipes represent the cuisine of royalty. Modern systems provide those same spices and ingredients for amounts that won't strain even the tightest budgets.

Dining on these “foods that are fit for a king” is not only a relief for your budget, but it can also be a healthy option whose pedigree adds psychological flavor to a family meal or even a theme party.

Each recipe was from a time and a place that contributed, in some way, to modern American Culture. We introduce each chapter of this book with abbreviated descriptions of the laws and customs that helped form the base upon which our culture grew into what we now call “American”. Seeing the connections between our own culture and theirs can greatly-enhance our dining adventures.

The descriptions are summaries of full-length books that we wrote previously for each cuisine. The recipes were originally appendices of those books. The summaries were included to “set the mood” for the recipes of that chapter.

With generations of trial and error experience, ancient cooks combined simple, raw materials in ways that fueled the energy requirements of laborers and, with imported ingredients, fueled the passions and diplomacy of the royals.

The ancient trade networks are often characterized by their focus on the exchange of spices and fragrances, commodities highly prized for both their culinary virtues and religious significance. These items, such as cinnamon, incense, myrrh, and pepper, were sourced from distant lands like India, Arabia, and Southeast Asia, traversing treacherous routes to satisfy the sophisticated tastes of royalty. As these trade routes matured over centuries—exemplified by the Spice Road connecting Southern Arabian State to Mesopotamia, —they expanded beyond initial offerings of spice-laden amphorae to incorporate an array of goods including silk textiles, precious metals like gold and silver, ceramics, glassware, and, later, even more diversified services including knowledge transfer in medicine, government and astronomy.

CONTENTS

EBLA Circa 2400 B.C. Pages 5 - 20

Creamy Roasted Garlic Pearl Barley Purée	Page 13
Cumin Lentil Soup	Page 14
Roasted Beet and Lamb Stew	Page 15
Toasted Sesame Date Squares	Page 16
Toasted Pearl Barley with Golden Onion and Mint	Page 17
Warm Smashed Chickpeas with Garlic and Vinegar	Page 18
Honey-Simmered Figs with Pomegranate	Page 19
Barley Flour Pudding	Page 20

Lagash Circa 2380 – 2360 B.C. Pages 21 - 42

Shredded Turnips with Mustard and Oil	Page 31
Smashed Barley and Herb Cakes	Page 32
Date Water Custard (Mersu)	Page 33
Honey-Glazed Tiger Nut Cakes	Page 34
Garlic and Onion Baked Fish	Page 35
Slow-Simmered Garlic and Leek Beef Pot	Page 36
Sautéed Greens and Coriander	Page 37
Flatbread Onion Relish	Page 38
Herbed Mutton (or Pork) Bowl	Page 39
Barley & Chickpea Mash	Page 40
Savory Leek and Cheese Spread	Page 41
Sautéed Cumin Radishes	Page 42

Ur Circa 2100 – 2050 B.C. Pages 43 - 61

Lamb and Barley Stew	Page 57
Sin's Moon Bread (Unleavened Flatbread)	Page 58
Braised Leeks and Onions	Page 59
Palace Cake	Page 60
Mersu Date and Nut Sweet	Page 61

Eshnunna 1930 B.C. Pages 63 - 91

Tuh'u (Beet and Meat Stew)	Page 79
Mersu (Date and Nut Sweet)	Page 80
Tinuru Flatbread	Page 81
Halasū (Date and Apricot Compote)	Page 82
Roasted Cumin Chickpeas and Garlic	Page 83
Onion and Barley Herb Broth	Page 84
Creamy Pearl Barley Breakfast Porridge	Page 85
Honey-Ghee Breakfast Dip with Soft Cheese	Page 86
Ninurtum (Rich Date Bread)	Page 87
Gursu (Sweet Fried Pastry Bites)	Page 88
Kuddu (Mint and Licorice Herbal Infusion)	Page 89
Shatū (Roasted Barley Water)	Page 90
Dinū (Sweet Date Shrub)	Page 91

Isin Circa 1870 BC Pages 93 - 117

Tuh'u	Page 109
Mersu (Sweet Date and Walnut Porridge)	Page 110
Flatbread with Leek and Garlic	Page 111
Shurba (Chickpea and Turnip Stew)	Page 112
Morning Barley Bowl	Page 113
Kasû (Minted Honey Water)	Page 114
Mû Elamûtu (Savory Garlic-Herb Beef Stew)	Page 115
Kishku (Savory Onion and Lentil Mash)	Page 116
Sweet Fig and Honey Cake	Page 117

Babylonian Dynasty Circa 1750 BC Pages 119 - 142

Tuh'u (Beet and Lamb Stew)	Page 131
Kanasu (Creamy Lamb Stew)	Page 132
Akku (Barley Flatbread)	Page 133
Mersu (Date and Walnut Confection)	Page 134
Laptu (Braised Turnips with Honey and Herbs)	Page 135
Pappu (Barley Porridge with Dates and Ghee)	Page 136
Pašrūtum ("The Unwinding" Bread Potage)	Page 137
Zizga (Emmer Festival Porridge)	Page 138
Ninda-Gug (Spiced Emmer and Date Loaf)	Page 139
Beverages: Khasu (Wild Chicory and Mint Infusion)	Page 140
Mutqitu (Sweet Pomegranate Honey Pastry)	Page 141
Babylonian Preservation Methods	Page 142

Anatolia Circa 1650 BC Pages 143 - 169

Baked Apple, Walnut & Honey Flatbread (Ninda LAL)	Page 157
Multi-Grain Pulse Hotpot	Page 158
Happena (Sweet & Savory Grilled Mutton or Beef)	Page 159
Sweet Fig & Apricot Barley Cake (Ninda.GUR.RA)	Page 160
Pomegranate & Wild Mint Refreshment (Marnuan)	Page 161
Breakfast Porridge with Orchard Fruit	Page 162
Savory Chickpea & Garlic Paste (Beruwa)	Page 163
Braised Leeks and Lentils with Coriander	Page 164
Thick Barley and Fava Bean Mash (Pappa)	Page 165
The Celebratory Food: Wild Herb and Curd Tart	Page 166
Royal Meat Stew with Figs and Wine (Tuwari)	Page 167
Almond & Honey Festival Cakes (Ninda.LAL.GUR.RA)	Page 168
Royal Spiced Wine of the Gods	Page 169

EBLA

Circa 2400 BC

Introduction

Pages 7 - 11

Recipes

Pages 13 -20

“The Code of Ebla”

Located in modern-day Syria, Ebla was a flourishing city-state with a complex society and sophisticated administrative structure. The discovery of over 15,000 cuneiform tablets at the site in the 1970s shed light on various aspects of Eblaite culture, including their system of laws and justice.

The Code of law at Ebla is considered one of the oldest legal documents ever found, predating famous law codes such as Hammurabi's Code by several centuries. The tablets contain a detailed set of laws and regulations governing various aspects of Eblaite society, including commerce, property rights, marriage, and criminal behavior.

The Code of Law found at Ebla provides a rare glimpse into the legal system of one of the earliest known civilizations in the ancient Near East. The laws regulated various aspects of Eblaite society, including commerce, marriage, and criminal behavior, reflecting a commitment to justice and fairness. The legal system was administered by a well-organized bureaucracy and influenced by Mesopotamian legal traditions. While the civilization of Ebla eventually declined and was abandoned, its Code of Law remains an invaluable testament to its cultural and legal achievements.

One of the most striking features of the Eblaite legal system is its emphasis on fairness and justice. The laws are written in a clear and concise manner, outlining specific penalties for different offenses. Punishments for crimes ranged from fines and restitution to corporal punishment and even death in severe cases. The Code also reflects a sense of social order and hierarchy, with specific provisions for different classes of people and their rights and responsibilities.

The Code of Law found at Ebla also provides valuable insights into the economic and social organization of the ancient city-state. The laws regulate various aspects of trade and commerce, such as weights and measures, contracts, and property rights. They also address issues related to family and inheritance, setting guidelines for marriage, divorce, and the division of property among family members. These regulations helped maintain stability and order within Eblaite society.

In addition to regulating daily life and commerce, the code of law at Ebla also addressed criminal behavior and punishments. The laws list specific offenses, such as theft, fraud, and assault, along with their corresponding penalties. For example, thieves could be required to repay the stolen goods or face imprisonment, while murderers faced the death penalty. These strict measures were intended to deter crime and uphold the rule of law within Eblaite society.

The Code of Law found at Ebla showcases the advanced legal and administrative capabilities of this ancient civilization. The laws were likely administered by a well-organized bureaucracy that oversaw their enforcement and interpretation. Judges and officials would have been responsible for resolving disputes, imposing penalties, and upholding the principles of justice and fairness. This system of legal governance helped maintain order and stability within Eblaite society.

Moreover, the Code of Law at Ebla reflects the influence of Mesopotamian legal traditions and practices. Scholars have noted similarities between the Eblaite laws and those found in other ancient Near Eastern civilizations, such as Sumer and Akkad. This suggests that Ebla was part of a wider cultural and legal network that shared common principles and values. The code of law served as a means of regulating social behavior and maintaining order across different regions and peoples.

Despite the impressive sophistication of the Eblaite legal system, the civilization itself eventually fell into decline and was abandoned around 1600 BC. The reasons for this collapse remain unclear, but factors such as warfare, environmental changes, and political instability may have contributed to its downfall. The discovery of the Code of Law at Ebla offers valuable insights into the history and culture of this ancient civilization, shedding light on its legal and administrative practices.

The city, excavated by Italian archaeologists led by Paolo Matthiae starting in 1964, features monumental architecture such as palaces and temples, indicative of a sophisticated and powerful society.

The pivotal moment in Ebla's rediscovery came in 1975 with the excavation of approximately 17,000 cuneiform tablets from the Royal Palace G. These clay tablets, written in Sumerian and a previously unknown language called Eblaite, provided direct insight into the administrative, economic, and cultural practices of the city. They detail extensive trade networks, governance, and daily life, illustrating that Ebla was a vibrant center, not merely a peripheral outpost influenced by Mesopotamia.

Ebla's exploration offers a unique perspective on culinary history. The tablets contain valuable information about food distribution, including quantities of grain, provisions for feasts, and various commodities like oil and wine. This data is crucial for reconstructing the diet of Ebla's inhabitants, who not only consumed large quantities of grain but also cultivated diverse fruits and vegetables. Legumes such as lentils and chickpeas were staples, providing essential protein.

Additionally, the surrounding landscape allowed for foraging wild herbs and edible plants, enriching the diet further. Preservation methods, including drying and salting, ensured a stable food supply throughout the year, demonstrating advanced agricultural practices and resource management. The discovery of Ebla not only unveiled a rich cultural tapestry but also showed how food and community were intertwined, allowing for celebrations and rituals that defined daily life. This narrative emphasizes the importance of food in understanding ancient societies, inviting us to explore the flavors, traditions, and communal ties that shaped the lives of those in Ebla.

Summary of “The Cuisine of Ebla” by Dawn Corleone

Ancient Eblaite Cuisine and Culinary Practices

Essence of Ancient Cuisine

The cuisine of ancient Ebla revolved around staples such as lentils, beans, and root vegetables, all rich in nutrients and flavors. For example, lentils were often prepared as hearty stews or soups, simmered with herbs like thyme and rosemary, and finished with olive oil for richness.

Root Vegetables

Modern cooking can replicate the ancient tradition of roasting root vegetables like carrots and parsnips, enhancing their sweetness through drizzling with olive oil and seasoning with herbs and spices like paprika and oregano.

Legumes

Chickpeas were another cornerstone, frequently used in salads alive with fresh vegetables like cucumbers and tomatoes, dressed in olive oil and lemon juice, creating a refreshing, nutritious meal.

Herbs and Spices

The use of local herbs such as mint, coriander, and parsley played a huge role in adding flavor. These ingredients could create vibrant dishes that resonate with ancient culinary traditions.

Beverages

Water was essential in daily life, but beer was a staple beverage for sustenance, often safer than drinking water. Brewing involved simple steps: malting barley, mashing to create wort, boiling it with herbs for flavor, and fermenting. Wine was likely imported, serving as a symbol of social status during special occasions.

Preservation Techniques

Techniques like fermentation were common, enhancing flavors and ensuring longer shelf lives of food. For example, fermented dairy products like yogurt provided nutrition and were more digestible.

Eblaite Culinary Practices

The culinary practices of the ancient city of Ebla highlight a rich tradition of cooking methods, ingredients, and food preparation, deeply rooted in their agrarian lifestyle. Primarily relying on fire as their energy source, Eblaite cooks demonstrated a mastery of heat management to transform raw ingredients into flavorful dishes.

Key Cooking Methods

Open Hearth Cooking

The hearth was essential for boiling and stewing, using large ceramic pots placed over a controlled fire. This method was ideal for cooking grains, lentils, and vegetables, resulting in hearty stews that blended flavors over long cooking periods.

Roasting

Smaller meats could be roasted over the hearth, while larger cuts were ideally cooked in ovens, which were constructed from clay or stone to retain heat.

Baking Bread

The baking process was central to Ebla cuisine, with updraft ovens used for making various types of bread from staple grains like emmer and barley. This involved heating the oven first, then placing the dough inside to bake until perfectly crusty.

Ingredients and Dishes

Grains & Pulses

Barley and emmer wheat were staples, often forming the base for bread and various porridge-like dishes. Pulses, such as lentils and chickpeas, provided essential protein.

Fruits

Fresh and dried fruits like figs, dates, and pomegranates were significant for both nutrition and natural sweetness, often enjoyed raw or incorporated into meals.

Herbs & Spices

Flavorings such as garlic and onions enhanced everyday dishes, while the use of honey as a sweetener was prevalent, creating simple yet richly flavored desserts.

Cultural Significance

The production of food was not merely about sustenance but played a vital role in community, religious practices, and celebrations. Feasts, marked by abundant servings and communal dining, helped reinforce social bonds and shared identities among Ebla's inhabitants.

Ancient Eblaite Culinary Practices

Cooking Techniques

Roasting

Essential for preparing meats, often conducted during festive gatherings, where large cuts of meat were cooked over open fires. This method added smoky flavors, enhancing the dish's appeal.

Stewing and Boiling

Fundamental for daily meals, these techniques employed earthen pots to simmer ingredients in water or broth, tenderizing tough meats and blending flavors. Staples like lentils, beans, and grains formed the basis of hearty stews.

Key Ingredients

Grains

Barley and emmer were used for bread and porridge, while legumes provided essential protein. The combination of grains and legumes created satisfying and nutritious dishes.

Fruits and Vegetables

Seasonal produce, such as carrots, onions, and figs, added flavor and nutrients. Honey was a central sweetener, enhancing many dishes.

Cultural Context

Cooking methods were closely tied to community life. Large pots allowed for efficient cooking for gatherings or festivals, fostering social ties and shared experiences. The aromas from cooking not only nourished but also served as a sensory reminder of home and togetherness.

This blend of techniques and locally-sourced ingredients made Eblaite cuisine both practical and delightful, reflecting their resourcefulness and cultural identity.

Exploring Ancient Eblaite Cuisine

Ebla's meals weren't just about bread; stews and porridges, made from ingredients like lentils, chickpeas, grains, and seasonal vegetables, were staples too.

Feasting in Eblaite society varied by class, with the wealthy enjoying more diverse and elaborate foods, such as roasted meats and fresh fruits like figs and pomegranates. Hosting an Ebla-inspired meal is an opportunity to share this history. Serve simple dishes, like lentil stew and fresh bread, perhaps accompanied by a touch of olive oil or fragrant spices.

Creamy Roasted Garlic Pearl Barley Purée

The Ancient Context: A cheap, heavy daily ration given to Bronze Age palace workers.

Modern Equipment: Standard stove top pot and a blender (or food processor).

This elegant pearl barley purée is a study in texture and clean flavors, offering a sophisticated alternative to traditional mash. The soft, nutty barley blends into a velvety cream, punctuated by the sharp, vibrant kick of fresh garlic and silky olive oil. It is a minimalist, nourishing side dish that glows with a natural purity, making it a beautiful accompaniment to roasted vegetables or grilled proteins.

Makes 1½ cups

Cook: 35 min

Total: 35 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
235	6g	8g	38g	8g	1g	145mg

INGREDIENTS

- 1 cup pearl barley
- 3 cup water (salted)
- 3 garlic (raw cloves)
- 2 tbsp olive oil

DIRECTIONS

1. Boil the pearl barley in three cups of salted water for approximately 35 minutes until the grains are completely soft.
2. Drain the barley, reserving 1/4 cup of the starchy cooking liquid.
3. Transfer the warm barley to a blender or food processor.
4. Add the raw garlic cloves, olive oil, and the reserved cooking water to the blender.
5. Blend the mixture until it transforms into a thick, creamy, and savory garlicky paste.

Cumin Lentil Soup

The Ancient Context: A fundamental source of protein across the ancient Levant.

Modern Equipment: A standard cooking pot on a kitchen stove.

This elegant lentil soup is a study in purity and warmth, where the gentle sweetness of sautéed leeks meets the earthy depth of toasted cumin. The texture is thick and restorative, offering a comforting bowl that feels both light and deeply satisfying. With its clean flavors and vibrant golden hue, it's a simple yet sophisticated dish that brings a sense of calm and freshness to the table.

2 servings

Cook: 45 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar
365	24g	8g	52g	22g	25mg

INGREDIENTS

- 1 leek (white and light-green parts sliced)
- 1 onion (small, chopped)
- tbsp vegetable oil (a splash)
- 1 cup dry lentils (rinsed)
- 710 ml water (3 cups)
- 1 tsp cumin (ground)
- 1 clove garlic (mashed)

DIRECTIONS

1. Slice the white and light-green parts of a fresh leek and chop one small onion.
2. Sauté the leek and onion in a pot with a splash of oil until soft.
3. Rinse 1 cup of dry lentils and add them to the pot with 3 cups of water, 1 teaspoon of ground cumin, and the mashed garlic.
4. Cover and simmer on low for 35 to 40 minutes until the lentils turn into a thick, comforting soup.

Roasted Beet and Lamb Stew

The Ancient Context: Records show sheep and goats were sacrificed or cooked for major royal offerings and celebrations

Modern Equipment: Stove top and a standard baking sheet.

This elegant stew brings together the earthy sweetness of honey-roasted beets with the rich, savory depth of slow-simmered lamb. The vibrant crimson hues of the beets bleed beautifully into the tender meat, creating a dish that is as visually stunning as it is comforting. Fresh, clean flavors and a delicate balance of sweetness make this a sophisticated yet nourishing meal.

2 servings

Cook: 50 min

Nutrition Estimated per Serving

Calories 485	Protein 32g	Fat 28g	Carbs 24g	Fiber 4g	Sugar 16g
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INGREDIENTS

- 2 red beet (chopped into small cubes)
- 1 tbsp oil (for tossing)
- 1 tbsp honey (for tossing)
- 400 g lamb (diced)
- 1 onion (chopped)
- 1 cup water

DIRECTIONS

1. Chop the red beets into small cubes, toss them lightly in oil and honey, and spread them evenly on a baking sheet.
2. Roast the beets in the oven at 204°C for 25 minutes until they are tender.
3. Sear the diced lamb with the chopped onion in a stove top pot until the meat is browned.
4. Add 1 cup of water to the pot, cover, and allow the lamb to simmer on medium-low heat for 45 minutes.
5. Stir the roasted beets into the lamb stew and cook together for the final 5 minutes.

Toasted Sesame Date Squares

The Ancient Context: Sugar did not exist; palace elites used imported dates and local sesame seeds for high-status sweets.

Modern Equipment: Food processor or high-powered blender, and plastic wrap

These elegant date squares offer a pure and refined sweetness, balancing the chewy, honey-like texture of dates with the delicate crunch of toasted sesame. The natural amber tones of the fruit contrast beautifully against the pale, golden seeds, creating a snack that is as visually clean as it is delicious. Simple and wholesome, these treats provide a sophisticated energy boost that feels light and effortlessly fresh.

Makes 12 squares

Cook: 2 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
85	1g	2g	18g	2g	15g	1 mg



INGREDIENTS

- 2 cups date (pitted)
- sesame seeds (toasted)

DIRECTIONS

1. Place the pitted dates into a food processor or blender and pulse until they form a sticky, unified dough.
2. Toast the sesame seeds in a dry skillet over medium heat for approximately 2 minutes until fragrant.
3. Press the date dough onto a piece of plastic wrap or wax paper until it reaches a thickness of ½ inch.
4. Pour the toasted sesame seeds over the dough, pressing them firmly into the surface.
5. Cut the slab into small squares and serve.

Toasted Pearl Barley with Golden Onion and Mint

Ancient Context: Barley was the ultimate staple crop of Ebla, consumed daily as bread, beer, and grain bowls.

Modern Equipment: Standard stove top skillet or frying pan.

This elegant grain dish features tender pearl barley toasted to perfection alongside sweet, caramelized onions. A final whisper of dried mint adds a refreshing aromatic finish that cuts through the richness of the sautéed grains. Served against a clean white backdrop, its natural golden hues and wholesome texture offer a simple yet sophisticated side dish.

2 servings

Cook: 35 min

Total: 35 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
420	12g	10g	78g	16g	4g	310 mg



INGREDIENTS

- 1 cup pearl barley
- salt (for boiling water)
- 1 tbsp oil (or butter)
- 1 onion (small, diced)
- 1 tsp dried mint

DIRECTIONS

1. Boil the pearl barley in salted water for 30 minutes until tender, then drain thoroughly.
2. Heat the oil or butter in a skillet over medium heat.
3. Sauté the diced onion in the skillet until soft and golden brown.
4. Add the cooked barley to the skillet with the onions.
5. Stir-fry for 3 to 5 minutes until the grain is slightly toasted, then stir in the dried mint just before removing from heat.

Warm Smashed Chickpeas with Garlic and Vinegar

Ancient Context: Legumes like chickpeas were heavily cultivated in the fields surrounding Ebla to feed the city's large population.

Modern Equipment: Stove top pot and a potato masher (or a fork).

This elegant side dish celebrates simplicity with warm, tender chickpeas that are crushed to perfection. Infused with pungent fresh garlic and a bright splash of vinegar, the texture is wonderfully chunky and satisfying. It is a clean, vibrant preparation that brings a touch of Mediterranean purity to any meal.

2 servings
Prep: 5 min
Cook: 5 min
Total: 10 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
185	8g	9g	20g	6g	3g	280 mg



INGREDIENTS

- 400 g chickpeas (canned, rinsed)
- 1 clove garlic (minced)
- 1 tbsp olive oil
- 1 tsp vinegar
- 1 pinch salt

DIRECTIONS

1. Rinse the canned chickpeas and heat them in a pot with a splash of water for 5 minutes until warm.
2. Drain the water, leaving approximately one tablespoon at the bottom of the pot.
3. Crush the chickpeas using a potato masher or a sturdy fork until they are mostly smashed but still retain a chunky texture.
4. Stir in the minced garlic, olive oil, vinegar, and salt before serving.

Honey-Simmered Figs with Pomegranate

Ancient Context: Ebla's climate was perfect for orchards. Documents track large shipments of figs, grapes, and pomegranates arriving at the palace.

Modern Equipment: Small stove top saucepan.

Experience a moment of pure, elegant simplicity with these honey-glazed figs. The fruit becomes wonderfully plump and tender as it simmers into a glossy, golden syrup, while fresh pomegranate seeds offer a bright, ruby-red crunch. This dish is a beautiful balance of soft textures and vibrant flavors, perfect for a light and sophisticated treat.

Serves 2

Cook: 12 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
265	2g	1g	68g	8g	58g	8 mg



INGREDIENTS

- 1 cup dried fig (cut in half)
- ½ cup water
- 2 tbsp honey
- 1 handful pomegranate seed (fresh)

DIRECTIONS

1. Cut the dried figs in half and place them into a small saucepan.
2. Add the water and honey to the pan.
3. Simmer gently over medium-low heat for 10 to 12 minutes until the figs are plump and the liquid turns into a thick, glossy syrup.
4. Spoon the warm figs into a bowl and top with fresh pomegranate seeds.

Barley Flour Pudding

Ancient Context: High-ranking palace elites enjoyed sweet, dense milk puddings thickened with fine cereal flours and sweetened with natural fruit syrups.

Modern Equipment: Small pot and a whisk.

A minimalist and elegant breakfast or snack, this barley flour pudding offers a gentle, nutty sweetness and a luxuriously smooth texture. Its clean profile is highlighted by the subtle floral notes of honey and a hint of salt, creating a bowl that feels pure and nourishing. Served warm, it is a simple yet sophisticated comfort food that celebrates the natural essence of wholesome ingredients.

2 servings

Prep: 2 min

Cook: 10 min

Total: 12 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
245	9g	8g	36g	2g	29g	135 mg

INGREDIENTS

- 3 tbsp barley flour
- 475 ml whole milk (cold)
- 2 tbsp honey
- 1 pinch salt (tiny)

DIRECTIONS

1. Whisk the barley flour into the cold whole milk in a small pot until no lumps remain.
2. Place the pot over medium-low heat on the stove.
3. Whisk constantly for 8 to 10 minutes until the mixture thickens into a smooth, custard-like consistency.
4. Remove from the heat and stir in the honey and salt.
5. Allow the pudding to cool slightly before serving.

Lagash

Circa 2380 -2360 BC

Introduction

Pages 23 - 29

Recipes

Pages 31 - 42

“The Code of Urukagina”

Around 2380 BC, Lagash was a prominent city-state in ancient Sumer, situated in the fertile region of Mesopotamia. It emerged as a powerful stronghold under the rule of influential leaders such as Urukagina, known for implementing one of the earliest recorded legal codes aimed at curbing corruption and abuse by officials. This period marked a transformative era where Lagash pursued both military conquests and cultural advancements. Urukagina's reforms sought to protect common citizens against injustices, illustrating an early attempt at governance reform. The rulers of Lagash were also patrons of architecture and infrastructure, commissioning grand temples dedicated to their deities, which underscored the city's religio-political landscape. Despite its internal advancements, the city-state often engaged in territorial conflicts with neighboring powers such as Umma, highlighting the prevailing geopolitics of ancient Mesopotamian polities. These dynamics fostered both growth and volatility within Lagash's domain during this epoch.

The Code of Urukagina was established by Urukagina, the ruler of the city-state of Lagash.

The Code is believed to have been created in response to the widespread corruption and abuse of power that existed in the region at the time. Urukagina sought to establish justice and equality among his people by enacting a set of laws that would govern their behavior and ensure their protection.

One of the key features of the Code of Urukagina is its focus on the rights of individuals and the protection of the vulnerable in society. It included provisions that mandated fair treatment of slaves, widows, orphans, and the poor. These laws sought to prevent the exploitation and mistreatment of these vulnerable groups by holding those in power accountable for their actions.

The code also addressed issues related to property rights and the regulation of trade and commerce. It established regulations governing the prices of goods and services, as well as rules governing the conduct of merchants and traders. These laws aimed to prevent fraud and ensure fair business practices in the marketplace.

In addition to its focus on justice and equality, the Code of Urukagina also addressed issues related to government administration and the duties of public officials. The code outlined the responsibilities of government officials and established guidelines for their conduct in office. It also included provisions for the establishment of courts and the resolution of legal disputes.

The Code of Urukagina is considered a pioneering legal document in ancient Mesopotamia and is believed to have influenced later codes of law in the region. Its principles of justice, equality, and accountability set a standard for governance that was ahead of its time. The code was a reflection of Urukagina's commitment to ensuring the well-being and protection of his people.

Despite its progressive nature, the Code of Urukagina was not without controversy. Some scholars have suggested that Urukagina's motivations for enacting the code were rooted in his desire to consolidate power and control over his subjects. Others have argued that the code was a response to external threats and was intended to strengthen Lagash's position in the region.

Overall, the Code of Urukagina represents a significant achievement in the history of law and governance. Its emphasis on justice, equality, and accountability laid the foundation for future legal systems and played a crucial role in shaping the development of civilization in ancient Mesopotamia.

This era is famous for the oldest surviving records of organized recipes and large-scale state kitchens.

According to cuneiform tablets from the region, the culinary identity of Lagash was defined by its highly developed irrigation system, yielding vast amounts of barley, onions, leeks, and freshwater fish from the Tigris and Euphrates rivers

Summary of “The Cuisine of Lagash” by Dawn Corleone

The Culinary Heart of Lagash Under Urukagina

Under the reign of Urukagina, Lagash emerged as a vibrant metropolis in ancient Sumer, characterized by its complex urban life, agricultural bounty, and intricate social structures. This period is particularly notable for Urukagina's reforms aimed at reducing corruption and promoting fairness, establishing a significant impact on the city's culinary practices.

Urban Life and Food's Significance

Lagash was not merely a cluster of mud brick homes but a bustling city teeming with social interactions, marked by the lively sounds of marketplaces and the scents of various foods. Food was deeply intertwined with both everyday life and spiritual beliefs. It was an embodiment of the city's culture and economic wellbeing, with celebrations often reflecting community values and social hierarchies.

Festivals and Feasts

Celebrations ranged from religious festivals to royal decrees, during which the culinary landscape would transform dramatically. Common laborers enjoyed modest enhancements to their meals, while the elite feasted on lavish dishes prepared with rare ingredients, showcasing their social status.

Agriculture: The Backbone of Society

Agriculture was the backbone of Lagash's economy, with irrigation canals turning barren lands into fertile fields. The city relied heavily on barley, which served as the primary staple for both daily sustenance and special occasions.

Grains and Breads

Barley was fundamental, cooked into various forms such as porridge, flatbreads, and beer. The labor-intensive processes of growing, harvesting, and milling barley underscored the agricultural ingenuity of its people. Bread was a primary food, ranging from simple flatbreads to more refined leavened varieties for celebrations.

Beer Culture

Beer, a common drink, served as both nutrition and social lubricant, enjoyed during meals and feasts alike. The quality of beer often varied based on the occasion, with special brews reserved for celebrations.

Protein Sources: Meats and Dairy

In addition to grains, animal husbandry played a vital role in the diet, providing essential proteins and fats. Sheep and goats were the primary sources, while occasional consumption of beef and pork marked significant occasions.

Meat Preparation

Meat was reserved for communal celebrations, with various cuts prepared through roasting or stewing. The careful butchering of sheep and goats linked the culinary practices with social rituals, reflecting the wealth and communal bonds within society.

Dairy Products

Milk from sheep and goats enriched the Lagashian diet, leading to the production of cheese, yogurt, and butter. These products not only added nutritional value but also enhanced the flavors of meals and were integral in festive occasions.

Culinary Celebration and Community Identity

Food during Urukagina's reign was not merely for sustenance; it was a manifestation of identity, social dynamics, and spirituality. Religious festivals and community gatherings featured elaborate meals, emphasizing communal bonds through shared experiences.

Community Efforts

Food preparation for large festivals involved collective efforts, with diverse roles from farmers to cooks. The vibrant act of communal cooking and sharing resonated through the community, reinforcing social ties.

Symbolism of Foods

Certain ingredients held symbolic meanings, with barley and meat representing abundance and divine favor. The selection of foods for rituals mirrored the interconnectedness of daily life and spiritual practices.

A Legacy of Culinary Practices

Understanding the culinary traditions of Lagash under Urukagina provides a window into the values, structures, and daily experiences of its people. The interplay of agriculture, social stratification, and religious observance painted a rich tapestry of life, where food was a fundamental pillar shaping both ordinary sustenance and extraordinary celebrations.

In essence, the culinary heart of ancient Lagash beat not only with the rhythms of agriculture and trade but also through the shared joy and community spirit encapsulated in their festive meals. The preparations, ingredients, and communal nature of feasting underlined the importance of food as a vital element bonding the people, reinforcing their identity, and connecting them to the divine.

Summary of Ancient Lagashian Culinary Traditions

The city-state of Lagash, a prominent part of ancient Mesopotamia, was rich in culinary practices centered around dairy, grains, and various fruits and vegetables, creating a diverse food culture. The process of cheese-making began with adding rennet or acid to warm milk, leading to the separation of curds and whey. Depending on the type of milk and processing method, the resulting cheese could be soft and fresh, resembling farmer's cheese or ricotta, or aged and firmer. Fresh cheeses were often enjoyed with bread, while whey was repurposed in soups, porridge, or livestock feed. Aged cheeses developed deeper flavors and could be enhanced with herbs, and these dairy products became important staples in the Lagash diet.

Yogurt, a significant part of this ancient diet, was produced through the fermentation of milk with naturally occurring bacteria, resulting in a thick and tangy product. This versatile food could be consumed directly, used in sauces, or incorporated into grain dishes, enriching the flavors and increasing their nutritional value. Additionally, it served as a base for butter, a labor-intensive but rewarding product. Butter was prized for its rich flavor, used in cooking, as a spread, and especially in celebratory dishes to signal status and prosperity.

The inhabitants of Lagash also utilized a wide array of fruits and vegetables, with dates being a staple. Dates provided natural sweetness, serving as snacks or ingredients in breads, stews, or fermented drinks. Other significant fruits included figs, loved for their flavor and texture, and pomegranates, offering a burst of taste in both savory and sweet dishes. Each of these fruits was important for maintaining nutritional balance within the diet and for creating a system of food preservation.

Vegetables, though less emphasized in historical records, played essential roles. Onions and garlic offered robust flavors, adding depth to many dishes. Legumes, particularly lentils and chickpeas, were crucial for protein and were prominently featured in stews, heavily seasoned with spices like cumin and coriander. Collectively, these foods constituted the foundation of a healthy and varied diet.

Beverages also held a notable position in Lagashian culinary culture. Beer was a common drink, often consumed daily and essential for festivals or rituals. It was produced from barley and emmer wheat through a traditional brewing process that involved malting, fermentation, and sometimes flavoring with herbs or fruits. This also served as both sustenance and an economic staple, often used as currency for laborers.

Wine, while less prevalent, was associated with the elite and religious ceremonies, providing a more refined alternative to beer. Although grape cultivation faced challenges in the region, wine was locally produced or imported and held a special social significance.

Finally, communal meals and the hospitality of hosts underscored the importance of food in Lagash society. Each dish — from hearty bread to succulent stews — was not only about nourishment but also about shared experiences and cultural connections. The act of gathering to enjoy food, presented beautifully in communal settings, reflected the generosity and unity of the community.

In recreating a Lagashian feast today, one would emphasize grains, legumes, dairy, fruits, and vegetables, encapsulating the spirit of this ancient city. The warmth of shared dishes served family-style, the inclusion of hearty stews, dairy, and sweet fruits would create not just a meal, but a celebration of an intricately woven culinary heritage, highlighting the ingenuity and sustenance that these ancient people derived from their environment.

Summary of Ancient Lagashian Cuisine

Ancient Lagash was known for its rich and varied culinary traditions that emphasized simple yet flavorful preparations. A hallmark of the Lagashian diet was a hearty stew, often served with barley flatbread, perfect for scooping. Fish was another significant food source, especially in areas near water, with grilling and baking being common cooking methods.

Key Dishes and Their Preparation

Grilled Fish

One popular dish is a reconstructed recipe for Lagashian grilled fish, which highlights the fish's natural flavors. To prepare it:

Ingredients

Whole fish (like sea bream or trout), olive or sesame oil, herbs (such as parsley or dill), sliced garlic, salt, and optional lemon or pomegranate molasses.

Instructions

1. Preheat the grill or oven.
2. Score the fish, rub with oil, and season with salt and pepper.
3. Stuff the gut with garlic and herbs.
4. Grill or bake until cooked through, then serve with lemon or pomegranate molasses.

Using fresh herbs and simple seasonings allows the natural taste of the fish to shine. Moreover, pomegranate molasses can add a sweet-tart flavor, enhancing the dish.

Honey-Glazed Carrots

Another dish is honey-glazed carrots, showcasing how common ingredients were transformed into something special:

Ingredients

Carrots, honey, sesame oil (or butter), salt, and optional cinnamon.

Instructions

1. Combine ingredients in a saucepan with a little water.
2. Boil, then simmer until tender.
3. Cook until the liquid becomes syrupy, coating the carrots.

This dish demonstrates the use of honey as an important sweetener in ancient cooking.

Beverages

Beer was a staple drink, enjoyed by all social classes in ancient Lagash. Wine was reserved for special occasions, while fruit-infused waters rounded out the options. Recreating beer requires more advanced brewing skills but appreciates its cultural significance.

Cooking Techniques and Ingredients

To replicate these ancient recipes today:

Grains

Barley was important. Whole grain barley flour is available in supermarkets, and exploring emmer or einkorn flours is encouraged for authenticity.

Spices

Ingredients like cumin and coriander are easily found and were key in flavoring dishes.

Sweeteners

Honey remains readily available and dates can be used for a richer sweetness.

Theme Dining

Creating an authentic experience extends beyond just food. The setting plays a vital role:

Table Settings

Use rustic pottery and wooden utensils to reflect ancient dining ware. Eating from communal dishes fosters a sense of connection.

Ambiance

Soft candlelight can enhance the atmosphere, while ambient sounds like crackling fire can evoke an ancient setting. Incorporating simple decorations inspired by Mesopotamian art may deepen the immersive experience.

Exploring Lagashian cuisine provides insights into a sophisticated culinary culture that influenced modern cooking. Engaging with these historical recipes not only honors the ingenuity of our ancestors but also enriches our modern culinary experiences. Each dish carries a flavor of history, reminding us that cooking and sharing meals have always been a significant part of human connection. By recreating ancient meals, we celebrate the culinary innovations that laid the groundwork for many contemporary food traditions.

Shredded Turnips with Mustard and Oil

Ancient Context: Turnips and radishes were incredibly common root vegetables fed to city laborers and temple staff because they grew easily in the salty Mesopotamian soil.

Modern Equipment: Standard stove top skillet and a box grater.

A clean and elegant side dish that highlights the natural, peppery brightness of fresh turnips. Shredded into delicate strands and tossed with fragrant toasted mustard seeds, this dish offers a pure and refined flavor profile with a gentle, satisfying crunch. The simplicity of the preparation ensures a vibrant, airy texture that is both light and deeply inviting.

Serves 2

Prep: 10 min

Cook: 8 min

Total: 18 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
85	2g	7g	5g	2g	3g	125 mg



INGREDIENTS

- 3 turnip (medium, peeled and grated)
- 1 tbsp oil
- 1 tsp mustard seed (crushed, or 1/2 tsp ground mustard powder)
- 1 pinch salt

DIRECTIONS

1. Peel the turnips and grate them using the coarse side of a box grater.
2. Heat the oil in a skillet over medium heat.
3. Add the crushed mustard seeds to the oil and fry for 30 seconds until fragrant.
4. Incorporate the shredded turnips and a pinch of salt into the skillet.
5. Cook for 5 to 7 minutes while stirring frequently until the turnips are softened but still retain a slight bite.

Smashed Barley and Herb Cakes

Ancient Context: Hand-shaped grain flat cakes were cooked directly on the hot stones of a hearth to accompany stews.

Modern Equipment: Stove top frying pan.

These elegant barley cakes offer a delightful contrast between their golden, crispy exterior and a soft, herb-infused center. Bright notes of fresh cilantro cut through the wholesome earthiness of the grain, creating a light and refreshing bite. Perfectly simple and pure, they represent a clean, modern take on rustic grains.

Makes 8 patties

Prep: 10 min

Cook: 48 min

Total: 58 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
185	6g	2g	38g	8g	1g	160 mg



INGREDIENTS

- 1 cup pearl barley (overcooked and mushy)
- 3 cup water (salted)
- 1 handful cilantro (fresh, finely chopped)
- 1 pinch salt
- 1 tsp vegetable oil (for frying)

DIRECTIONS

1. Boil the pearl barley in salted water for 40 minutes until completely overcooked and mushy.
2. Drain the barley and allow it to cool until it is safe to handle.
3. Mix in the finely chopped fresh cilantro and a pinch of salt.
4. Mash the mixture thoroughly with your hands or a fork, then shape into small, flat patties.
5. Lightly oil a frying pan and fry the patties for 4 minutes on each side until a golden, crispy crust forms.

Date Water Custard (Mersu)

Ancient Context: Cuneiform texts describe a dessert known as Mersu, which involved mashing dates with liquid and fats to create a rich paste or pudding for religious festivals and palace elites.

Modern Equipment: Small stove top saucepan and a fork or potato masher.

This elegant Date-Water Custard offers a pure and nourishing sweetness that feels both ancient and refined. The dates soften beautifully into the milk, creating a silky, dark-gold texture with a rich, caramel-like depth. Served warm, it is a comforting and naturally vibrant treat that captures the essence of simple, wholesome ingredients..

2 servings

Cook: 11 min

Total: 11 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
320	6g	10g	58g	7g	48g	75 mg

INGREDIENTS

- 1 cup date (pitted)
- 1 cup whole milk
- 1 tbsp butter
- 1 tsp all-purpose flour (optional for thickness)

DIRECTIONS

1. Place the pitted dates, milk, and butter into a small saucepan.
2. Bring the mixture to a very gentle simmer over low heat for 10 minutes until the dates fully absorb the liquid and soften.
3. Use a fork or potato masher to crush the dates directly into the warm liquid until it transforms into a thick, uniform, dark-gold custard.
4. Stir in the flour and cook for one additional minute if a thicker consistency is desired.
5. Serve the custard warm in small bowls.

Honey-Glazed Tiger Nut Cakes

Ancient Context: "Tiger nuts" (edible tubers) were highly prized for sweetness in ancient Sumer. Since they are hard to find in modern grocery stores, almonds are an excellent historical texture substitute.

Modern Equipment: Conventional oven and a baking sheet.

These elegant, golden-hued nut cakes offer a sophisticated blend of floral honey and toasted almond crunch. Inspired by ancient Sumerian flavors, each bite is beautifully translucent and crisp, reflecting a pure and timeless sweetness. The simple, clean profile makes them a refined accompaniment to tea or a light afternoon snack.

8 cakes

Prep: 5 min

Cook: 12 min

Total: 17 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
115	3g	9g	8g	2g	6g	1 mg



INGREDIENTS

- 1 cup almond (chopped)
- 3 tbsp honey
- 1 tbsp water

DIRECTIONS

1. Preheat your oven to 175°C (350°F).
2. In a small bowl, mix the chopped almonds, honey, and water until the nuts are thoroughly sticky.
3. Scoop the sticky almond mixture onto a baking sheet lined with foil or grease, shaping them into small, flat round disks.
4. Bake for 10 to 12 minutes until the honey bubbles and turns golden brown.
5. Remove from the oven and let the cakes cool completely until the honey sets.

Garlic and Onion Baked Fish

Ancient Context: Lagash was situated near vast marshlands and canals. Tablets record hundreds of fishermen delivering daily catches of carp and catfish to temple storehouses.

Modern Equipment: Conventional oven and a baking dish (or aluminum foil).

This elegant baked fish features tender fillets topped with a fragrant canopy of softened yellow onions and aromatic minced garlic. The dish is light and refined, offering a clean palate of natural seafood sweetness enhanced by the gentle heat of the oven. Its minimalist preparation allows the vibrant, fresh flavors to shine, making it a perfect healthy centerpiece for a serene dinner.

2 servings

Prep: 10 min

Cook: 20 min

Total: 30 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
245	35g	8g	7g	1g	3g	280 mg

INGREDIENTS

1. 2 white fish fillet (such as cod or tilapia)
2. 1 yellow onion (sliced into thin rings)
3. 4 clove garlic (minced)
4. 1 tbsp olive oil (for rubbing)
5. 1 pinch salt

DIRECTIONS

1. Preheat your oven to 190°C (375°F).
2. Slice one yellow onion into thin rings and mince four cloves of garlic.
3. Place the fish fillets in a baking dish and rub them thoroughly with oil and a pinch of salt.
4. Scatter the onion rings and minced garlic generously over the top of the fish. Bake for 15 to 20 minutes until the fish flakes easily with a fork and the onions are soft.

Slow-Simmered Garlic and Leek Beef Pot

Ancient Context: While the common folk ate mostly grain, tablets show beef was prepared for temple officials and high-status festivals, heavily seasoned with native alliums.

Modern Equipment: A deep stove top pot or Dutch oven.

This elegant, slow-cooked beef pot radiates purity and warmth with its clean, simple ingredients. The beef becomes exceptionally tender as it braises, while the leeks melt into a silky, sweet gravy that feels both light and deeply satisfying. It is a dish defined by its fresh clarity and honest, comforting flavors.

Serves 2

Cook: 90 min

Total: 90 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
412	48g	18g	14g	2g	3g	385 mg

INGREDIENTS

- 2 leek (large, white and light-green parts chopped)
- 6 clove garlic (peeled, whole)
- splash oil
- 450 g (~One Pound) stew beef (diced)
- pinch salt
- 2 cups water

DIRECTIONS

1. Chop the white and light-green parts of the leeks and peel the garlic cloves.
2. Heat a splash of oil in a pot over high heat and sear the diced beef until browned on all sides.
3. Lower the heat to a simmer and add the leeks, garlic, salt, and water.
4. Cover the pot tightly and simmer on low for 60 to 90 minutes until the beef is tender and the leeks have formed a thick gravy.

Sautéed Greens and Coriander

Ancient Context: Wild mustard greens, turnip tops, and herbs were gathered along canal banks to add vital nutrients to the starch-heavy Sumerian diet.

Modern Equipment: Stove top skillet.

This dish offers a clean and elegant preparation of vibrant leafy greens, gently wilted to maintain their fresh essence. The aromatic warmth of ground coriander and toasted garlic creates a delicate infusion that coats every leaf. It is a pure, nourishing side dish that feels both airy and satisfying in its simplicity.

2 servings

Cook: 6 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
85	3g	7g	5g	2g	1g	120 mg



INGREDIENTS

- 1 bunch leafy greens (washed and roughly chopped)
- 1 tbsp oil (for frying)
- 2 garlic cloves (minced)
- 1 tsp ground coriander
- 1 splash water
- 1 pinch salt

DIRECTIONS

1. Wash the greens thoroughly and chop them into rough, bite-sized pieces.
2. Heat the oil in a skillet over medium heat, then add the minced garlic and ground coriander, frying for 30 seconds until fragrant.
3. Add the greens to the skillet along with a splash of water and a pinch of salt.
4. Cook for 3 to 5 minutes, stirring constantly, until the greens have just collapsed and wilted.

Flatbread Onion Relish

Ancient Context: Raw and lightly pickled onions were served alongside flatbreads and beer at almost every meal to sharpen the flavors of plain barley cakes.

Modern Equipment: A small bowl.

This crisp and vibrant onion relish offers a refreshing bite that perfectly cuts through rich meats or savory grains. The thin crescents are softened by a quick salt massage and brightened with a splash of vinegar and aromatic dried mint. It is a clean, sharp, and essential condiment that brings a sense of purity and freshness to any plate.

Makes 1 small bowl

Prep: 5 min

Cook: 0 min

Total: 15 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
15	0g	0g	4g	1g	2g	145 mg



INGREDIENTS

- 1 onion (sliced as thin as possible into crescent strips)
- pinch salt
- 1 tbsp white vinegar
- 1 tsp dried mint

DIRECTIONS

1. Slice the onion as thin as possible into crescent strips.
2. Place the onions in a small bowl, sprinkle with a pinch of salt, and rub them with your fingers for 30 seconds to soften their texture.
3. Add the white vinegar and dried mint, then toss to combine.
4. Allow the relish to sit at room temperature for 10 minutes to develop flavor before serving.

Herbed Mutton (or Pork) Bowl

Ancient Context: Economic texts from Lagash meticulously record the slaughter of sheep and pigs for palace consumption, often stewed with abundant fresh green herbs.

Modern Equipment: Standard stove top pot or deep skillet.

This elegant herb-infused bowl features tender morsels of meat braised in a vibrant essence of fresh cilantro and green onions. The slow-simmered juices create a clean, aromatic sauce that perfectly complements the rich, savory seared meat. It is a light yet deeply satisfying dish that feels fresh, pure, and beautifully simple.

2 servings

Prep: 10 min

Cook: 35 min

Total: 45 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
485	38g	35g	4g	1g	1g	280 mg



INGREDIENTS

- 1 bunch cilantro (finely chopped)
- 1 bundle green onion (finely chopped)
- 1 tbsp oil
- 450 g (~One Pound) mutton (diced, or pork diced)
- 1 pinch salt
- 3 garlic clove (minced)
- 120 ml water

DIRECTIONS

1. Finely chop the fresh cilantro and the bundle of green onions.
2. Heat 1 tablespoon of oil in a pot over medium-high heat.
3. Add the diced meat and a pinch of salt to the pot, searing until the meat is well-browned.
4. Layer the chopped cilantro, green onions, and minced garlic directly on top of the seared meat.
5. Pour in the water and cover the pot with a tight-fitting lid.
6. Reduce the heat to low and simmer for 30 minutes until the meat is tender and has absorbed the herb juices.

Barley & Chickpea Mash

Ancient Context: A thick, filling, high-protein daily porridge served out of the great temple kitchens of Lagash to sustain the city's vast workforce.

Modern Equipment: Standard stove top cooking pot.

This comforting Barley & Chickpea Mash offers a clean, wholesome texture that feels both light and deeply satisfying. The pearled barley softens into a delicate, creamy base, while the smashed chickpeas add a rustic heartiness. This ivory-hued porridge is a pure and elegant expression of simple, nourishing ingredients.

4 servings

Prep: 5 min

Cook: 50 min

Total: 55 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	9g	5g	52g	11g	3g	320 mg



INGREDIENTS

- 1 yellow onion (small, chopped)
- 1 tbsp butter
- 1 cup pearl barley
- 400 g chickpeas (1 can, drained)
- 3.5 cup water
- 1 pinch salt (generous)

DIRECTIONS

1. Fry the chopped onion in butter at the bottom of a pot over medium heat until soft.
2. Add the pearl barley, drained chickpeas, water, and salt to the pot.
3. Bring the mixture to a boil, then reduce heat to low, cover, and simmer for 40 to 45 minutes.
4. Once the barley is soft and liquid is absorbed, roughly mash the grains and chickpeas with a fork or spoon into a thick porridge.

Savory Leek and Cheese Spread

Ancient Context: Sumerians produced a sharp, salted cheese similar to modern feta or cotija. To preserve dairy in the hot climate. It was regularly mixed with wild alliums.

Modern Equipment: A small bowl and a fork.

.This elegant spread offers a clean and vibrant flavor profile, pairing the sharp, salty notes of crumbled feta with the delicate crunch of paper-thin raw leeks. The texture is beautifully chunky and rustic, yet feels light and sophisticated when served against a minimalist backdrop. It provides a fresh, garden-inspired element that perfectly complements warm flat breads or wholesome grain bowls.

Makes 1 cup

Prep: 10 min

Cook: 0 min

Total: 10 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
115	5g	10g	3g	0g	1g	420 mg

Ingredients

- 1 leek (white part only, finely chopped)
- 150 g feta cheese (crumbled)
- 1 tbsp olive oil

DIRECTIONS

1. Wash the leek thoroughly and chop the white portion into paper-thin pieces.
2. Crumble the feta cheese into a small bowl using a fork.
3. Add the raw leeks and oil to the bowl.
4. Mash the ingredients together until a chunky spread forms.

Sautéed Cumin Radishes

Ancient Context: Radishes were prized in Lagash for their sharp flavor, often cooked down to mellow their intense heat into a sweet, earthy side dish.

Modern Equipment: Stove top frying pan.

These sautéed radishes offer a clean and elegant transformation of a crisp garden staple. Searing them with aromatic cumin brings out a surprising sweetness and a tender, translucent texture that is both light and satisfying. It is a fresh, minimalist side dish that captures the purity of simple ingredients

Serves 2

Prep: 5 min

Cook: 8 min

Total: 13 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
78	1g	7g	3g	2g	2g	115 mg



INGREDIENTS

- 1 bunch radish (washed, trimmed and sliced into thin rounds)
- 1 tbsp oil (for frying)
- ½ tsp ground cumin
- 1 pinch salt

DIRECTIONS

1. Wash the radishes, trim the ends, and slice them into thin rounds.
2. Heat 1 tablespoon of oil in a frying pan over medium-high heat.
3. Add the sliced radishes, ground cumin, and salt to the pan.
4. Sauté for 6 to 8 minutes, stirring frequently, until the radishes are translucent and slightly browned on the edges.

Ur

Circa 2100 -2050 BC

Introduction

Pages 45 - 55

Recipes

Pages 57 - 62

“The Code of Ur-Nammu”

Around 2100 BC, the city-state of Ur was a prominent Sumerian metropolis that exemplified a centralized and stratified society. The leadership under Ur-Nammu, founder of the Third Dynasty of Ur, demonstrated astute governance through legal consolidation and architectural innovation, establishing one of history's earliest law codes—the Code of Ur-Nammu. This set the foundation for social order and civic responsibility, projecting royal authority as divine mandate. Culturally, Ur was characterized by its vibrant religious life centered around grand ziggurats dedicated to deities such as Nanna (moon god), reflecting polytheistic principles deeply embedded in daily existence. The court promoted arts and literature, significantly influencing subsequent Mesopotamian societies. A robust trade network supported economic prosperity and cultural exchange, enhancing Ur's status as an advanced civilization adept at balancing tradition with emerging administrative prowess.

The Code of Ur-Nammu is one of the oldest known legal codes in the region of Mesopotamia. It was discovered in the ancient city of Ur, which is now modern-day Iraq. The code is named after Ur-Nammu, who was the king of Ur at the time and is believed to have been its author. The code consists of a series of laws and regulations that were intended to govern the behavior of the citizens of Ur and ensure justice and order in society.

One of the most notable aspects of the Code of Ur-Nammu is its emphasis on social justice and equality. The code contains laws that protect the rights of individuals and seek to prevent abuses of power by those in authority. For example, the code includes provisions that guarantee fair treatment for all citizens regardless of their social status or wealth, and it prohibits discrimination based on gender, ethnicity, or religion.

Another important feature of the Code of Ur-Nammu is its focus on criminal justice and punishment. The code lays out specific penalties for various crimes, ranging from theft and murder to adultery and property damage. Punishments included fines, restitution, and sometimes physical punishment such as flogging or amputation. The severity of the punishment was often determined by the severity of the crime, with more serious offenses carrying harsher penalties.

In addition to criminal justice, the Code of Ur-Nammu also addresses civil and family law. The code includes laws governing marriage, divorce, inheritance, and property rights. These laws were intended to regulate family relationships and property disputes and ensure fairness and stability within the community.

The Code of Ur-Nammu is significant because it represents one of the earliest examples of written law in human history. Before the code was written down, laws and regulations were passed down orally or through custom and tradition. The creation of a formal written code marked a significant development in the evolution of legal systems and laid the foundation for future legal codes and systems of jurisprudence.

Summary of “The Cuisine of Ur-Nammu” by Dawn Corleone

Historical Background

The story begins in Mesopotamia, between the Tigris and Euphrates rivers, considered the cradle of human civilization.

This civilization saw significant innovations such as writing and legal systems, primarily documented through the Code of Ur-Nammu, a legal code that provides insight into society's agricultural and culinary practices.

Significance of Food

Grain, particularly barley, was central to Mesopotamian life; it served as food, currency, and was essential for communal celebrations.

Food was not just sustenance but also a way to express community, devotion, and joy during celebratory feasts.

Key Ingredients and Cooking Techniques

Staple Grains

Barley and wheat were fundamental; barley was especially resilient and was used to make porridge and bread. Wheat was associated with higher social status and used for leavened bread.

Cooking Tools

Ancient Mesopotamians utilized earthenware pottery, open hearths, and clay ovens for cooking, showcasing their resourcefulness.

Diverse Diet

The diet was enriched by legumes (lentils, chickpeas) providing essential proteins and nutrients.

Fruits like dates, figs, and pomegranates added sweetness and variety to meals, while vegetables like onions and garlic were staples for flavor.

Dairy Products and Fats

Sheep and goats provided milk, which was transformed into yogurt and cheese, key components in their diet. Animal fats were invaluable for cooking.

Dairy enhanced the nutritional value and flavor of dishes, fulfilling the caloric needs of the active population.

Sweeteners and Flavorings

Honey, derived from local beekeeping, was the primary sweetener and often used in culinary and religious practices.

Aromatic spices and herbs like cumin and coriander enhanced flavor, transforming simple dishes into elaborate meals.

Culinary Practices

The cooking techniques reflected a sophisticated understanding of ingredients; they incorporated stewing, simmering, and baking to create complex flavors.

Sharing food was intertwined with community life, emphasizing trust and hospitality—a practice that remains significant across cultures.

Culinary Archaeology

Modern interpretations of ancient recipes require piecing together clues from cuneiform texts and archaeological findings, making the reconstruction of Mesopotamian meals both a challenge and an exciting endeavor.

Cultural Significance

Meals were central to religious rituals, reinforcing community identity and connections through shared dining experiences.

The Code of Ur-Nammu, while not a cookbook, hints at the societal importance of food security and its role in enabling celebrations and community cohesion.

Enduring Legacy

The culinary heritage of ancient Mesopotamia continues to influence modern diets, emphasizing the evolving relationship humans have with food and the importance of agricultural practices.

Summary of Mesopotamian Food and Cooking Techniques

Foundation of Cuisine

Mesopotamian cooking centered around grains, primarily barley and wheat, essential for creating staples like bread and beer.

Honey and dates were prominent sweeteners that enhanced various dishes and were vital to both everyday and ceremonial meals.

Sweetness and Ingredients

Honey's sweet flavor turned simple dishes into treats, even requiring a small amount for a significant effect due to its concentrated sweetness.

Dates, widely consumed, could be enjoyed fresh or in several forms: mashed, dried, or pureed, adding texture and energy to diets.

Cooking Techniques

The basic methods of cooking included roasting (often over open flames) and boiling (using clay pots), which allowed for various food preparations, from savory stews to hearty porridges.

With advancements came the clay oven, pivotal for baking bread, helping it develop a crust and better texture.

Preservation Techniques

Preservation through fermentation led to essential products like beer and leavened bread, showcasing a sophisticated understanding of natural processes.

The sun-drying, salting, and confiting of meats and fruits extended their edible life while enhancing flavors.

Culinary Elements

Aromatic spices (cumin, coriander, garlic, etc.) were crucial in preparing flavorful dishes, enhancing everything from stews to baked goods.

The careful balancing of flavors transformed basic ingredients into delightful meals, allowing for community and family gatherings centered around food.

Beer and Its Importance

Beer was a fundamental part of Mesopotamian life, consumed daily by all classes. It provided both calories and nutrients and reflected social status, often served at feasts and religious ceremonies.

The brewing process required grains to be malted and fermented, highlighting ancient techniques that still resonate in modern brewing.

Bread as a Staple

A variety of breads, from dense flatbreads to richer, leavened options, indicated a breadth of baking knowledge that demonstrated societal complexity.

Celebratory breads enriched with fats and sweeteners differentiated important occasions from everyday consumption, required attention in both crafting and baking.

Religious Context

The act of eating was intertwined with spirituality; offerings of food to gods expressed reverence and sought divine favor. Temples and public feasts connected food deeply with the Mesopotamian worldview.

The significance of food and ritual foods constructed community ties, enriching the cultural and spiritual life of Mesopotamians.

Modern Relevance

Understanding these historical practices provides insights into how food shapes culture, community, and communication.

Modern cooks can recreate these ancient dishes by utilizing similar ingredients and methods, offering a unique way to connect with the past.

Understanding Offerings

In ancient Mesopotamia, food offerings to the gods were highly significant and had to be the best quality. This included selecting ripe fruits, prime cuts of meat, and finely baked breads. Offerings represented gratitude, especially during bountiful harvests, while smaller offerings were made during lean times, emphasizing devotion rather than quantity.

First Fruits Concept

The idea of "first fruits" was crucial; the first yield of a harvest was set aside exclusively for the gods, reflecting respect for their role in agricultural fertility and abundance. This practice underscored the close relationship between the people and their deities.

Diverse Culinary Preparations

Offerings included a variety of foods, crafted skillfully by specialized bakers and brewers. Breads ranged from simple to intricately designed, reflecting aesthetic values. Mesopotamian beer was also important, viewed as a divine drink. Fish from local rivers and dairy products were common offerings as well.

Relationship with Deities

The act of offering was seen as a mutual exchange; when gods consumed these offerings, they were nourished and, in return, were believed to bless their worshippers with protection and prosperity. This reciprocal relationship was a fundamental component of religious practices.

Significance of Temple Kitchens

Temple kitchens were sacred spaces beyond mere food preparation. They transformed earthly bounty into divine sustenance, and the aromas from cooking were seen as prayers to the gods. Temples also organized large community feasts aligning with agricultural cycles, promoting a sense of community.

Food Offerings Beyond Daily Worship

Offerings were also significant in funerary rites, symbolizing continued existence in the afterlife. Food types often reflected societal values, with strong animals like bulls and rams symbolizing power and fertility, and grains like barley and wheat forming the society's foundation.

Importance of Record-Keeping

Mesopotamian scribes meticulously recorded food offerings, which illuminated the economic and administrative aspects of temple life and highlighted the importance of food in religious practices. Accurate records showed the scale of offerings made to various deities.

Cosmic Order Maintenance

Food offerings were believed essential for maintaining cosmic order and appeasing the divine. A well-fed god would bring good fortune, while neglect could lead to disaster. Thus, providing food offerings was seen as a critical spiritual responsibility.

Sacred Language of Food

Preparing and offering food to the gods was more than a culinary task; it was a profound expression of thankfulness and recognition of humanity's place within a divinely structured universe.

Culinary Centers of Activity

The temple precincts functioned as vibrant economic and social hubs, with kitchens operating daily to produce the finest food. The dedication to culinary excellence in temple kitchens influenced nutrition and food practices across Mesopotamian society, affecting royal households too.

Tailored Offerings for Deities

Specific deities received distinct food offerings based on their characteristics. For example, the sky god Anu might receive fine wheat bread and rich meats, while water deities would be given fish. This specificity reflected the priests' deep understanding of the gods' nature.

Highly Skilled Staff

Temple staff, including priests and skilled artisans, played crucial roles in the preparation of offerings. They ensured that dishes not only tasted good but were presented beautifully, reflecting the importance of both taste and aesthetic appeal in religious offerings.

Shared Community Feasts

Festivals and communal feasts brought together people from all social strata. Distribution of food from offerings reinforced community ties and symbolized shared divine blessings, making food a unifying force in society.

Ending Notes on Ingredients

Key ingredients in Mesopotamian culinary practices included significant staples like grains, various meats, and fresh produce. Onions and garlic were principal flavor enhancers, transforming simple ingredients into satisfying meals, essential for both sustenance and celebration.

Sweet Conclusion of Meals

The emphasis on sweet dishes, made with dates, figs, and honey, was prevalent, demonstrating the cultural importance of sweetness as a symbol of life's bounty. These ingredients were not only consumed but also used in offerings, symbolizing prosperity and divine favor.

Overall Cultural Significance

The intricate relationship between food, divine offerings, and community in Mesopotamia illustrates that every meal—whether for gods or mortals—held profound significance, deeply rooted in their cultural, spiritual, and social fabric.

Summary of Ancient Mesopotamian Cuisine

Garlic and Onions were vital in ancient Mesopotamian cooking, acting as natural tenderizers and flavor enhancers. Their combination with herbs and fats created robust flavor bases for dishes like stews and roasts.

Culinary Techniques

Garlic and onions were often pounded into pastes and applied to meats before cooking, resulting in nuanced flavors as they caramelized over heat.

The use of garlic and onions with legumes, such as in lentil soup, exemplified their importance in forming savory foundations in meals.

Agriculture

The region's fertile soil and favorable climate allowed for the successful cultivation of garlic and onions.

These crops were long-lasting and could be stored, providing flavor year-round even during shortages.

Preservation Properties

Garlic and onions have antimicrobial properties, helping in the preservation of meats when included in brines or dishes.

Aromatic Experience

The strong aromas of fresh garlic and onions were synonymous with cooking and preparation, enhancing the sensory experience of meals.

The Power of Aromatics

Aromatics like leeks, leafy greens, and herbs added complexity and freshness to dishes. Leeks provided a sweeter onion flavor, while greens offered vital nutrients and textural contrast.

Herbs and Spices

Common herbs included cumin, coriander, and dill.

Cumin added warmth, coriander brought brightness, and dill contributed a subtle anise flavor.

Alliums were the backbone of flavor in Mesopotamian dishes, effectively elevating meals from the mundane to the exceptional.

Cooking Methods

Ancient cooking involved simmering stews, boiling grains, or roasting over open fires.

Stews and porridges were communal dishes, designed for feeding many and representing food sharing traditions.

Root Vegetables

Root crops like radishes, turnips, and proto-carrots were essential for their carbohydrates and storability, contributing to dietary resilience.

Seasonal and Sustainable Cooking

Cooking was guided by the seasons, with ingredients incorporated based on availability.

Utilizing a combination of fresh and preserved ingredients showcased an understanding of the environment.

The Symbolism of Food

Preparing and sharing meals, especially those utilizing herbs, spices, and hardy ingredients, reinforced community bonds and reflected social status.

Food Storage

Root and leafy greens were valued not only for their freshness but also for their ability to be dried or stored.

Role of Pottery

Earthenware was central to Mesopotamian cooking, enabling the preparation, storage, and serving of food.

The versatility of pottery allowed cooks to create a variety of dishes, from baked goods to hearty stews, signifying its important role in daily life.

Importance of Preservation

Techniques such as drying herbs and salting fish extended their shelf life, allowing for diverse diets beyond the immediate harvest.

Ancient Mesopotamian cuisine represented a rich tapestry of flavors and techniques, emphasizing the interplay of ingredients, seasonal harvesting, and communal preparation. This legacy continues to influence modern culinary practices, reminding us of the sophistication of those early civilizations in their approach to nourishment and flavor.

Summary of Ancient Mesopotamian Culinary Practices

Partnership with Households

In ancient Mesopotamia, potters worked closely with local households, adapting their products based on household needs.

This collaborative relationship influenced the design and utility of pottery, illustrating how pottery plays a crucial role in culinary practices.

Culinary Evolution

The archaeological remnants of cooking tools and vessels provide a narrative of how people prepared, stored, and celebrated food. Each pot's shape and design reflect the practical needs for food storage and cooking, underlining food's significance in everyday life.

Cooking Techniques

Central to ancient Mesopotamian cooking were the hearths and ovens:

Hearth

Served as a primary source of cooking methods, facilitating grilling, stewing, and baking.

Ovens

Developed from hearths, they allowed for controlled, high-temperature environments essential for baking bread—an essential food item.

Oven Development

Early ovens evolved from simple adaptations of hearths:

Constructed with clay and stones, they would trap heat and allow for baking bread (often unleavened).

As cooking techniques advanced, free-standing brick ovens emerged, specifically designed for baking various bread types, emphasizing the importance of bread in the diet.

The Role of Bread

Bread was not merely a food item but a cultural cornerstone within Mesopotamian society. The evolution of baking technology mirrored advances in food preparation methods and reflected the increasing communal focus on bread as a dietary staple.

Brewing and Fermentation

The Mesopotamians excelled in fermentation techniques, particularly in brewing beer from barley. Beer was a vital component of their diet and social practices:

Fermentation also extended to preserving fruits and vegetables, showcasing an understanding of food preservation methods.

Grains and Legumes

The foundation of Mesopotamian cuisine relied heavily on grains, notably barley and emmer wheat, combined with legumes like lentils and chickpeas. This combination provided a balanced source of carbohydrates and proteins.

Fruit and Flavors

Fruits such as dates and figs were pivotal, serving as both food and natural sweeteners. The use of herbs like coriander and cumin added complexity to dishes, while sweeteners were primarily derived from natural sources, avoiding refined sugars.

Cultural Significance

Food practices reflected social structures, religious beliefs, and economic systems in Mesopotamia:

Wealthy individuals enjoyed access to a more diverse diet, while commoners relied on staples.

Meals played essential roles in religious rituals and communal bonding, reflecting broader societal values.

Contemporary Relevance

The culinary innovations of ancient Mesopotamia have influenced modern cooking traditions:

Concepts such as using grains as staples, fermenting for flavor and preservation, and understanding balanced flavors continue to shape contemporary cuisines around the world.

The legacy of these practices lives on, emphasizing food's role in nurturing both body and community.

Lamb and Barley Stew

This elegant lamb and barley stew offers a refined balance of earthy grains and tender, succulent meat. Subtle notes of coriander and cumin infuse the clear, nourishing broth, while a touch of apple juice adds a bright, clean sweetness. It is a pure and comforting dish that feels both wholesome and sophisticated.

4 servings

Cook: 65 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
385	26g	14g	39g	6g	8g	645 mg

INGREDIENTS

- 450 g (~OnePound) lamb stew meat (can also use beef)
- ½ cup pearled barley
- 1 onion (chopped)
- 3 clove garlic (chopped)
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp salt
- 710 ml water
- 240 ml apple juice (or mild beer)

DIRECTIONS

1. Put a large pot on the stove over medium heat.
2. Add the meat and cook until it is brown on all sides.
3. Add the onion and garlic and cook for 3 minutes.
4. Stir in the barley, spices, salt, water, and apple juice.
5. Bring the pot to a boil.
6. Turn the heat to low and cover the pot with a lid.
7. Simmer on low for 1 hour until the meat is soft.

Sin's Moon Bread (Unleavened Flatbread)

Dedicated to Sin, the Sumerian Moon God and patron deity of Ur, this daily flatbread was a fundamental part of the Mesopotamian diet. It mimics the lunar crescent shape often seen on ancient seals. This elegant unleavened flatbread offers a wholesome taste and a pure, rustic texture. Made with simple barley or whole wheat flour, the dough is pan-seared to achieve a gentle golden char that feels light and airy. It is a clean, honest bread that pairs beautifully with fresh dips or light seasonal soups.

4 pieces

Prep: 5 min

Cook: 12 min

Total: 17 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
235	6g	5g	44g	7g	0g	291 mg

INGREDIENTS

- 2 cups barley flour (or whole wheat flour)
- 1 cup water (warm)
- ½ tsp salt
- 1 tbsp olive oil (or melted butter)

DIRECTIONS

1. Mix the flour and salt together in a large bowl.
2. Slowly stir in the warm water and oil until a firm dough forms.
3. Knead the dough for approximately 3 minutes until it becomes smooth.
4. Divide the dough into 4 smaller balls.
5. Roll each ball into a thin circle, then curve the edges inward to form a crescent moon shape.
6. Cook on a dry, hot skillet or frying pan for about 3 minutes per side until lightly browned.

Braised Leeks and Onions

Vegetables from the Allium family (onions, garlic, leeks) were heavily cultivated along the Euphrates River. This elegant side dish celebrates the delicate sweetness of alliums, slowly braised until they reach a buttery, melt-in-the-mouth texture. Subtle notes of ground coriander add a whisper of warmth, while the gentle caramelization brings out a natural depth of flavor. It is a clean, bright, and sophisticated accompaniment that feels both nourishing and refined uses inexpensive aromatics to create a rich, sweet, and comforting accompaniment to stews.

Serves 4

Prep: 10 min

Cook: 15 min

Total: 25 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
115	2g	7g	13g	2g	5g	285 mg

INGREDIENTS

- 2 leek (large, washed and sliced into rounds)
- 1 yellow onion (medium, sliced)
- 3 clove garlic (minced)
- 2 tbsp butter (or vegetable oil)
- ½ tsp ground coriander
- salt (to taste)

DIRECTIONS

1. Melt the butter or oil in a pan over medium heat.
2. Add the sliced onions, leeks, and minced garlic to the pan.
3. Stir in the salt and ground coriander.
4. Lower the heat, cover the pan, and let the vegetables sweat for 15 minutes.
5. Stir occasionally until the vegetables are completely translucent, soft, and slightly caramelized.

Palace Cake

While the common folk ate simple grains, cuneiform tablets reveal that the elite in Ur enjoyed rich, dense cakes made with dairy, fruits, and grains.

This Palace Cake is a refined, ancient-inspired dessert that balances the natural sweetness of honey and dates with the subtle tang of fresh curds. Its texture is moist and dense, offering a clean and elegant bite that feels both wholesome and indulgent. The golden crumb and jewel-like dates create a pure, inviting aesthetic perfect for a simple afternoon tea.

8 servings

Prep: 15 min

Cook: 45 min

Total: 60 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	5g	13g	41g	3g	24g	165 mg

INGREDIENTS

- 1 ½ cups all-purpose flour (or whole wheat flour)
- ½ cup milk
- ½ cup cottage cheese (or cream cheese)
- ½ cup butter (softened)
- 1 egg
- 1 cup date (chopped)
- ¼ cup honey

DIRECTIONS

1. Preheat your oven to 165°C (325°F) and grease a small baking pan.
2. In a large bowl, mix the flour, milk, cottage cheese, softened butter, honey, and egg together until the batter is smooth.
3. Press half of the chopped dates firmly into the bottom of the prepared baking pan.
4. Pour the cake batter gently over the layer of dates.
5. Scatter the remaining chopped dates evenly over the top of the batter.
6. Bake for 45 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the cake to cool completely before slicing and serving.

Mersu

Mersu was a broad category of sweet mixtures, pastries, and confections rather than a single specific recipe. Originating in ancient Mesopotamia, these treats evolved over more than 1,500 years and could range from simple date-and-nut balls to doughy, baked sweets or even savory-sweet combinations.

Because it was a broad category, the exact ingredients and format of mersu varied widely depending on the region, season, and the specific tablet or period in history.

The category generally included:

Confections

Simple mixtures of mashed, sticky dates combined with nuts (like pistachios or walnuts), shaped into bite-sized balls or eaten like modern-day energy bites.

Baked Pastries

A dough made from emmer or barley flour, ghee (clarified butter), and flavorings, wrapped around a sweet filling of dates, fruits, or nuts.

Savory-Sweet Dishes

Some historical sources suggest mersu could occasionally include unexpected ingredients like onions and garlic.

Mersu Date and Nut Sweet

These elegant date and nut rounds offer a pure and wholesome sweetness, perfectly capturing a sense of natural indulgence. The rich, caramel-like texture of mashed dates blends seamlessly with creamy butter, providing a soft base for the crisp crunch of crushed walnuts. They are a bright and clean treat, appearing vibrant and inviting when served as a simple, nourishing snack.

Makes 12 balls

Prep: 15 min

Cook: 0 min

Total: 15 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
82	1g	5g	10g	1g	8g	16 mg



INGREDIENTS

- 1 cup date (pitted and chopped)
- ½ cup walnut (crushed; or pistachios)
- 2 tbsp butter (softened)

DIRECTIONS

1. Place the chopped dates and softened butter into a mixing bowl.
2. Mash the ingredients together with a fork until they form a thick, cohesive, and sticky paste.
3. Add the crushed nuts to the bowl and mix thoroughly using your hands to ensure even distribution.
4. Roll the mixture into small, bite-sized balls.
5. Serve immediately or refrigerate to allow the sweets to firm up.

Eshnunna

Circa 1930 BC

Introduction Pages 65 - 77

Recipes Pages 79 - 91

“The Code of Eshnunna”

Around 1930 BC, Eshnunna, located in modern-day Iraq, showcased a centralized leadership and a rich cultural milieu reflective of its strategic position in Mesopotamia. Governed by rulers titled "ensi" or sometimes "lugal," the city demonstrated significant political sophistication and maintained autonomy while engaging with neighboring states through both conflict and diplomacy. These leaders were integral in implementing legal reforms, as evidenced by the Code of Eshnunna—a predecessor to Hammurabi's code—which outlined regulations on commerce, property rights, and personal conduct. Culturally, the society was highly stratified yet vibrant, engaging in extensive trade that brought wealth and foreign influences into the city. This influx facilitated advancements in art and architecture, solidifying Eshnunna as a hub for intellectual and artistic development. The city's religious life revolved around local deities like Tishpak, reflecting a syncretic culture shaped by interactions across Mesopotamia.

The Laws of Eshnunna, also known as the Codex of Eshnunna was written on clay tablets in the ancient city of Eshnunna and were created during the reign of King Dadusha of Eshnunna.

The Laws of Eshnunna cover a wide range of topics, including marriage, property rights, inheritance, trade, and criminal behavior. The code consists of over sixty laws, each addressing a specific issue and prescribing a penalty for violations.

One of the notable features of the Laws of Eshnunna is its emphasis on restitution and compensation for harm caused. For instance, if someone injured another person, they were required to pay a fine or provide compensation to the victim's family. This focus on compensation rather than punishment suggests a concern for restoring harmony and balance in society.

The code also includes provisions for protecting the rights of women and children. For example, women were granted certain property rights and protections in cases of divorce or widowhood. Children were also afforded legal protections, such as limitations on the amount of physical punishment that could be administered by parents or guardians.

Religious beliefs and practices were also addressed in the Laws of Eshnunna. The code prohibits certain forms of sacrilege, such as stealing from temples or disrespecting religious symbols. It also outlines procedures for making oaths and settling disputes through divine intervention, demonstrating the influence of religious norms on legal practices in ancient Mesopotamia.

The Laws of Eshnunna reflect the complex social hierarchies and economic structures of the time. The code distinguishes between free citizens, slaves, and various social classes, each of whom was subject to different rights and obligations under the law. This stratified system of justice served to maintain stability and order within the community.

The laws also demonstrate a concern for fairness and due process in legal proceedings. Provisions are included for the presentation of evidence, the examination of witnesses, and the right to appeal decisions. These elements suggest a commitment to ensuring that judgments were based on solid evidence and conducted fairly.

In addition to criminal and civil matters, the Laws of Eshnunna also address economic issues such as trade regulations and commercial transactions. For example, the code includes provisions for regulating markets, setting prices, and resolving disputes between merchants.

Overall, the Laws of Eshnunna provide valuable insights into the legal and social norms of ancient Mesopotamia. The code reflects a sophisticated legal system that sought to maintain social order, protect individual rights, and promote economic activity. While some aspects of the code may seem harsh or outdated by modern standards, the underlying principles of justice and fairness remain relevant even today.

The Laws of Eshnunna represent an important milestone in the development of legal codes and systems of justice. The code reflects the social and cultural values of ancient Mesopotamia. Despite its antiquity, the principles embodied in the Laws of Eshnunna continue to resonate in modern legal systems and serve as a testament to the enduring quest for justice and fairness in human society.

Summary of “The Cuisine of Eshnunna” by Dawn Corleone

Eshnunna, located near the Tigris and Euphrates rivers, flourished due to its unique geographical advantages. These rivers were not just sources of water; they were crucial lifelines that supported the agricultural development, cultural practices, and societal structure of the city. The surrounding environment presented stark contrasts, including mountains, steppes, and deserts. Within this setting, the Fertile Crescent provided opportunities for rich agricultural pursuits made possible by the annual flooding of the rivers, which deposited fertile silt ideal for farming.

The Importance of Agriculture

Agriculture in Eshnunna was fundamentally influenced by the Tigris and Euphrates. The annual floods allowed farmers to cultivate staple crops such as emmer wheat and barley. These grains formed the backbone of the Mesopotamian diet and supported the development of a sustainable agricultural system. To maximize their output, Eshnunna's inhabitants engineered sophisticated irrigation systems, including canals and reservoirs, which required collaborative effort and strengthened social bonds within the community.

The surplus of food enabled some community members to specialize in various trades, leading to a rich tapestry of social and culinary activities. The cultivation of staple crops allowed for a variety of foods, including bread, porridges, and beer. Barley, especially, was vital not only as a food source but also in the production of beer, a significant part of everyday life in Mesopotamia.

Culinary Practices and Ingredients

Dietary variety extended beyond grains and included a rich array of vegetables, legumes, and fish. Gardens along the riverbanks produced nutritious crops such as onions, garlic, and leeks, all vital for flavoring dishes. The rivers themselves provided fish, which were essential sources of protein. The temperate climate allowed for herbs like cilantro, dill, and mint to flourish, adding further complexity to the ancient cuisine.

Legumes also played a significant role in the Mesopotamian diet, providing essential proteins that complemented the grains consumed. Crops like lentils and chickpeas were favored due to their ability to enrich the soil while offering substantial nutrition. This interdependence fostered sustainable agricultural practices and enhanced dietary diversity.

Social and Economic Structures

The relationship between food production and social structure was profound. The political landscape of Eshnunna during the Old Babylonian period was dynamic, characterized by alliances, rivalries, and trade networks. Eshnunna established a reputation not only for its agriculture but also for its legal systems, commerce, and administrative precision. Historical records highlight the city's ability to manage resources efficiently, including the distribution of rations and trade of surplus produce, ensuring a stable economy.

Religious practices also intertwined with agricultural cycles. Festivals honoring deities involved communal feasting, bringing together ingredients cultivated throughout the year. These events underscored both the community's rich culinary traditions and the spiritual significance attached to their agricultural practices.

Modern Connections to Ancient Cuisine

The study of Eshnunna's culinary traditions invites contemporary cooks to explore ancient recipes using modern interpretations of staple ingredients. Basic items like bread made from whole grains or legumes can be replicated today, bringing to life ancient culinary practices. Understanding the interconnectedness of agriculture, social structure, and daily life in ancient Eshnunna enhances our appreciation of the origins of our food systems.

Eshnunna exemplifies how ancient civilizations thrived through their reliance on natural resources, advanced agricultural techniques, and a rich tapestry of culinary practices. The intimate relationship between the environment and food paved the way for thriving cultural and social frameworks that echo through history.

Mesopotamian Diet and Its Nutritional Diversity

The ancient Mesopotamian diet was rich and varied, showcasing a sophisticated understanding of nutrition and resource management despite the absence of modern scientific knowledge. A major component of this diet included legumes, such as lentils, chickpeas, and peas, which were combined with grains to create nourishing meals. This dietary strategy, passed down through generations, was crucial for supporting a productive society, enabling the development of complex social structures and grand undertakings within the Mesopotamian civilization.

Typical Meals and Nutritional Value

A typical meal for a Mesopotamian family would often include flatbread made from grains like barley or emmer wheat, served alongside a hearty **stew** containing lentils and root vegetables. Dishes could range from simple boiled peas to more elaborate preparations featuring chickpeas or morsels of meat. Such meals provided essential protein and energy to fuel the daily lives of everyone, from farmers to craftsmen. The storage of dried legumes was vital, allowing for their availability year-round and securing food resources during leaner months.

Archaeological and Textual Evidence

Evidence from administrative records and archaeology underlines the importance of legumes in Mesopotamian culture. Texts often recorded the quantity of legumes as taxes or provisions, illustrating their role as staple commodities. Their widespread cultivation, evident from archaeological finds, demonstrates their central place in both the diet and economic systems.

Role of Wild Edibles

In addition to cultivated crops, wild edibles complemented the diet. The rich ecosystems surrounding the Tigris and Euphrates rivers offered a variety of plants. Gathering leaves or roots from wild plants, akin to earlier foraging practices, contributed to dietary diversity and provided nutrients, especially during times when cultivated goods were less available.

For instance, leafy greens like wild spinach or chard could be found along riverbanks. Seasoned with a bit of oil, they might have been sautéed for quick, nutritious side dishes. Knowledge of which plants to safely consume was crucial and likely passed from generation to generation,

Importance of Animal Husbandry

Meats from sheep, goats, and occasionally cattle formed a significant part of their diet. Sheep and goats were favored due to their adaptability and the sheer volume of meat they provided. Cattle were less commonly consumed but offered valued resources as draft animals in agriculture. Each part of these animals was utilized, reflecting a resourceful approach to food.

Fishing and Aquatic Contributions

Fishing provided another vital food source. The Tigris and Euphrates rivers were abundant with fish, including catfish and carp. Fishing was essential for daily sustenance, managed through techniques like netting and spearfishing, and served varied roles—from everyday meals to festival feasts. The preservation of certain fish through methods like salting and drying ensured food security.

Fruits and Sweeteners

Fruits also played a crucial role in the Mesopotamian diet, especially dates, figs, and grapes. Dates were particularly significant, as they were consumed fresh, dried, or transformed into syrup—a primary sweetener. Figs were appreciated for their flavor and texture, while grapes added nutritional diversity through their consumption as fresh fruit or wine.

The Mesopotamian diet exemplifies the integration of various food sources—grains, legumes, wild edibles, animal products, fish, and fruits—creating a rich culinary landscape. Their cultivation techniques, preservation methods, and cultural significance highlight the ingenuity and adaptability of this ancient civilization. The balance struck within their diet not only sustained the population but also played a vital role in supporting their social and economic structures, showcasing a deep understanding of the natural resources available in their environment.

Summary of Ancient Mesopotamian Culinary Practices

Ancient Mesopotamia, particularly cities like Eshnunna, had a vibrant and diverse culinary culture rich in flavors and traditions. The diet revolved around staple crops and seasonal fruits, with an emphasis on water management for agriculture and brewing. Understanding these practices not only sheds light on their food consumption but also reflects their social structures, religious beliefs, and community life.

Stone Fruits and Seasonal Availability

Stone Fruits

Fruits like apricots and plums were significant; they thrived in specific climates and required careful cultivation and pruning. They ripened earlier than other fruits, providing a succession of flavors throughout the warmer months.

Preservation Techniques

Fresh fruits had short shelf lives, so preservation through drying, similar to methods used for figs and dates, became essential. Dried apricots, rich in sweetness, added variety to the diet.

Diverse Diet and Nutritional Value

Nutritional Diversity

Fruits offered a vast range of vitamins and minerals, showcasing the ingenuity of the Mesopotamians in using various microclimates and techniques to enhance their diets. The inclusion of fruits like pomegranates, melons, and berries was not just for flavor but also for health.

Culinary Solutions

These fruits were incorporated into dishes such as stews or porridges, enhancing flavors and textures, such as a simple porridge sweetened with dried fruits.

Preservation and Sweeteners

Honey and Date Syrup

Honey, potentially harvested from wild hives, was valuable for its sweetness and medicinal properties. Date syrup, made from overripe dates, was another crucial sweetener, potentially used in a variety of dishes and sweets.

Date Syrup Production

This was done by soaking dates, straining, and reducing the mixture into syrup. This method provided a concentrated sweetener with a long shelf life, essential in the ancient diet.

The Role of Herbs and Spices

Herbs and Spices

Essential flavorings from coriander, cumin, and dill enriched the Mesopotamian diet, enhancing everyday dishes and adding depth during feasts.

Culinary Techniques

The use of grinding spices and herbs was critical in meal preparation, transforming simple ingredients into flavorful dishes.

Domestic Cooking and Kitchen Tools

Kitchens and Hearth

Cooking occurred primarily in communal courtyards around hearths and ovens, facilitating a vibrant social setting. The layout of homes reflected practicality and the integration of cooking into daily life.

Pottery

Clay vessels played a fundamental role, with different shapes used for specific cooking methods. This pottery was crucial for cooking, serving, and storage, underpinning daily life in Eshnunna.

Cooking Techniques

Cooking methods varied from boiling to baking. The versatile hearth allowed for diverse cooking techniques, making it central to the ancient diet.

Beverage Culture

Water Management

Water was paramount for cooking and drinking. Its management through canals and wells was vital for sustaining life in Mesopotamia.

Beer and Fermented Beverages

Beer was a staple, brewed from barley. Its production involved malting grains and fermenting mixtures, integral to social life and rituals.

Alternative Drinks

Alongside beer, wine (from grapes) and other fermented beverages derived from fruits highlight the sophistication of their brewing culture.

Celebratory Feasts and Festivals

Agricultural Festivals

Agricultural cycles were marked by festivals that celebrated sowing and harvesting, showcasing gratitude towards the deities believed to bless the land.

Communal Feasting

Feasts featured abundant food offerings and drinks, reinforcing social bonds and shared cultural practices. The connection between divine offerings and communal meals demonstrated the intertwining of spirituality and daily life.

Rituals and Offerings

Specific rituals involving the preparation of elaborate meals for deities underlined the importance of culinary practices in maintaining cosmic order and community cohesion.

The culinary practices of ancient Mesopotamia showcase a blend of agricultural ingenuity, creative preservation techniques, and a rich drinking culture rooted in communal and religious traditions. These practices not only nourished the bodies of those ancient people but also fed their spirits, marking a profound connection between food, society, and the divine in one of the world's earliest civilizations.

Ancient Mesopotamian Banquets and Feasts

Banquets and state feasts in ancient Mesopotamia were far more than simple opportunities to eat; they were grand events rich in political, social, and economic significance. These occasions showcased a kingdom's wealth and power, fostered alliances, and reinforced social hierarchies, making them central to Mesopotamian culture.

Purpose of Feasts

Political Diplomacy

Banquets acted as strategic tools for forging alliances and negotiating treaties. Inviting foreign envoys to a lavish feast demonstrated the host kingdom's prosperity and hospitality, often leading to favorable agreements.

Social Hierarchy

Seating arrangements were meticulously planned, with the king and honored guests positioned closest to the center, distributing the best dishes to reflect their status. This visual display of hierarchy reinforced societal structures.

Culinary Preparation

Royal Kitchens

The preparation of royal feasts required coordination of vast resources and skilled personnel. Kitchen staff, equipped with culinary expertise passed through generations, created lavish dishes aimed at impressing attendees.

Ingredients Selection

While common folk primarily consumed grains and legumes, royal tables offered luxurious dishes featuring the best cuts of meat, rare spices from trade routes, and fresh seasonal produce. For instance, lamb, beef, and fish were prepared in diverse ways, reflecting the kingdom's agricultural abundance.

Presentation of Food

Visual Spectacle

The beauty of the banquet spread was crucial, featuring intricately decorated serving dishes, aromatic herbs, and fresh fruits. This lavish presentation served to enhance the grandeur of the event, reinforcing the king's authority.

Meal Progression

A typical feast unfolded in stages, starting with lighter appetizers, moving on to substantial main courses, and culminating in sweets made from fruits and honey, such as date confections.

Economic Implications

Agriculture and Trade

Feasts increased demand for agricultural products, motivating farmers to cultivate high-quality produce and livestock breeders to supply the best animals. Such activity stimulated local economies and created networks of economic reciprocity.

Craft Production

The production of pottery, textiles, and brewing for lavish banquets propelled advancements in craftsmanship, contributing significantly to the economy.

Community and Celebrations

Widespread Importance

Beyond state functions, feasts celebrated community milestones like weddings and births, fostering relationships and reinforcing social ties. Even in smaller gatherings, food served as a communal binding force.

Culinary Traditions

These occasions enabled the intergenerational transfer of culinary knowledge and practices that deepened a community's cultural identity through shared food experiences.

Spiritual Dimensions

Ritual Offerings

Before indulging in the feast, portions of the meal were often offered to the gods as a sign of gratitude and respect. This act intertwined the divine with daily life, ensuring that the human feast was seen as a reciprocal gesture to their celestial counterparts.

Mythological Significance

Food and feasting echoed cultural narratives, reinforcing community beliefs and traditions, which were often passed down through storytelling during communal gatherings.

Ancient Mesopotamian feasts were elaborate, socially significant events that played essential roles in reinforcing political power, celebrating community life, and showcasing culinary excellence. They reflect a sophisticated understanding of food as a tool for diplomacy, societal structure, economic stimulation, and cultural identity. The legacy of these grand feasts continues to echo through our modern gatherings and culinary practices, reminding us of our shared human need for nourishment and connection.

Simple Ingredients Made Sophisticated

At the core of Mesopotamian desserts was the art of cooking fruits. When fruits like grapes, figs, and pomegranates were simmered, they became tender and transformed into fragrant, sweet dishes. For example:

Grapes would soften, creating a syrupy texture while retaining a bit of their shape.

Figs dissolved into the sauce, adding their sweetness to the mix.

Pomegranates, when cooked, would break down and release their juicy arils, contributing to the sweetness of the dish.

This process not only made the fruits more palatable but also allowed cooks to utilize fruits that may have been past their prime, minimizing waste and maximizing resources.

Cooking as Transformation

Cooking fruits and combining them with sweeteners like honey or date syrup represented an evolution in culinary practices. It reflected a desire to play with natural flavors and create comforting, nourishing dishes. The simple act of simmering fruits was not merely about sustenance; it was also a way to craft delightful desserts that were both satisfying and economical.

A Nutty Affair

In addition to fruits, nuts like almonds, pistachios, and sesame seeds were integrated into sweet treats, adding texture and depth.

Dates and nuts formed a classic pairing; the fibrous sweetness of dates complemented the crunch of nuts, creating a lovely contrast.

Nuts like **pistachios** introduced a unique green hue and flavor, enhancing the appeal of date-based sweets.

The use of **toasted sesame seeds** added nuttiness and a slight bitterness, rounding out delicate desserts.

Nuts also offered energy and nutrition, serving as a sweet and substantial end to a meal.

The Advent of Baking

As Mesopotamian cooking evolved, so did the techniques. The introduction of baking marked a pivotal moment. Early sweet baked goods emerged from a combination of grains and sweeteners. Key components included:

Flour from wheat or barley, serving as the foundation for cakes and breads.

Sweeteners such as **honey and date syrup**, which were used in recipes for their binding properties and rich flavors.

Techniques like **slow cooking** in clay ovens, which created a dense, rich product that later recipes would build upon.

Trade and Influence on Flavor

Eshnunna thrived on its position along trade routes that connected it to other cultures. This not only enhanced the variety of ingredients available but also influenced the culinary landscape significantly. Some highlights include:

Imported spices and ingredients expanded the palate, allowing for new flavors and culinary experiences.

Trade relationships fostered cultural exchanges that would innovate traditional cooking practices, eventually leading to beloved desserts that stood the test of time.

Recreating Ancient Sweets Today

While we lack specific measurements from the cuneiform texts, we can still engage our creativity to connect with these historical dishes. Here's how:

Ingredient Substitution

When original ingredients are lost to time, find modern equivalents that provide a similar taste or texture. For instance, use spelt for emmer wheat, or free-range chicken for ancient poultry, which often had different flavor profiles.

Culinary Techniques

Utilize modern cooking techniques that echo the methods used in ancient times, such as slow-braising meats or using cast-iron cookware to achieve the rustic flavors of clay ovens.

Testing and Refinement Towards Authentic Flavors

Cooking in ancient Mesopotamia was a blend of art and science that required extensive experimentation. For instance:

Differences in Cooking Techniques

A stew cooked over an open fire for hours develops a different texture than one made on a modern stovetop. Just like how baking a cake in a wood-fired oven can create a unique crust compared to an electric oven, historical cooking methods influenced the final dish significantly.

Ingredient Adjustments

Cooks must tinker with cooking times, ingredient states (whole grains vs. ground), and liquid ratios to achieve desired textures. For example, if a historical text describes a dish as "smooth and creamy," but an initial try yields a lumpy outcome, a cook may grind ingredients finer or cook them longer to break down starches.

The Challenge of Measurements

Ancient units of measure, like the “sila” or “gur,” lack precise modern equivalents, which adds complexity to recipe reconstruction:

Estimating Quantities

If historians estimate a sila of barley is about 1 liter, cooks might translate that into roughly 500-600 grams. This trial and error process allows for tailoring recipes until they match the expected outcomes.

Flavor Profile Exploration

Culinary reconstruction isn't just about replicating flavors but understanding the philosophy behind them. Cooks and historians work together to:

Experiment with Flavor

By creating multiple dish versions that emphasize distinct flavors—like one with extra spices and another focusing on sweetness—they can identify what might have been favored in ancient times.

Taste Tests

Just as archaeologists might sift through soil layers to uncover artifacts, chefs taste-test various versions to uncover the subtle nuances that ancient Mesopotamian flavors might have presented.

The Role of Fermentation and Spices

Fermentation and the use of spices were crucial aspects of Mesopotamian cooking:

Preservation through Fermentation

Ancient Mesopotamians understood how fermentation could enhance flavors and preserve food. Modern cooks can still take cues from this, using techniques such as pickling or sourdough to enrich their culinary repertoire.

Mastery of Spices

Herbs like coriander, cumin, and mint were combined artfully, creating flavor profiles still evident in modern Middle Eastern cuisine.

The Legacy of Mesopotamian Cuisine

The impact of ancient Mesopotamian foodways continues to reverberate through modern culinary practices:

Bread and Stew

Innovations in bread-making, especially the use of leavening agents, paved the way for diverse varieties, while hearty, flavorful stews represent the essence of communal cooking. The warm, comforting nature of these dishes speaks to our basic need for nutritious, shared meals.

Sustainability Lessons

The understanding of agricultural practices and food preservation from this era holds relevance today, reminding us of the importance of sustainable food systems and diverse diets.

Tasting Our Connection to the Past

The ongoing exploration of ancient Mesopotamian cuisine is much more than scholarly interest; it calls us to engage with our culinary heritage. By recreating historical recipes and exploring their context:

Culinary Continuity

We affirm our connection to the past, recognizing how culinary practices shape cultural identities.

Culinary Adventure

Engaging with ancient recipes allows us to explore flavors that our ancestors once enjoyed, fostering appreciation for the rich tapestry of human history.

Ultimately, the journey into the past through food encourages us to cook, taste, and celebrate the achievements of those who came before us. Each dish becomes a bridge to understanding not only the flavors of a lost world but also the fundamental aspects of our shared humanity.

Tuh'u (Beet and Meat Stew)

This earthy stew is the ancestor of modern Iraqi stews. A vibrant and comforting stew where tender beef chuck roast meets the earthy sweetness of beets. Infused with aromatic cumin and coriander, this dish offers a deep, savory profile that is both nourishing and elegant. The striking ruby-red hue of the beets creates a visually stunning plate that feels fresh and sophisticated.

4 servings

Prep: 15 min

Cook: 70 min

Total: 85 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	24g	16g	11g	3g	7g	450 mg

INGREDIENTS

- 450 g (~ One Pound) beef chuck roast (cut into small cubes)
- 1 tbsp vegetable oil
- 3 beet (peeled and chopped)
- 1 yellow onion (chopped)
- 2 clove garlic (minced)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 235 ml water
- salt (to taste)

DIRECTIONS

1. Heat the vegetable oil in a large pot over medium-high heat.
2. Add the cubed beef chuck roast and brown it thoroughly on all sides.
3. Stir in the onion and garlic, cooking for about 3 minutes until softened.
4. Add the chopped beets, cumin, coriander, and water, then bring the mixture to a boil.
5. Reduce the heat, cover the pot, and simmer for 1 hour until the beef is very tender.
6. Season with salt to taste and serve while hot.

Mersu (Date and Nut Sweet)

This no-bake candy was a popular sweet in ancient Mesopotamia. (Variation of Lagash recipe of same name.) These elegant date and nut sweets offer a pure, naturally sweet bite with a satisfyingly chewy texture. The rich, caramel-like notes of the dates are perfectly balanced by the clean crunch of crushed nuts, creating a simple yet refined treat. Each piece feels fresh and wholesome, presenting a beautiful contrast of textures that is both light and indulgent.

8 pieces

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
78	1g	3g	14g	2g	12g	13 mg



INGREDIENTS

- 1 cup date (pitted and chopped)
- ¼ cup peanut (crushed, or walnuts)
- 1 tbsp butter
- 1 tbsp water

DIRECTIONS

1. Heat the butter and water in a small pan.
2. Add the chopped dates and stir until they are soft and reach a sticky dough-like consistency.
3. Remove the mixture from the heat and allow it to cool.
4. Roll the date mixture into small balls using your hands.
5. Roll each ball in the crushed nuts until evenly coated

Tinuru Flatbread

Ancient Mesopotamians baked flatbread in clay ovens called tinuru. This no-yeast version is fast and budget-friendly.

These elegant, handmade flatbreads offer a clean and wholesome addition to any meal. Their delicate texture is achieved through simple kneading and a quick sear, resulting in a light, airy bread with beautiful charred highlights. Served warm, they present a pure and inviting appearance that complements both savory dips and vibrant main courses.

Makes 4 flatbreads

Prep: 10 min

Cook: 8 min

Total: 18 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
254	6g	4g	48g	2g	0g	292 mg

INGREDIENTS

- 2 cups flour (whole wheat or all-purpose)
- ½ tsp salt
- ¾ cup water
- 1 tbsp oil

DIRECTIONS

1. Mix the flour and salt together in a large mixing bowl.
2. Slowly stir in the water until a consistent dough begins to form.
3. Knead the dough for approximately 5 minutes until it becomes smooth and elastic.
4. Divide the dough into 4 equal-sized balls and roll each one out very thin.
5. Heat a dry skillet over medium-high heat.
6. Cook each flatbread for 1–2 minutes per side until it puffs up and develops golden-brown spots.

Halasū (Date and Apricot Compote)

Unlike the bite-sized Mersu, this is a warm, spoonable fruit pudding. It utilizes shelf- stable dried fruits, which were luxury items often offered to the gods in ancient cities.

This elegant Halasū compote is a study in natural sweetness and refined texture. Pitted dates and apricots simmer into a luscious, golden syrup infused with the gentle warmth of cinnamon. The result is a clean, vibrant dish that captures the essence of fruit in its purest and most inviting form.

Makes 4 servings

Cook: 20 min

Total: 20 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
152	1g	0g	41g	4g	35g	3 mg



INGREDIENTS

- 1 cup date (pitted, chopped)
- ½ cup dried apricot (chopped)
- 475 ml water
- ½ tsp cinnamon
- 1 tbsp honey

DIRECTIONS

1. Combine the chopped dates, apricots, water, and cinnamon in a small saucepan.
2. Bring the mixture to a gentle boil, then lower the heat to maintain a simmer.
3. Cook for 15–20 minutes, stirring occasionally, until the fruit is soft and the liquid has reduced into a thick syrup.
4. Stir in the honey and serve the compote warm.

Roasted Cumin Chickpeas and Garlic

Legumes like chickpeas and lentils were daily staples for common citizens in Eshnunna. This side dish pairs the earthiness of chickpeas with heavy garlic and cumin, two dominant flavors in Babylonian cooking.

These roasted chickpeas offer a delightful crunch paired with the earthy warmth of toasted cumin and pungent garlic. Bathed in soft, natural light, their golden-brown hues and textured edges promise a snack that is both wholesome and deeply satisfying. This simple preparation transforms humble pantry staples into an elegant, airy snack that is as vibrant in flavor as it is in appearance.

Makes 2 snacks

Prep: 10 min

Cook: 20 min

Total: 30 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
210	8g	9g	26g	7g	4g	780 mg



INGREDIENTS

- 425 g chickpea (drained and rinsed)
- 3 clove garlic (minced)
- 1 tbsp vegetable oil
- 1 tsp cumin (ground)
- ½ tsp salt

DIRECTIONS

1. Preheat your oven to 200°C (400°F).
2. Blot the chickpeas thoroughly dry with a towel to ensure they become crispy.
3. In a bowl, toss the dried chickpeas with the vegetable oil, minced garlic, ground cumin, and salt.
4. Spread the seasoned chickpeas in a single layer on a baking sheet.
5. Roast for 20 minutes, shaking the pan halfway through, until the edges are crispy and fragrant.

Onion and Barley Herb Broth

This comforting, vegetarian-friendly broth is adapted from the Babylonian tablet YBC 4644.

A light and restorative broth that emphasizes the natural sweetness of sautéed leeks and onions. This soup features tender pearl barley for a satisfying chew, while a generous finish of fresh cilantro adds a bright, herbaceous lift. It is a clean and elegant dish that feels both purifying and deeply nourishing.

Makes 4 servings

Cook: 45 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
145	3g	4g	26g	5g	3g	160 mg



INGREDIENTS

- ½ cup pearl barley
- 1 leek (large, sliced)
- 1 yellow onion (small, chopped)
- 3 clove garlic (minced)
- 1 tbsp vegetable oil
- 950 ml water
- ½ cup cilantro (fresh, chopped)
- salt (to taste)

DIRECTIONS

1. Heat oil in a pot over medium heat.
2. Add the onion, leek, and garlic and sauté for 5 minutes until soft and aromatic.
3. Add the water, barley, and a pinch of salt.
4. Bring the mixture to a boil, then cover and simmer on low for 40 minutes until the barley is tender.
5. Stir in the fresh cilantro 5 minutes before turning off the heat.

Creamy Pearl Barley Breakfast Porridge

This elegant breakfast dish features tender pearl barley simmered to a perfectly creamy consistency. Infused with the natural sweetness of honey and studded with chewy dried fruits, it offers a clean and wholesome start to the day. The texture is wonderfully comforting, presenting a fresh and pure take on a classic morning grain bowl.

Barley was the core crop of the Fertile Crescent. This hearty, rustic porridge was a breakfast staple that provided energy for a long day of labor.

2 servings

Cook: 40 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
485	12g	6g	105g	18g	38g	75 mg

INGREDIENTS

- 1 cup pearl barley
- 3 cup water
- 1 cup milk
- 2 tbsp honey
- ¼ cup raisin (or chopped dates)

DIRECTIONS

1. Bring the water and pearl barley to a boil in a pot.
2. Reduce the heat to low, cover, and simmer for 30 minutes.
3. Drain any excess water from the pot.
4. Stir in the milk, honey, and dried fruit.
5. Simmer uncovered for 10 more minutes until the mixture is creamy.
6. Serve the porridge warm.

Honey-Ghee Breakfast Dip with Soft Cheese

A quick, no-cook morning meal inspired by traditional Near Eastern shepherd breakfasts..This elegant spread features a cloud of creamy cottage cheese accented by a golden drizzle of warm honey and melted butter. The flavor profile is a delicate balance of sweetness and light saltiness, offering a clean and sophisticated snack experience. It is a simple yet vibrant dish that feels exceptionally fresh and pure.

1 serving

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
420	13g	25g	36g	0g	35g	520 mg



INGREDIENTS

- ½ cup cottage cheese (or ricotta cheese)
- 2 tbsp butter (melted; or ghee)
- 2 tbsp honey
- 1 pinch salt

DIRECTIONS

1. Spread the cottage cheese or ricotta flat on a small plate.
2. Mix the melted butter and honey together in a small cup until well combined.
3. Drizzle the sweet honey-butter mixture evenly over the cheese.
4. Sprinkle a tiny pinch of salt on top to finish.
5. Serve immediately with pieces of flatbread for scooping.

Ninurtum (Rich Date Bread)

This heavy, cake-like bread is mentioned in ancient texts as an offering for festive occasions. It gets its sweetness and moisture entirely from mashed dates.

This wholesome loaf offers a beautiful balance of rustic textures and natural sweetness. The soft light of a quiet morning highlights the golden, craggy crust of the whole wheat, while the tender dates provide a delicate caramel-like finish. It is a simple, elegant bread that feels pure, nourishing, and perfectly suited for a clean, mindful breakfast.

8 slices

Prep: 15 min

Cook: 35 min

Total: 50 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
216	5g	7g	36g	5g	8g	110 mg



INGREDIENTS

- 2 cups whole wheat flour
- 1 tsp baking powder
- ½ cup date (pitted, finely chopped)
- 57 g butter (melted)
- 175 ml milk (warm)

DIRECTIONS

1. Preheat the oven to 175°C (350°F) and grease a loaf pan.
2. Soak the finely chopped dates in the warm milk for 10 minutes, then mash them slightly with a fork to release their sweetness.
3. In a large mixing bowl, combine the whole wheat flour and baking powder.
4. Stir in the melted butter and the milk-date mixture, mixing until a thick dough forms.
5. Press the dough evenly into the prepared loaf pan.
6. Bake for 35 minutes, or until a toothpick inserted into the center comes out clean.

Gursu (Sweet Fried Pastry Bites)

These little dough bites are the ancient ancestors of modern honey puffs. They were fried in fat and drenched in date syrup or honey.

These crisp, golden dough bites offer a delightful contrast between a light, airy crunch and a sweet, silky glaze. Bathed in natural honey, each piece highlights the perfect imperfections of a homemade snack. Clean, simple, and satisfying, they are a pure expression of comfort that feels both fresh and indulgent.

2 servings
Prep: 5 min
Cook: 5 min
Total: 10 min



Nutrition Estimated per Serving

Calories 420	Protein 6g	Fat 18g	Carbs 58g	Fiber 2g	Sugar 26g	Sodium 5 mg
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INGREDIENTS

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup water
- 2 tbsp vegetable oil (for the dough)
- 120 ml vegetable oil (for frying)
- 3 tbsp honey (or pancake syrup)

DIRECTIONS

1. Mix the flour, water, and 2 tablespoons of oil in a bowl to form a firm dough.
2. Knead the dough for 2 minutes until smooth.
3. Roll the dough into thin ropes and cut them into bite-sized pieces.
4. Heat $\frac{1}{2}$ cup of oil in a small skillet over medium-high heat.
5. Fry the dough pieces for 2–3 minutes until golden brown.
6. Drain on a paper towel, then toss them in a bowl with honey while still hot.

Kuddu (Mint and Licorice Herbal Infusion)

Wild mint and licorice root grew abundantly along Mesopotamian riverbanks. They were steeped together to create a soothing, naturally sweet herbal tea used both for refreshment and as a stomach remedy.

This delicate herbal infusion captures the pure, clean essence of fresh botanicals. The aromatic anise seeds release a gentle, natural sweetness that perfectly complements the cool, uplifting notes of fresh mint. It is a light and refreshing drink that feels both purifying and serene, offering a moment of quiet clarity in every sip.

Makes 4 cups

Cook: 3 min

Total: 10 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
2	0g	0g	1g	0g	0g	7 mg



INGREDIENTS

- 4 cups water
- 2 stalks mint (fresh, or 2 tea bags)
- ½ tsp anise seed (or fennel seed)

DIRECTIONS

1. Bring the water to a rolling boil in a small pot.
2. Add the anise or fennel seeds and let them boil for 3 minutes to release their natural sweetness.
3. Turn off the heat, add the fresh mint leaves or tea bags, and cover the pot.
4. Let the mixture steep for 5 to 7 minutes.
5. Strain into a cup and enjoy either warm or cooled.

Shatū (Roasted Barley Water)

This was a light, hydrating daily beverage consumed by fieldsmen and palace workers alike. Roasting the grain gives the water a toasty, nutty flavor, acting as a precursor to modern grain-based coffee alternatives.

This traditional roasted barley water is the epitome of clean, pure refreshment. The toasting of the grains imparts a delicate nutty aroma and a beautiful golden hue to the liquid, creating a drink that is both sophisticated and soothing. Served chilled, it offers a crisp, revitalizing experience that feels light and naturally nourishing.

Makes 4 servings

Prep: 2 min

Cook: 25 min

Total: 27 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
62	1g	0g	15g	2g	4g	5 mg



INGREDIENTS

- ¼ cup pearl barley (dry)
- 950 ml water
- 1 tbsp honey (optional)

DIRECTIONS

1. Place the dry barley grains into a skillet over medium heat without any oil.
2. Toast the grains for 4 to 5 minutes, stirring constantly, until they turn golden brown and smell nutty.
3. Pour the toasted barley and water into a pot and bring to a boil.
4. Reduce heat and simmer uncovered for 20 minutes.
5. Strain out the grains and stir in honey if desired.
6. Chill the liquid in the fridge before serving.

Dinû (Sweet Date Shrub)

Before modern refrigeration, fruit syrups made from boiled down dates or grapes were mixed with water and a splash of vinegar to create a tart, shelf-stable, thirst-quenching summer drink.

This elegant Kurdish date shrub offers a sophisticated balance of deep, caramel-like sweetness and a bright vinegary tang. Its translucent amber hue catches the light beautifully, promising a crisp and revitalizing experience. Perfectly simple and pure, it is a refreshing tonic that cleanses the palate with every chilled sip.

4 servings

Prep: 10 min

Total: 10 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
62	0g	0g	16g	0g	15g	12 mg



INGREDIENTS

- 1 L water (cold)
- 60 ml date syrup (or finely minced dates boiled into a paste)
- 1 tbsp apple cider vinegar

DIRECTIONS

1. Add the date syrup or smooth date paste to the bottom of a large pitcher.
2. Pour in the apple cider vinegar and a half-cup of warm water, stirring vigorously until the date mixture fully dissolves.
3. Pour in the remaining cold water and stir well.
4. Serve chilled or over ice for a sharp, sweet-and-sour refreshing drink.

Code of Lipit-Ishtar

Circa 1870 BC
Isin / Iraq

Introduction

Pages 95 - 107

Recipes

Pages 109 - 117

“The Code of Lipit-Ishtar”

Lipit-Ishtar was a prominent king of the ancient Near Eastern city-state of Isin, reigning circa 1934–1924 BC. He is revered for his robust legal reforms and is credited with compiling one of the earliest surviving law codes, predating even Hammurabi's famed codex. His rule came during a period when Isin was recovering and consolidating power post-Ur III dynasty's decline. Situated in Mesopotamia's fertile crescent, during Lipit-Ishtar's reign, Isin played a pivotal role in maintaining Sumerian culture amidst encroaching Amorite pressures. The society under his leadership witnessed advancements in agriculture, irrigation developments, and prolific literary activity, preserving Sumerian traditions while integrating Semitic influences. Reverence for deities like Ishtar underscores the symbiosis between religion and governance in his administration. Lipit-Ishtar's contributions echo through time hinting at social shifts towards organized legal frameworks rooted in community welfare and justice—a testament to the complex interplay between evolving cultural identities in early Mesopotamian...

The Code of Lipit-Ishtar, named after Lipit-Ishtar, consists of 50 laws that governed various aspects of society. The code covers a wide range of topics, including marriage, property rights, inheritance, and criminal offenses.

One of the key features of the Code of Lipit-Ishtar is its emphasis on justice and fairness. The laws in this code are meant to ensure that all members of society are treated equally and that disputes are resolved in a just manner. For example, the code establishes penalties for those who commit acts of injustice, such as theft or assault, and provides guidelines for resolving conflicts between individuals.

Another important aspect of the Code of Lipit-Ishtar is its focus on the family unit. The laws in this code address issues related to marriage, divorce, and inheritance, outlining the rights and responsibilities of family members. For instance, the code specifies that a husband who divorces his wife must provide her with financial compensation, highlighting the importance of protecting the interests of women in ancient Sumerian society.

The Code of Lipit-Ishtar also touches on the role of the state in regulating social behavior. The laws in this code prescribe punishments for those who disobey the king's decree or engage in seditious activities. This reflects the central authority of the king in ancient Sumeria and underscores the importance of maintaining order and stability within the kingdom.

Furthermore, the Code of Lipit-Ishtar addresses economic issues, such as property rights and debts. The laws in this code outline rules for the transfer of property and the repayment of debts, ensuring that transactions are conducted fairly and transparently. This highlights the need for clear legal guidelines to regulate commerce.

One of the unique aspects of the Code of Lipit-Ishtar is its recognition of the rights of slaves. While slavery was common in ancient Sumeria, this code provides certain protections for slaves, such as the right to own property and the right to seek legal redress for mistreatment. This recognizes the inherent dignity of all individuals.

In addition to its legal provisions, the Code of Lipit-Ishtar also reflects the religious beliefs of ancient Sumeria. The laws in this code make references to the gods and include rituals to be performed in cases of dispute or wrongdoing. This illustrates the belief that divine forces play a role in determining human behavior.

This code represents an early attempt to codify laws and regulate social behavior, setting a precedent for future legal systems in the ancient world.

Summary of “The Cuisine of Isin” by Dawn Corleone

A Journey into Ancient Mesopotamia

Understanding the ancient world of Lipit-Ishtar is akin to peeling back the layers of time, revealing a civilization marked by innovation, culture, and community. In the rich soil of Mesopotamia, around 1870 BC, flourished the city of Isin—a vibrant urban center that served as a backdrop for the enactment of Lipit-Ishtar’s historical achievements, including a foundational legal code that provides insight into the daily lives of its inhabitants.

The City of Isin: A Hub of Life and Activity

Imagine stepping into Isin, where the Euphrates River snakes through the landscape, nourishing the land and its people. The bustling marketplaces, grand temples, and the magnificent palace were not just physical structures; they embodied the spirit of a community deeply intertwined with its environment. Isin was a mosaic of sounds—the bleating of sheep, the chatter of merchants, and the rhythmic pounding of grain. Each element contributed to a thriving society, characterized by its organized systems of agriculture and commerce.

At the top of this societal structure stood Lipit-Ishtar, whose role transcended mere governance. He was seen as a divine mediator, responsible for upholding the balance between the gods and the people. This connection infused every aspect of life in Isin, including the culinary practices shaping the everyday diets of its citizens.

Culinary Practices: Food as a Reflection of Society

The Code of Lipit-Ishtar serves as a window into ancient culinary practices, revealing how food culture mirrored the values and structures of society. The laws not only addressed major societal issues but also incorporated elements essential for sustaining daily life—agriculture, livestock management, and trade. For instance, these legal guidelines ensured that the preservation and distribution of grain, livestock, and other resources were maintained in an organized manner, thereby underscoring the importance of food security.

Food in Daily Life vs. Celebratory Events

In Isin, food was more than fuel—it was a medium for social expression. The humble grain, particularly barley, formed the cornerstone of everyday diets, transformed into bread and beer. For special occasions, the culinary repertoire expanded, showcasing elaborately prepared meats and festive dishes that reflected the host’s status and reinforced communal bonds during celebrations.

Commoners might delight in barley stews or modestly roasted fowl, while the elite feasted on lavish spreads of lamb, fine breads, and exotic spices, each meal signifying their social standing. The act of gathering to share food transformed mere consumption into a communal ritual, deepening social solidarity.

The Role of Agriculture: Water Management and Crop Cultivation

The lifeblood of Isin lay in its mastery of agriculture, which hinged on advanced irrigation systems that tamed the volatile rivers. This complex network of canals and ditches ensured that soil was nourished and crops flourished. The annual flood cycles dictated the agricultural year, determining when planting and harvesting occurred. Farmers painstakingly tilled fields, sowing barley and wheat, alongside vibrant legumes and a variety of vegetables that collectively sustained the population.

The success of harvests dictated not only the daily meals of Isin's people but also their ability to host communal feasts—moments of joy and shared identity that celebrated collective achievements and divine favor.

The Importance of Culinary Ingredients: Staples and Seasonings

Beyond grains, the Mesopotamian pantry was enriched with legumes, vegetables, and fruits—each contributing crucial nutrients and flavors. Legumes like lentils and chickpeas provided essential proteins, while vegetables such as onions and garlic enhanced the taste of many dishes. The integration of food from all classes, whether simple or elaborate, created a richly diverse diet.

Moreover, aromatic herbs, spices, and oils heightened culinary experiences. Cumin and coriander, staples in cookery, added layers of flavor essential for transforming ordinary meals into extraordinary gatherings. The use of imported spices, symbolizing trade and economic status, further enhanced the culinary landscape, showcasing Isin's connections beyond its borders.

A Legacy of Flavor and Community

The legacy of Lipit-Ishtar is not merely confined to laws inscribed on clay tablets. Instead, it reveals a dynamic and multifaceted society where food was an integral part of everyday life and celebration. The city of Isin reflects a civilization that thrived through innovation, social structure, and shared culinary traditions. Understanding these elements allows us to appreciate not only the historical significance of this ancient civilization but also the continuing cultural echoes of their gastronomic contributions. Through this exploration, we are reminded that food is not just sustenance but a crucial element of our shared humanity—connecting us across time and space.

Summary of Mesopotamian Dietary Practices and Animal Husbandry

The document explores the multifaceted role of animal husbandry and dietary practices in ancient Mesopotamian civilization, highlighting how these elements were essential for sustenance, social structure, and economic stability.

Key Elements of Animal Husbandry

Diversity of Livestock

Although cattle, sheep, and goats were primary in dairy and meat production, pigs also contributed to the economy due to their efficiency in converting food waste into meat.

Economic Importance

Livestock acted as mobile wealth, traded and used as collateral.

Management of herds required organization and knowledge of grazing rights and care, which were central to land productivity.

Labor Use

Animals such as donkeys and horses facilitated transport and trade, essential for a growing urban population.

Religious Significance

Animals held symbolic importance in rituals and sacrifices, reflecting their role within the Mesopotamian belief system.

Food Sources and Culinary Practices

Meat and Dairy Consumption:

Meat from domesticated animals like sheep and goats was a staple. Feasts often showcased lavish dishes, reflecting social status.

Dairy products, especially from sheep and goats, provided essential nutrition and varied culinary options.

Hunting and Fishing:

Wild game like gazelles and fish from the Tigris and Euphrates rivers were crucial protein sources. Fishing was particularly vital for many communities.

Preservation Techniques:

Techniques such as drying, salting, and fermentation ensured food was stored safely, allowing civilizations to ride out lean periods.

Bread and Grain Usage

Barley as a Staple

Barley was the cornerstone of the diet, cultivated efficiently in Mesopotamian conditions. Its versatility allowed for various preparations, including porridge and flatbreads.

Porridge and Gruels

Fundamental food preparations were defined by boiling grains to create nourishing dishes, often flavored with fruits and spices.

Emmer Wheat: While secondary to barley, emmer provided a more refined food option, especially for the affluent or for special occasions.

Cooking Techniques and Culinary Tools

Use of Fire

The control of heat was pivotal, with hearths and clay ovens allowing for the preparation of diverse dishes.

Pottery and Utensils

Pottery, knives, and grinding stones were essential in the processing and preparation of food.

Innovations in Cooking

The development of techniques such as baking, roasting, and fermenting showcased innovation in ancient culinary practices, transforming raw ingredients into complex flavors.

Social and Cultural Implications

Feasting Practices

Meals were often communal and infused with cultural practices, reinforcing social bonds. The act of sharing food extended beyond mere nutrition, marking significant cultural occasions.

Culinary Hierarchies

Food preparation and consumption reflected societal structures, where the availability and use of certain ingredients underscored economic statuses.

Animal husbandry and a diet rich in varied sources were foundational to the stability and development of ancient Mesopotamian society. The careful integration of livestock management, agricultural diversity, cooking techniques, and culinary creativity not only ensured sustenance but also played a vital role in shaping social customs and economic relations in one of the world's earliest civilizations. Understanding these dynamics enhances our appreciation for the sophisticated practices that laid the groundwork for future cultures.

Summary of Ancient Mesopotamian Culinary Practices

Ancient Mesopotamian cuisine reflects a rich tapestry of agricultural traditions, with a focus on the diverse use of grains, meats, fruits, and legumes. Understanding these practices offers insight into not just the daily life of the Mesopotamians, but their celebratory feasts and communal spirit as well.

Grains and Baking

Ancient Grains

Early grains such as emmer and barley were foundational to Mesopotamian diets. Unlike modern wheat, these grains yield denser breads with unique flavors.

Dough made from ancient grains requires attention to hydration and fermentation; adjustments in fermentation times are necessary due to differing gluten structures.

Bread Making

Bakers mixed ancient grains with higher gluten flours for structure, creating rustic loaves with earthy flavors.

Baking methods included using Dutch ovens to maintain moisture, producing hearty, flavorful bread.

Porridges and Gruels

Cooking grains with water, possibly adding sweeteners like honey or fruits, resulted in comforting porridges.

The staple grain and liquid ratio determines the porridge's consistency, ranging from thick to thin.

Vegetables and Legumes

Root Vegetables

Turnips, radishes, and early forms of carrots offered vital nutrients and added texture to meals.

They were often boiled or roasted, contributing to festive dishes as hearty sides.

Legumes

Lentils, chickpeas, and peas were essential protein sources, prevalent in stews, enhancing nutritional value.

They also acted as natural thickeners in soups, showcasing their versatility.

Fruits and Sweeteners

Dates

Dates were essential, providing natural sweetness and energy. They had significant religious and economic importance, often used in celebrations.

They were prepared fresh or dried, and incorporated into sweets, providing rich flavors in cooking.

Figs and Pomegranates

Figs offered a differential sweetness, enjoyed fresh or dried, while pomegranates brought tartness and vibrant colors, enhancing festive dishes.

Both fruits were used in desserts and beverages, showcasing the Mesopotamians' appreciation for diverse flavors.

Honey

Honey served as a prized natural sweetener, valued not only for its taste but also for its preservative qualities.

It was integral in various dishes, enhancing flavors and bringing an aromatic profile to culinary creations.

Meats

Lamb and Mutton

Lamb was the meat of choice for feasts, symbolizing wealth and divine connection. The preparation methods, such as roasting and stewing, created rich flavors.

Whole animals were often roasted for significant celebrations, presenting a visual spectacle of abundance.

Goat and Beef

Goat offered a distinct flavor, less valued than lamb but an important culinary alternative.

Beef, particularly from oxen, signified wealth when served at a feast, typically prepared in hearty stews or roasts, representing the high status of the host.

Culinary Techniques

Preparation methods were varied and sophisticated, ranging from roasting meats to simmering stews. The use of earthenware pots facilitated slow cooking, allowing flavors to meld beautifully.

The Mesopotamians displayed an understanding of ingredients, employing herbs and spices to enhance taste, reflect regional resources, and create complex flavor profiles.

Community and Ritual

Food practices were deeply tied to social structures and community events, reflecting collective wealth and religious reverence.

Meals were often communal, emphasizing hospitality, social bonds, and shared experiences, particularly during celebrations where abundant food brought people together.

Selected Meats and Their Significance

Beef

Beef was considered a prestige meat, often reserved for special occasions such as feasts and celebrations. The labor of raising cattle made beef a rare offering, creating a communal atmosphere at these gatherings where the smell of roasting beef signified wealth and power.

Pork

In contrast, pork was more accessible and commonly consumed, offering a consistent protein source that could be utilized in everyday meals. Pigs were easier to rear, living on scraps and found in larger numbers. Pork featured prominently in various preparations—including roasting, curing, and stewing—which showcased its versatility. At feasts, pork would still hold significance as an esteemed dish, reflecting bounty and abundance, especially when presented whole at communal gatherings.

Poultry

Poultry, like chicken and duck, played a dual role of providing a steady supply of meat and rich protein. The domestication of these birds allowed for ease of breeding and feeding, which made them ideal for everyday consumption as well as special occasions.

Fish and Fowl

The rivers and marshes surrounding Mesopotamia teemed with fish and waterfowl, supporting both everyday diets and festive meals. Fish were often cooked through methods like grilling and baking, and served alongside grains and vegetables for a complete meal. Hunting for wildfowl added a thrilling aspect to dining, with these delicacies also highlighted in communal feasts.

Vegetables, Grains, and Flavor Profiles

Staples

Grains, particularly barley, served as a dietary cornerstone, often forming the base of stews and breads that complemented meats. Vegetables such as onions, garlic, and leeks were routinely incorporated, enhancing flavor and nourishment.

Spices and Herbs

The culinary landscape was further refined through the use of spices: cumin, coriander, and mustard formed essential building blocks for flavoring. Cumin's warm, earthy tones; coriander's bright, citrusy notes; and mustard's pungency combined to give dishes depth and intricate flavors.

Herbs like dill, fenugreek, and mint added freshness and complexity to meals. Dill might grace fish dishes, while fenugreek's bitterness could balance richer flavors in stews and porridge. Mint served as a refreshing garnish, especially useful in warm climates.

Preservation Techniques

Culinary practices also included preservation methods such as curing, drying, and fermenting, which extended the life of meats and fish. Salting was particularly important, contributing both to flavor and longevity.

Beverages: The Drink of the Gods

Beer was more than a simple refreshment; it was integrated into the fabric of Mesopotamian life. Consumed by all social classes, it served as a nutritional staple and a communal drink that fostered social bonding. Wine, by contrast, held a prestigious place, often associated with religious practices and higher-class feasts, enjoyed during significant ceremonies.

Dining in ancient Mesopotamia was a complex interweaving of culinary techniques that utilized local ingredients creatively. From the prestige of beef at grand feasts to the everyday sustenance derived from grains, meats, and vibrant herbs and spices, Mesopotamian cuisine reflected the civilization's agricultural expertise, cultural values, and social hierarchies. This culinary tradition continues to influence modern cooking, reminding us of the rich history that flavors our food today.

The culinary practices were a significant part of daily life and religious observance, enriched by the use of various spices, herbs, and methods of preservation that transformed the simplest dishes into complex flavors.

Fenugreek and Mint: Cornerstones of Flavor

Two notable ingredients used extensively in Mesopotamian cuisine were fenugreek seeds and mint. Fenugreek, when toasted and ground, provided a nutty aroma and complemented its inherent bitterness, offering a complex flavor that enhanced many traditional dishes. For instance, this ingredient could elevate lentil stews or baked goods through its savory-sweet profile.

Mint, revered as a refreshing herb, was likely cultivated or foraged in abundance. Its cooling properties, attributable to menthol, made it a favored component in salads, beverages, and savory dishes. Imagine adding fresh mint leaves to a yogurt salad to create a vibrant taste contrast. Its versatility also extended to sweet dishes and richer meats, where a careful balance was crucial to maintain its aromatic impact without overwhelming other flavors.

The Role of Alliums: Garlic and Onions

Alliums, particularly garlic and onions, played an integral role in adding depth and umami to Mesopotamian cuisine. These ingredients, when slowly cooked, developed sweet and savory notes that formed the foundation of many dishes. For example, consider a hearty lentil stew simmered for hours; as the garlic and onions caramelized, they created a rich broth that enveloped the lentils, enhancing the dish significantly. This technique not only showcased their culinary skills but also their understanding of flavor development through cooking processes like the Maillard reaction.

Preservation Techniques: Fermentation and Drying

Mesopotamian cooks had a sophisticated grasp of food preservation, employing methods such as fermentation and drying. Fermented fish sauces are speculated to have existed, enhancing flavors in everyday dishes while adding substantial umami. Similarly, garlic and onions could be fermented to create vibrant condiments, marrying flavors that contributed to the overall culinary richness of the culture.

The Importance of Freshness and Quality in Offerings

The cultural significance of food extended beyond mere sustenance; it was closely tied to religious practices and community events. Special occasions warranted the use of the finest ingredients, illustrating the social status of those hosting feasts. Freshly baked breads, meat from livestock, and sweet offerings highlighted the connection between food and divine favor.

Festivals: Culinary Celebrations of the Seasons

Culinary practices were also closely linked to seasonal festivals, such as the Akitu festival, celebrating renewal and agricultural abundance. During these sacred events, vast quantities of food, such as meats, breads, and grains, were prepared, serving both divine beings and the community. This practice highlighted the collaborative nature of cooking, with many working together to produce a meal that not only nourished but also strengthened social bonds.

Ritualistic Aspects of Food Preparation

Food preparation for rituals was governed by strict guidelines ensuring purity. Rituals included washing hands and utensils, careful selection of ingredients, and specific cooking methods, all aimed at creating offerings that were acceptable to the gods. The correlation of food preparation to spiritual cleanliness underscores the perception of food as a medium for divine communication.

Culinary Heritage and Modern Connections

Recreating ancient Mesopotamian dishes today allows for a tangible connection to this historic civilization. Dishes such as barley flatbread serve as gateways to understanding the resourcefulness of Mesopotamian cooks. The elements of flavor layering and respect for ingredients remain as relevant today as they were in ancient times, showcasing humanity's enduring relationship with food. Engaging with these culinary practices invites a deeper appreciation for the past and the shared experience of nourishment.

Flatbreads: A Staple Food

Flatbreads were central to the Mesopotamian diet and were made primarily from barley flour combined with water. Here's how the process of making flatbreads works:

Ingredients

Basic ingredients included barley flour, water, and optionally some oil for added richness.

Dough Preparation

Unlike modern wheat doughs, barley dough is less elastic due to lower gluten. Knead the dough briefly until smooth but not sticky, aiming for a workable consistency.

Shaping

Divide the dough into small portions, roll out, or press them into thin discs.

Cooking Methods

Flatbreads can be cooked on a hot surface like a clay griddle or cast-iron skillet. They should sizzle when placed on the heat and cook for a few minutes on each side until golden.

These flatbreads served multiple purposes, such as scooping up stews and accompanying grilled meats, illustrating the importance of simplicity and resourcefulness in ancient cuisine.

Ancient Sweets: Honey-Sweetened Date Cakes

Ingredients

The primary components are dates and honey, combined with a flour base. Modern variations can include nuts and spices.

Preparation

Dates are pitted and processed into a paste, mixed with honey, and combined with flour to create a dough. The cakes are shaped into small discs and baked.

Flavors

Using ingredients like honey and dates aligns with the natural sweetness prevalent in Mesopotamian diet highlights.

Lamb Stew: Heart of Savory Cuisine

Ingredients

Lamb, onions, garlic, and root vegetables form the staple components.

Cooking

The lamb is seared and then simmered slowly with onions and vegetables, allowing flavors to meld over hours.

Cultural Context

This dish reflects the significance of sharing meals within communal settings, ruminating on ancient traditions of hospitality.

Beer Brewing: A Fundamental Beverage

Beer, crucial to daily life and festivities, followed its unique preparation process:

Ingredients

Barley is again at the forefront, with bappir (a special bread) serving as a fermentable element.

Process

The malting and mashing of grains initiate fermentation, with additional sweetness derived from dates or honey.

Cultural Importance

Beer was not only a social beverage but also a symbol of nourishment across all societal levels.

Continuity of Culinary Practices

Ingredients and Techniques

The use of barley, various herbs and spices (like cumin and coriander), and cooking methods (stewing and baking) remain important in availing current regional Middle Eastern cuisines.

Community and Hospitality

Ancient customs of sharing food and celebrating with elaborate feasts continue to hold social significance in contemporary society.

Ancient Mesopotamian cuisine serves as a window into the past, revealing how fundamental cooking practices, ingredients, and communal eating traditions continue to influence modern culinary experiences. Through the exploration of these historical dishes, we can understand not only the taste and texture of ancient life but also the cultural and social frameworks that shaped these culinary habits. Recreating these age-old recipes in today's kitchens fosters a connection to our shared past and celebrates the enduring nature of human sustenance.

Tuh'u

Tuh'u is a vibrant, ancient-inspired stew featuring tender morsels of meat simmered with earthy red beets and leeks. The broth is rich and fragrant, infused with the warmth of cumin and garlic, creating a deep crimson sauce that is both hearty and visually striking. The natural jewel tones of the beets shine through, offering a meal that feels pure, nourishing, and elegantly simple.

4 servings

Cook: 75 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
312	24g	18g	14g	3g	6g	850 mg

INGREDIENTS

- 450 g (~One Pound) stew meat (lamb or beef)
- 1 onion (chopped)
- 2 red beet (peeled, diced)
- 2 clove garlic (crushed)
- 1 leek (diced)
- 1 tsp cumin
- 1 tsp salt
- 475 ml beef broth (or beer)
- 2 tbsp olive oil

DIRECTIONS

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the meat and cook until browned on all sides.
3. Add the onion and sauté until soft.
4. Stir in the beets, garlic, leek, cumin, and salt.
5. Pour in the beef broth or beer.
6. Bring the liquid to a boil.
7. Reduce the heat to low.
8. Cover and simmer for approximately 1 hour until the sauce has thickened.

Mersu (Sweet Date and Walnut Porridge)

This elegant porridge offers a refined start to the day, combining the deep, honey-like sweetness of dates with the earthy crunch of toasted walnuts. The barley flour provides a delicate, nutty base that is light yet satisfyingly creamy. It is a clean and nourishing bowl that feels both pure and indulgent in its simplicity.

Serves 2

Cook: 8 min

Total: 8 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
612	10g	40g	62g	11g	34g	235mg

INGREDIENTS

- 1 cup date (chopped)
- ½ cup walnut (chopped)
- 1 cup barley flour (or whole wheat flour)
- 60 ml butter (melted)
- 120 ml water (warm)

DIRECTIONS

1. Toast the barley flour in a dry pan for 3 minutes.
2. Stir in the melted butter until the mixture forms small clumps.
3. Add the warm water slowly while stirring to create a thick paste.
4. Fold in the chopped dates and walnuts.
5. Cook the mixture on low heat for 5 minutes until the texture is soft and cohesive.

Eat warm or roll into small, bite-sized balls after it cools down.

Flatbread with Leek and Garlic

Ancient Mesopotamians ate flatbread with almost every single meal. These wholesome whole wheat flatbreads are infused with the pungent sweetness of sautéed leeks and aromatic garlic. The texture is perfectly crisp on the outside yet remains tender and chewy within, offering a clean and nourishing snack or side. Lightly golden and fragrant, they bring a fresh, rustic simplicity to the table that feels both pure and satisfying.

4 flatbreads
Cook: 16 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
245	8g	5g	46g	7g	1g	292mg

INGREDIENTS

- 2 cups whole wheat flour
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup leek (finely chopped)
- 1 garlic clove (crushed)
- 1 tbsp olive oil

DIRECTIONS

1. Mix the flour and salt in a large bowl.
2. Add water slowly to form a stiff dough.
3. Knead the dough on a flat surface for 5 minutes.
4. Roll the dough into four thin, flat circles.
5. Press the raw leeks and garlic into the top of the dough circles.
6. Heat olive oil in a pan over medium heat.
7. Fry each side of the bread for 2 minutes until golden brown.

Shurba (Chickpea and Turnip Stew)

Shurba is a masterclass in clean, pure flavors, featuring tender turnips and protein-rich chickpeas in a light, fragrant broth. The earthy warmth of cumin provides a delicate backbone to the dish, while the vibrant textures remain bright and distinct. Served in a minimalist style, it offers an airy and nourishing escape that feels both ancient and perfectly modern.

4 servings

Prep: 10 min

Cook: 40 min

Total: 50 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
215	8g	9g	27g	7g	6g	840mg

INGREDIENTS

- 425 g chickpea (drained and rinsed)
- 2 turnip (medium, peeled and diced)
- 1 onion (medium, chopped)
- 2 clove garlic (minced)
- 1 tsp ground cumin
- ½ tsp salt
- 710 ml vegetable or beef broth
- 2 tbsp vegetable oil

DIRECTIONS

1. Heat the vegetable oil in a large pot over medium heat.
2. Sauté the chopped onion and minced garlic for 3 minutes until softened.
3. Stir in the diced turnips, ground cumin, and salt, cooking for 5 minutes.
4. Pour in the broth and bring the mixture to a boil.
5. Reduce the heat to low, cover, and simmer for 20 minutes.
6. Add the chickpeas and simmer uncovered for 10 more minutes until the turnips are tender.

Morning Barley Bowl

Start your day with this elegant and nourishing bowl, where chewy pearled barley meets the honeyed sweetness of sun-ripened dates. The dish is subtly perfumed with a whisper of coriander, offering a clean and sophisticated flavor profile. This breakfast feels pure, wholesome, and perfectly balanced for a peaceful morning.

Makes 2 servings

Prep: 5 min

Cook: 35 min

Total: 40 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
420	89	1g	98g	10g	38g	310 mg

INGREDIENTS

- 1 cup pearled barley (rolled oats can be used for faster cooking)
- 710 ml water
- ½ cup date (pitted, chopped)
- 2 tbsp honey
- ¼ tsp salt
- 1 pinch coriander (optional)

DIRECTIONS

1. Bring the water and salt to a boil in a medium saucepan.
2. Stir in the barley and reduce the heat to low.
3. Cover the pan and cook for 30 minutes, or 5 minutes if using oats.
4. Stir in the chopped dates, honey, and coriander.
5. Cover and let the bowl sit off the heat for 5 minutes before serving.

Kasû (Minted Honey Water)

This refreshing minted honey water is a masterclass in clean, pure flavors. Delicate herbal notes from fresh mint steep into a gentle sweetness, brightened by a crisp finish of lemon juice. Served chilled, it is a bright and airy beverage that feels both ancient and perfectly modern.

4 servings
Prep: 5 min
Cook: 5 min
Total: 10 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
49	0g	0g	13g	0g	13g	10mg

INGREDIENTS

- 4 cups water (divided)
- 3 tbsp honey
- 1 tbsp mint (fresh leaves or 1 dried tea bag)
- 1 tbsp lemon juice

DIRECTIONS

1. Bring 1 cup of the water to a boil in a small pot.
2. Remove from heat and steep the mint leaves for 10 minutes.
3. Strain out the leaves and pour the mint liquid into a pitcher.
4. Stir in the honey until it completely dissolves.
5. Add the remaining 3 cups of cold water and the lemon juice.
6. Chill in the refrigerator or serve over ice.

Mû Elamûtu (Savory Garlic-Herb Beef Stew)

This recipe mimics a popular "foreign-style" broth mentioned in ancient tablets.

This elegant beef stew offers a refined balance of savory richness and bright, herbaceous notes. The tender cubes of beef are complemented by the delicate sweetness of leeks and a vibrant finish of fresh cilantro, creating a dish that feels both grounding and remarkably fresh. It is a pure, clean expression of comfort that radiates warmth and sophistication.

Serves 4

Cook: 50 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	24g	18g	7g	1g	2g	1150 mg



INGREDIENTS

- 450 g (~One Pound) beef stew meat (cubed)
- 1 leek (large, sliced)
- 1 white onion (small, chopped)
- 4 clove garlic (crushed)
- 1 cup cilantro (fresh, chopped)
- 710 ml beef broth
- 2 tbsp vegetable oil
- 1 tsp salt

DIRECTIONS

1. Heat the vegetable oil in a large pot.
2. Brown the beef cubes on all sides.
3. Add the onion, leek, and garlic to the pot.
4. Cook for 5 minutes until the vegetables soften.
5. Pour in the beef broth and add the salt.
6. Bring to a boil, then lower the heat.
7. Cover and simmer for 45 minutes until the meat is tender.
8. Stir in the fresh cilantro right before serving.

Kishku (Savory Onion and Lentil Mash)

Kishku is a masterclass in simplicity, offering a pure and comforting blend of earthy lentils and aromatic spices. The coarse, soft mash is elevated by a crown of deeply caramelized onions that provide a subtle sweetness and rich texture. Served in a bright setting, its natural tones and honest flavors create a dish that is as clean and fresh as it is satisfying.

Makes 2 servings

Cook: 25 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	14g	12g	31g	10g	4g	585 mg

INGREDIENTS

- 1 cup brown or green lentils (dry)
- 590 ml water
- 1 onion (large, finely sliced)
- 2 tbsp butter (or oil)
- ½ tsp ground coriander
- ½ tsp salt

DIRECTIONS

1. Rinse the lentils and place them in a pot with the water.
2. Bring to a boil, then simmer covered for 20 minutes until soft.
3. Heat butter in a pan over medium heat while the lentils cook.
4. Fry the sliced onions until they turn a dark golden brown.
5. Drain any excess water from the cooked lentils.
6. Mash the lentils coarsely with a fork.
7. Stir in the salt, coriander, and half of the fried onions.
8. Top the mash with the remaining fried onions.

Sweet Fig and Honey Cake

This elegant fig and honey cake offers a delicate balance of natural sweetness and wholesome textures. The chewy, jewel-like dried figs are nestled in a tender whole wheat crumb, illuminated by the floral notes of golden honey. It is a clean and pure dessert, perfect for serving in simple squares alongside a cup of tea.

Makes 9 squares

Prep: 10 min

Cook: 25 min

Total: 35 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
185	3g	8g	28g	3g	12g	185 mg

INGREDIENTS

- 1 ½ cups whole wheat flour
- ½ cup dried fig (finely chopped)
- ¼ cup honey
- 75 g butter (melted)
- 120 ml milk
- 1 tsp baking soda

DIRECTIONS

1. Preheat your oven to 175°C (350°F) and grease a small baking pan.
2. Mix the flour and baking soda in a large bowl.
3. Stir in the melted butter, honey, and milk until smooth.
4. Fold the chopped dried figs evenly into the batter.
5. Press the thick dough into the greased baking pan.
6. Bake for 20 to 25 minutes until a toothpick comes out clean.
7. Let cool, then slice into small squares.

Babylonian Dynasty

Circa 1750 BC

Introduction

Pages 121 - 130

Recipes

Pages 131 - 142

“The Code of Hammurabi”

The Babylonian Dynasty, circa the Eighteenth Century BC, under the rule of notable figures such as Hammurabi, epitomized an era of significant cultural and administrative advancements. Hammurabi's reign is particularly distinguished by the codification of one of history's earliest and most comprehensive legal systems, encapsulated in the Code of Hammurabi. This legal framework not only sought to maintain order but also reflected a deep awareness of justice, situating the king as both a divine instrument and a shrewd administrator tasked with ensuring societal harmony. The Babylonians exhibited remarkable advances in mathematics and astronomy, laying foundational principles that influenced successive cultures. Their society was polytheistic, venerating gods such as Marduk and Ishtar, illustrating their spiritual complexity and its integration into daily life. Architecturally ambitious projects like ziggurats underscored their engineering acumen and religious devotion. Thus, the Babylonian Dynasty solidified its legacy through governance rooted in law and enriched by cultural sophistication.

The Code of Hammurabi was created by Hammurabi, the sixth king of the first Babylonian Dynasty in ancient Mesopotamia. The code is inscribed on a seven-foot tall black diorite stele and consists of 282 laws that cover a wide range of topics including trade, marriage, theft, slavery, and murder.

One of the key features of the Code of Hammurabi is its principle of “an eye for an eye, a tooth for a tooth.” This concept, known as *lex talionis*, establishes a system of retributive justice where punishments are proportional to the crime committed. This principle is seen throughout the code in various laws that prescribe specific penalties for different offenses.

The Code of Hammurabi also reflects the social hierarchy of ancient Babylonian society. It distinguishes between different classes of people and assigns different rights and responsibilities to each. For example, the code differentiates between free men, slaves, and women, and outlines the duties and privileges of each group.

In addition to the principles of retributive justice and social hierarchy, the Code of Hammurabi also addresses issues of property rights and the protection of private property. The code includes laws that regulate trade and commerce, prescribe penalties for theft and fraud, and establish regulations for the payment of debts and wages.

Another important aspect of the Code of Hammurabi is its emphasis on the role of the state in maintaining order and enforcing the law. The code grants the king the authority to administer justice and punish wrongdoers, and it holds officials responsible for the proper administration of justice.

While the Code of Hammurabi is known for its harsh punishments and strict enforcement of the law, it also includes provisions for the protection of the vulnerable in society. For example, the code contains laws that protect widows and orphans, limit the exploitation of slaves, and ensure fair treatment for individuals accused of crimes.

The Code of Hammurabi has had a lasting impact on the development of legal systems and the concept of justice. Many of the principles and practices found in the code, such as the idea of proportionate punishments and the role of the state in enforcing the law, have influenced legal traditions in societies around the world.

While the code is a product of its time and reflects the values and beliefs of ancient Babylonian culture, it continues to be studied and admired for its historical significance and enduring influence on the development of legal systems.

Daily life in ancient Babylonia was divided into two main meals—a morning meal (patanu) and an evening meal. Festive celebrations like the Akitu New Year festival featured highly complex, multi-layered dishes.

Summary of “The Cuisine of Hammurabi” by Dawn Corleone

Beyond notable achievements in writing, law, and architecture, Mesopotamia also laid the groundwork for human cuisine. T

The Role of Food in Ancient Society

Food in ancient Mesopotamia, was a vital anchor of social life, intertwined with religion, commerce, and daily routines. Exploring the culinary traditions of this civilization is essential for understanding their social structure and worldview. For example, the legislative code of Hammurabi included laws governing food production and trade, reflecting the significance of these elements in the society.

Staple Ingredients

Essential grains of barley and emmer wheat not only nourished the population but also influenced various aspects of daily life. Barley, known for its versatility and resilience, adapted well to the local climate, becoming the foundation of the Mesopotamian diet. Barley was cultivated, processed into flour, and transformed into breads and stews, highlighting the importance of communal agricultural practices in the region.

Emmer wheat, while less ubiquitous than barley, served as a significant, complementary crop, contributing to a diverse diet.

A Wealth of Vegetables and Fruits

Beyond grains, the culinary landscape of ancient Mesopotamia was enriched by cultivated vegetables and fruits. Onions and garlic, crucial flavorings, were commonly used in many dishes, while legumes such as lentils and chickpeas provided essential protein and nutrients. Dates and figs, two staples of the diet, were treasured not only for their sweetness but also for their versatility in culinary applications.

Aquatic and Avian Bounty

The Tigris and Euphrates rivers contributed significantly to the diet, providing an array of fish and game birds that supplemented the grain-heavy meals. Fishing and duck hunting were integral to daily life, with various preservation methods such as drying and salting ensuring that these proteins were available throughout the year.

Animal Husbandry

The domestication of animals also played a crucial role in Mesopotamian cuisine. Sheep, goats, and poultry provided vital sources of meat and dairy, complementing the grains and vegetables. The book illustrates how animal husbandry practices allowed families to create hearty meals that fit into both everyday and celebratory contexts.

Culinary Practices and Cultural Significance

The ingredients used had broader cultural significance. Meals were not just about nourishment but served as expressions of community, social status, and religious devotion. For instance, lavish feasts were associated with important ceremonies, while daily meals reinforced family and communal bonds.

Culinary Insights from Ancient Babylon

Food serves as a lens through which to view the complexities of humanity's earliest civilizations. The culinary traditions of ancient Babylon offer a fascinating window into a world where food was not only sustenance but a vital part of cultural practices, from celebrations and rituals to everyday life.

Key Ingredients and Their Significance

Foundational Staples

Grains like barley and emmer wheat were central to the Babylonian diet, providing energy and nutritional value. Barley was particularly esteemed, serving as a base for bread and beer.

Legumes such as lentils and chickpeas provided vital protein and fiber, sustaining energy levels across the population and playing a crucial role in stews and soups.

Fruits and Sweeteners

Fruits like **dates and figs** offered natural sweetness and were essential in both savory and sweet dishes. They symbolize abundance and fertility in Babylonian culture.

Honey was another precious sweetener, used to enhance flavors in both foods and beverages.

Aromatics and Seasonings

Garlic and onions were foundational in cooking, providing depth of flavor and nutritional benefits with antioxidants.

Spices such as **cumin, coriander, and mustard** seeds were essential in enhancing the flavors of dishes. They also have extensive health benefits, including anti-inflammatory properties and digestive support.

Cooking Techniques

Stewing and simmering were common methods that melded flavors and tenderized tougher cuts of meat. For instance, lamb or pork stews with figs would create a beautifully balanced dish, integrating sweetness and richness.

Roasting was also a vital technique that added depth and char to meats, enhancing their flavors.

The Role of Communal Eating

Meals in ancient Babylon were often communal, reinforcing social bonds and cultural identity. Celebratory feasts, typically linked to agricultural seasons, brought communities together. For example:

Harvest Festivals involved large gatherings where freshly harvested grains were prepared, symbolizing gratitude for bountiful crops. The act of sharing was as crucial as the food itself, serving to unite the community.

Weddings and Milestone Celebrations often included abundant preparations of meat and sweet breads, showcasing the host's generosity and reinforcing social ties.

Incorporating Ancient Practices into Modern Cooking

To connect with this culinary heritage, modern cooks can incorporate Babylonian elements into everyday meals:

Use Dates and Honey

They can be added to various recipes for natural sweetness. For example, a simple date paste can sweeten cakes or energy bars.

Explore Stews and Pilafs

A lentil stew with herbs and spices mirrors ancient cooking techniques, allowing flavors to meld over low heat.

Create Spice Blends

By combining cumin, coriander, and mustard seeds, home cooks can craft a versatile mix that enhances both meats and vegetables.

The culinary traditions of Babylon are rich with lessons about health, community, and history. By embracing ingredients like grains, legumes, and aromatic spices, modern cooking not only connects us to the flavors of the past but also promotes a diet that supports overall well-being. As we draw on these ancient practices, we keep the cultural legacy alive, nourishing both body and spirit through shared meals that emphasize unity and abundance. Whether preparing a simple stew or a grand feast, the essence of Babylonian cooking reminds us of the profound connection between food, culture, and community.

Summary of Ancient Babylonian Food and Drink Practices

The culinary landscape of ancient Babylon was rich and intricate, defined by the utilization of locally sourced ingredients and traditional preparation methods that reflected their environmental conditions and societal norms. At the heart of Babylonian cuisine were two essential staples: **dates** and **honey**. These natural sweeteners shaped the flavor profiles of various dishes, providing not just energy but also character to the meals.

Bread and Sweet Confections

Flatbreads, such as the famous laganum, were commonly made from barley or emmer wheat flour. These breads served as a critical accompaniment to meals, particularly during communal feasting. Imagine tearing warm, slightly chewy bread to scoop up hearty lentil stew or to soak up the rich juices from roasted lamb. For dessert, the Babylonians delighted in sweet confections made with date syrup, honey, and nuts. **Date and Honey-Sweetened Pastries** were crafted by filling simple dough with a paste of pounded dates and walnuts, baked until golden and slightly crisp. These pastries were not merely treats but rather fuel suitable for laborers and travelers.

Beverages of Choice: Beer and Wine

The Babylonians' choice of beverages was essential to their daily life. Most notably, they consumed **barley beer**, made from malting grains and allowing fermentation with natural yeasts. Beer was more than an alcoholic beverage; it was a staple, enjoyed by all classes, and even used as currency in some instances. Stronger, more celebratory **date wine** could be crafted for special occasions, highlighting the significance of both beverages in their society. The communal aspect of drinking was vital, with people sharing drinks from large vessels, reinforcing social bonds.

The Importance of Presentation

The presentation of a meal was equally important as the food itself. The vision of long wooden tables adorned with colorful fruits, roasted meats, and steaming portions of pilaf showcases the aesthetic sensibilities of Babylonian culture. Such gatherings mirrored a communal spirit reminiscent of their religious and celebratory practices.

The Role of Water and Herbal Infusions

Water from the nearby Tigris and Euphrates rivers was an essential part of Babylonian life. Although fresh drinking water was vital, it was often managed carefully to avoid contamination. Herbal infusions were also common for medicinal and social purposes. Ingredients such as fennel, mint, and chamomile were infused to create soothing drinks, aiding digestion or relaxation.

Sweetened Beverages and Preservation Techniques

In addition to traditional beverages, the Babylonians enjoyed sweetened drinks made with honey and fruit syrups. These drinks provided essential hydration and an energy boost during the hot climate of Mesopotamia. Techniques to preserve fruits, like drying and salting, were skillfully employed to ensure a consistent supply of sweetness throughout the year.

Summary of Babylonian Culinary Traditions and Social Structures

Understanding the culinary traditions of ancient Babylon offers insights into not only the diet but also the social structure and daily life of its people. The use of natural ingredients, the sophistication of food preparation techniques, and the impact of trade underscore the deep interconnection between food, culture, and society in this ancient civilization.

The Sweet and Savory of Babylon

Babylonian cuisine celebrated the sweetness of fruits like dates, figs, and prunes, which were often transformed into delightful desserts, such as fruit compote. This compote, enriched with date syrup for sweetness and exotic spices like cardamom—imported through ancient trade routes—could serve as a healthy alternative to processed sweets today, enriching both flavor and nutrition.

Moreover, the concept of energy bites made from dates and grains could link modern snacking back to ancient survival strategies. These nutritious treats required no baking and relied on the natural sweetness of dates, making them excellent sources of energy for laborers or travelers during ancient times.

Dynamics of Food and Social Status

Food in Babylonian society reflected stratification. The elite enjoyed lavish meals with a variety of meats, spices, and delicacies that were inaccessible to commoners. Their dietary access was a direct reflection of their wealth and power. While wealthy Babylonians feasted on beef, lamb, and intricate preparations of game, commoners relied heavily on barley, legumes, and seasonal vegetables.

This disparity wasn't merely nutritional but also symbolic. The presence of imported spices, rare fruits, and sophisticated cuisine in the homes of the affluent served as a sign of status and connection to vast trade networks. The preparation and presentation of food during banquets showcased not just culinary talent but also reaffirmed social hierarchies and alliances.

Culinary Practices and Gender Roles

Inside Babylonian kitchens, women played a pivotal role, from managing food supplies to cooking meals. They handled daily tasks like grinding grain and preparing dishes, while men engaged in larger agricultural activities and trade. The division of labor, though gendered, showed that both men and women contributed crucially to the household's needs.

The tools and archaeological remnants found in kitchen excavations, such as grinding stones and various cooking vessels, reveal a sophisticated approach to food preparation that balanced practicality with culinary art. The meticulous arrangement of kitchens suggests a systematic workflow, highlighting efficiency in ancient cooking practices.

Trade and Culinary Exchange

Babylon was a nexus for trade, significantly influencing its culinary practices. Trade routes brought not just goods but also new ingredients and cooking methods into Babylonian kitchens. The integration of culinary techniques from neighboring regions diversified the Babylonian diet and inspired innovation in food preparation. For instance, the influence of spices like cinnamon and saffron, often imported at great cost, transformed Babylonian dishes into vibrant gastronomic experiences.

The flow of agricultural knowledge was equally critical; traders and travelers brought ideas on crop cultivation and food preservation that enriched Babylon's agricultural practices. This constant interchange solidified a diverse culinary culture skilled in fusing local ingredients with exotic flavors.

Food, Healing, and Rituals

In Babylonian society, food transcended mere sustenance; it played a vital role in health and spirituality. It was believed that certain foods could restore balance and ward off illness, aligning deeply with their medicinal practices. Honey, for instance, was not only a sweetener but also a treatment due to its healing properties.

Ritualistic uses of food, particularly during significant life events like births, marriages, and funerals, were emblematic of the social and spiritual dimensions of eating. Special foods were prepared to honor deities or to commemorate life transitions, demonstrating a profound understanding of the interconnectedness of food, community, and the divine.

The culinary traditions of ancient Babylon encapsulate more than just dietary preferences; they reflect the broader societal organization, trade influences, and cultural values of the era. From the social significance of food to the blending of flavors through trade, the exploration of Babylonian cuisine offers a rich narrative of innovation and identity, revealing how food serves as a universal connector in the intricate fabric of civilization. The act of eating has always been woven with deeper meanings of community, status, and tradition.

Summary of Babylonian Cuisine and its Cultural Significance

Understanding Babylonian cuisine provides an enriching glimpse into the daily lives of ancient Mesopotamians, revealing how closely food preparation and consumption were tied to their culture, economy, and social structure.

The Role of the Kitchen in Babylonian Society

Basic Structure and Functionality

The kitchen served as the heart of a Babylonian home. The physical design integrated a hearth for cooking, storage areas for grains, and space for food preparation. This arrangement reflects how pivotal food was to daily life.

Social Stratification

Archaeological findings indicate significant variances in kitchen complexity based on social status. Wealthier households featured more elaborate kitchens with communal cooking spaces, while simpler kitchens served less affluent families.

Tools and Techniques of Cooking

Essential Tools

The Babylonian cooking toolkit included grinding stones for flour production, pots for cooking stews, and various utensils made from stone, bone, or clay. These tools underline a community that was resourceful and innovative.

Cooking Methods

Common preparation techniques were boiling, stewing, and baking. Each method played a role in extracting flavors and enhancing textures, ensuring meals were both nourishing and enjoyable.

Ingredients and Their Cultural Significance

Staples

Barley and emmer wheat were central to the Babylonian diet, serving as the basis for bread, porridge, and alcoholic beverages. These grains were fundamental not only for nutrition but also represented cultural identity.

Fruits and Vegetables

Dates, lentils, and various vegetables were prevalent, highlighting seasonal availability and regional agriculture. Cooking with these ingredients reflects a deep understanding of food procurement and preparation.

Preservation Techniques

Food Storage

Babylonians employed granaries and storage jars to manage surplus food effectively, managing environmental conditions to ensure food security, which was vital for urban populations.

Preservation of Protein

Techniques such as drying and salting were essential for prolonging the life of meat and fish, underscoring an understanding of food spoilage and safety.

Culinary Artistry and Shared Meals

Flavor Complexity

Spices, herbs, and aromatics like cumin and coriander played crucial roles in their cooking. The nuanced use of these ingredients speaks to an appreciation for flavor that resonates with modern palates.

Social and Community Aspects

Sharing meals was an important ritual, reinforcing family bonds and community ties. The act of preparing food was often communal and served as a means of hospitality.

Legacy and Modern Implications

The influences of Babylonian cuisine extend well beyond ancient times:

Continuity in Culinary Practices

Many modern Middle Eastern dishes still reflect the cooking methods and flavors developed in ancient Babylon, indicating that these traditions have profoundly shaped regional cuisines.

Cultural Connections

Recognizing the historical origins of certain foods can foster a greater appreciation for sustainability, community, and culinary heritage in current food practices.

Engaging with History Through Cooking

Exploring Babylonian cuisine is an invitation to engage with historical practices in contemporary kitchens. Home cooks can experiment with ancient ingredients and techniques to connect with a culinary lineage that includes seasonality, resourcefulness, and the joy of communal meals. This deeper understanding can enrich our cooking experiences today and preserve the vibrant tapestry of human culinary history for future generations.

Tuh'u (Beet and Lamb Stew)

A vibrant and ancient Mesopotamian-style stew where tender lamb meets the earthy sweetness of fresh red beets. The broth is light and complex, brightened by arugula and a splash of ale, then finished with the delicate pungency of leeks and garlic. This dish offers a clean yet deeply comforting flavor profile, appearing strikingly beautiful with its deep crimson hues and fresh green garnishes.

4 servings

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
412	24g	28g	12g	3g	6g	145 mg



INGREDIENTS

- 450 g leg of lamb (diced, or mutton)
- ½ cup sheep fat (rendered, or ghee/olive oil)
- ½ cup beer (sour or unhopped ale works best)
- 1 onion (large, chopped)
- 1 cup red beet (fresh, peeled and diced)
- 1 cup arugula
- ½ cup cilantro (fresh, chopped)
- 1 tsp cumin seeds
- 3 cloves garlic (crushed)
- 1 leek (minced)
- persian shallot (or spring onions, to taste)

DIRECTIONS

1. Heat the fat in a heavy-bottomed pot over medium heat and sear the lamb until browned.
2. Add the chopped onion and cook until translucent.
3. Fold in the diced beets, arugula, cilantro, shallots, and cumin.
4. Pour in the beer and ½ cup of water, bring to a boil, then reduce to a gentle simmer.
5. Add the crushed garlic and leek and simmer until the lamb and beets are tender.
6. Garnish with fresh cilantro and serve hot.

Kanasu (Creamy Lamb Stew)

A refined and ancient Mesopotamian specialty, this creamy lamb stew offers a pure, comforting experience. The tender lamb shoulder is simmered in a rich, milk-based broth thickened with traditional barley croutons, creating a velvety texture. Subtle notes of cumin and coriander provide a gentle warmth, while fresh mint adds a vibrant, clean finish to this elegant historical dish.

Serves 4



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
485	28g	36g	12g	2g	4g	185 mg

INGREDIENTS

- 450 g (~One Pound) lamb shoulder (cut into bite-sized pieces)
- $\frac{1}{3}$ cup rendered sheep fat (or ghee)
- 1 onion (diced)
- $\frac{1}{4}$ cup shallot (chopped)
- 1 cup milk (sheep's, cow or goat milk)
- 1 tsp cumin
- 1 tsp dry coriander seeds
- 2 clove garlic (minced)
- 1 leek (minced)
- $\frac{1}{4}$ cup barley flour (or emmer flour)
- fresh mint (chopped, for garnish)

DIRECTIONS

1. Mix the barley flour with a pinch of salt and a splash of water to form thin cakes.
2. Bake or pan-fry the cakes until dry and crumbly to create risatu (ancient croutons).
3. Render the sheep fat or ghee in a stew pot over medium heat and sear the lamb until browned.
4. Add the onion and shallots to the pot and cook until softened.
5. Stir in the garlic, leek, cumin, and coriander.
6. Pour in the milk and a splash of water, then bring to a gentle simmer.
7. Thicken the broth by crumbling the prepared risatu bread into the pot.
8. Simmer until the lamb is tender, then garnish with fresh mint before serving.

Akku (Barley Flatbread)

Experience the pure, ancient simplicity of this yeast-free barley flatbread, traditionally baked to perfection. Each disc offers a delicate chew and a nutty, wholesome flavor enhanced by subtle charred notes from the skillet. With its clean aesthetic and honest ingredients, this bread serves as a versatile, rustic accompaniment to any meal.

Barley was the primary grain of ancient Babylonia. This yeast-free flatbread was cooked daily on hot stones or inside a clay tinuru (tandoor-style oven).

4 flatbreads
Prep: 10 min
Cook: 15 min
Total: 25 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
235	6g	4g	46g	8g	0g	295 mg

INGREDIENTS

- 2 cups barley flour (or a 50/50 mix of whole wheat and all-purpose flour)
- 180 ml water (lukewarm)
- 1 tbsp ghee (or lard or vegetable oil)
- ½ tsp salt

DIRECTIONS

1. Mix the barley flour and salt together in a large bowl.
2. Slowly pour in the lukewarm water and oil, stirring until a stiff dough forms.
3. Knead the dough on a flat surface for 5 minutes until it becomes smooth.
4. Divide the dough into 4 equal balls and roll or press each one into a thin, flat disc.
5. Heat a dry, heavy skillet over medium-high heat.
6. Cook each flatbread for 2 to 3 minutes per side until charred brown spots appear.

Mersu (Date and Walnut Confection)

This sweet side dish was often served at banquets or presented as an offering in temples. It acts as a rich, dense accompaniment to savory stews.

These elegant Mersu confections offer a refined balance of natural sweetness and earthy spice, typical of ancient Mesopotamian flavours. The soft, chewy date paste is enriched with golden ghee and punctuated by a surprising hint of garlic for a sophisticated sweet-savory profile. Coated in crunchy chopped walnuts, each bite-sized sphere is a pure and vibrant treat that feels both timeless and fresh.

Makes 12 balls

Prep: 10 min

Cook: 0 min

Total: 10 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
78	1g	5g	9g	1g	7g	2 mg

INGREDIENTS

- 1 cup dried dates (pitted)
- ½ cup walnuts (finely chopped, or pistachios)
- 2 tbsp ghee (melted, or butter)
- 1 clove garlic (minced, optional)
- ½ tsp ground coriander

DIRECTIONS

1. Soak the pitted dates in hot water for 10 minutes to soften, then drain completely.
2. Mash the dates into a thick paste using a fork or a food processor.
3. Stir in the melted ghee, minced garlic, and ground coriander.
4. Fold in most of the chopped nuts, reserving a small handful.
5. Shape the mixture into small, bite-sized balls.
6. Roll the balls in the remaining chopped nuts to coat the outside.

Laptu (Braised Turnips with Honey and Herbs)

These braised turnips offer a clean and elegant side dish, where the natural sweetness of the honey beautifully complements the earthy root vegetable. The gentle sear provides a delicate golden edge, while the final reduction creates a glossy, translucent glaze that sparkles under soft light. Fresh cilantro adds a vibrant pop of green, making this dish feel airy, fresh, and perfectly balanced.

4 servings

Cook: 20 min

Total: 20 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
115	2g	7g	13g	3g	8g	210 mg

INGREDIENTS

- 4 turnip (medium, peeled and cut into wedges)
- 2 tbsp oil (or ghee)
- 1 tbsp honey
- 1 leek (white and light green parts sliced)
- ½ cup vegetable broth (or water)
- ¼ cup cilantro (fresh, chopped)
- pinch salt (to taste)

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add the sliced leeks and cook until soft.
3. Add the turnip wedges to the skillet and sear them for 3 minutes until slightly browned on the edges.
4. Pour in the broth, honey, and a pinch of salt, then bring to a simmer.
5. Cover the skillet and let the turnips simmer for 15 minutes until fork-tender.
6. Remove the lid and cook for 2 more minutes until the liquid reduces into a glossy glaze.
7. Toss with fresh cilantro right before serving.

Pappu (Barley Porridge with Dates and Ghee)

Ancient Mesopotamians broke their fast with grains boiled in water or milk. For a richer morning meal, the grains were sweetened with fruit syrups or wild honey.

A clean and elegant breakfast bowl featuring wholesome cracked barley simmered to a perfectly creamy consistency. Sweetened naturally with finely chopped dates and wild honey, the dish is finished with a luxurious drizzle of golden ghee. This comforting porridge offers a pure, vibrant start to the day with its gentle textures and airy, natural sweetness.

1 serving

Cook: 25 min

Total: 25 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
549	12g	20g	85g	11g	38g	65 mg



INGREDIENTS

- ½ cup cracked barley (or steel-cut oats/bulgur wheat)
- 1 ½ cup water
- ½ cup whole milk (or goat's milk)
- 4 dried date (finely chopped)
- 1 tbsp ghee (or unsalted butter)
- 1 tbsp honey

DIRECTIONS

1. Bring the water to a boil in a small saucepan and stir in the cracked barley.
2. Reduce heat to low, cover, and simmer for 20 minutes until the grains are tender and water is absorbed.
3. Pour in the milk and chopped dates, then simmer uncovered for another 5 minutes, stirring continuously until creamy.
4. Spoon the porridge into a bowl and top with a melted drizzle of ghee and wild honey.

Pašrūtum ("The Unwinding" Bread Potage)

Recorded on the 4,000-year-old Yale Babylonian Tablets, this simple midday meal translates to "unwinding" or "soothing". It is a light, aromatic leek broth poured over day-old flatbread to create a thick, savory potage.

This ancient-inspired bread potage offers a clean and soothing experience, perfect for 'unwinding' after a long day. The delicate sweetness of sautéed leeks and onions melds into a light, aromatic broth that softens the rustic barley bread into a comforting, silken texture. Brightened with fresh cilantro, it is a dish of pure, honest flavors and airy simplicity.

2 servings

Cook: 20 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
215	5g	14g	19g	3g	4g	680 mg

INGREDIENTS

- 1 leek (large, white and light green parts sliced)
- 1 yellow onion (small, chopped)
- 2 clove garlic (minced)
- 2 tbsp rendered fat (lard or olive oil)
- 2 cups vegetable broth (or chicken broth)
- ½ cup cilantro (fresh, chopped)
- 1 slice barley flatbread (stale, torn into chunks; sourdough bread alternative)
- salt (to taste)

DIRECTIONS

1. Melt the fat or heat oil in a pot over medium heat.
2. Add the sliced leeks, onion, and garlic and sauté for 5 to 7 minutes until soft and translucent but not browned.
3. Pour in the broth and bring to a simmer, then add half of the cilantro and a pinch of salt.
4. Simmer the mixture for 10 minutes.
5. Place the torn pieces of stale bread directly into the bottom of your serving bowls.
6. Ladle the hot leek broth over the bread and let it sit for 2 minutes to absorb and thicken.
7. Garnish with the remaining fresh cilantro and serve warm.

Zizga (Emmer Festival Porridge)

Experience the ancient simplicity of Zizga, a creamy emmer wheat porridge that celebrates purity and texture. This elegant dish combines tender, nutty farro with luscious Greek yogurt, accented by the aromatic warmth of cardamom and the crunch of toasted pistachios. It is a clean, soul-warming breakfast that feels both heritage-inspired and perfectly fresh.

This luxury porridge was served during religious festivals dedicated to the gods. It features ancient emmer wheat (farro) boiled down and combined with fermented milk or thick yogurt to create a tangy, decadent celebration side dish.

2 servings

Prep: 5 min

Cook: 40 min

Total: 45 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
345	12g	18g	38g	6g	4g	75 mg

INGREDIENTS

- ½ cup farro (ancient emmer wheat)
- 2 cup water
- ½ cup greek yogurt (plain, full-fat)
- 1 tbsp butter (or ghee)
- ¼ tsp cardamom (ground)
- ¼ cup pistachio (or walnuts, toasted and crushed)

DIRECTIONS

1. Rinse the farro under cold water.
2. Combine farro and water in a pot and bring to a boil.
3. Lower the heat, cover, and cook for 30 to 40 minutes until the grains are tender and chewy.
4. Drain any excess water from the pot.
5. Melt the butter or ghee into the warm grains and stir in the ground cardamom.
6. Remove the pot from the heat source and allow it to cool slightly to prevent the yogurt from curdling.
7. Fold in the full-fat yogurt until the mixture is ultra-creamy.
8. Serve on a platter topped with the crushed, toasted nuts.

Ninda-Gug (Spiced Emmer and Date Loaf)

This elegant loaf celebrates the purity of ancient grains with the natural sweetness of sun-dried dates. A gentle aromatic blend of coriander and cumin lends a sophisticated depth, while the emmer flour provides a wholesome, nutty texture. Every slice offers a clean and inviting flavor profile, perfect for a refined morning snack or a simple, rustic dessert.

In ancient cuneiform receipts, ninda-gug is described as a high-status, heavy cake-bread often sweetened with fruit and spiced with aromatics.

Makes 8 slices

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
215	5g	6g	38g	4g	4g	152 mg



INGREDIENTS

- 2 cups emmer flour (or whole wheat flour)
- $\frac{2}{3}$ cup milk
- $\frac{1}{4}$ cup date syrup (or honey)
- 3 tbsp butter (melted, or ghee)
- $\frac{1}{2}$ cup date (dried, finely chopped)
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp salt

DIRECTIONS

1. Preheat your oven to 175°C (350°F) and grease a small loaf pan.
2. Whisk together the flour, spices, baking soda, and salt in a large bowl.
3. Stir in the milk, date syrup, and melted butter until a thick, sticky dough forms.
4. Fold the chopped dates into the mixture.
5. Press the dough evenly into your prepared loaf pan.

Bake for 35 to 40 minutes until a toothpick inserted in the center comes out clean. Let it cool before slicing.

Khasu (Wild Chicory and Mint Infusion)

This botanical infusion offers a clean and elegant profile, balancing the deep, roasted notes of wild chicory with the vibrant clarity of fresh mint. The addition of a leek leaf provides an unexpected earthy depth that grounds the brighter herbal tones. It is a pure and restorative beverage that feels exceptionally fresh, whether enjoyed as a warm tonic or a chilled midday refresher.

While beer was the daily staple beverage of Babylonia, non-alcoholic herbal waters and root infusions were brewed for mid-day hydration and cooling properties.

Makes 4 cups

Prep: 5 min

Cook: 10 min

Total: 15 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
18	0g	0g	5g	1g	4g	12 mg



INGREDIENTS

- 1 liter water
- 2 tbsp roasted chicory root granules (dandelion root is a suitable substitute)
- 1 leek green leaf (thoroughly cleaned)
- ½ cup mint (fresh leaves, bruised)
- 1 tbsp honey (optional)

DIRECTIONS

1. Bring the water and the leek leaf to a boil in a saucepan.
2. Stir in the roasted chicory root granules and reduce the heat to a simmer.
3. Simmer the mixture uncovered for 10 minutes until the liquid turns a deep, rich brown.
4. Remove from the heat, add the fresh mint leaves, and cover the pan.
5. Allow the infusion to steep for 5 minutes.
6. Strain the liquid through a fine mesh sieve and serve warm or chilled.

Mutqitu (Sweet Pomegranate Honey Pastry)

This ancient-inspired sweet treat offers a clean and elegant profile, combining the deep tartness of pomegranate with the soft floral notes of honey. The texture is beautifully glossy and firm, providing a satisfying chew that contrasts with the delicate crunch of toasted sesame seeds. Light and airy in its presentation, it is a pure expression of natural fruit and grain flavors.

Makes 12 squares
Cook: 15 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
85	1g	4g	13g	1g	9g	5 mg

INGREDIENTS

- 1 cup pomegranate juice (100% juice, no sugar added)
- $\frac{1}{4}$ cup honey
- $\frac{1}{3}$ cup barley flour (can substitute all-purpose flour)
- 2 tbsp ghee (or butter)
- $\frac{1}{4}$ cup sesame seeds (toasted)

DIRECTIONS

1. Melt the ghee in a small saucepan over medium-low heat.
2. Add the barley flour and stir constantly for 3 to 4 minutes to create a toasted, golden roux.
3. Slowly whisk in the pomegranate juice and honey, making sure no lumps form.
4. Bring the mixture to a gentle boil, then turn the heat down to low.
5. Simmer while stirring constantly for 8 to 10 minutes until the mixture thickens into a glossy, sticky paste that pulls away from the sides of the pan.
6. Pour the hot mixture onto a piece of parchment paper and use a spatula to flatten it to $\frac{1}{2}$ inch thickness.
7. Sprinkle the toasted sesame seeds over the top and press them into the surface.
8. Let the pastry cool completely until firm, then cut it into small squares.

Babylonian Preservation Methods

Solar Desiccation (Sun-Drying)

The intense Mesopotamian sun was the primary tool for preserving seasonal gluts of fruits and vegetables.

Fruits: Dates, figs, and pomegranates were spread flat on reed mats on rooftops. Sun-drying concentrated their sugars, preventing bacterial growth

Vegetables: Onions, leeks, and garlic were braided into tight ropes and hung in shaded, well-ventilated areas to dry slowly without rotting.

Extreme Salting (Munu)

Salt was a highly traded commodity used aggressively to cure highly perishable proteins.

Fish & Meats: Fish from the Tigris and Euphrates rivers were gutted, packed heavily in coarse salt, and layered inside earthenware jars.

Storage: Salted meats were often dried afterward, creating a jerky-like product that could survive months of transport for military rations.

Subterranean and Clay Silos

Grain was the backbone of the Babylonian economy and required protection from heat, moisture, and pests.

The Tinuru and Pitch Jars: Legumes, barley, and emmer wheat were stored in giant, bulbous clay jars.

Sealing: The interiors of these jars were often coated with bitumen (natural asphalt) or liquid pitch to create an airtight, waterproof seal. The jars were then buried in the cool earthen floors of homes and temples.

Lactic Fermentation and Acid Steeping

Babylonians used controlled spoilage to extend the shelf life of dairy and liquids.

Dairy: Because fresh milk spoiled within hours in the desert heat, it was immediately converted into ghee (clarified butter) or soured into hard, salted cheese curds that were dried into rocks (gurt).

Vinegar Curing: Vegetables like turnips and radishes were submerged in soured beer or date vinegar brines, creating early forms of pickles.

Fat Sealing (Confit)

For cooked meats, fat was used to create an oxygen-free barrier.

The Process: Meats were cooked entirely in rendered sheep tail fat (lilu) or ghee until all moisture evaporated.

The Barrier: The meat was placed into jars and completely submerged in the hot liquid fat. Once cooled, the fat solidified into a thick, air-tight plug that stopped spoilage.

Anatolia

Circa 1650 BC

Introduction

Pages 145 - 156

Recipes

Pages 157 - 169

“The Code of the Nesilim”

Around 1650 BC, Anatolia was under the rule of the Old Hittite Kingdom, guided by a centralized monarchy that exhibited both pragmatism and adaptability in leadership. At its helm, leaders such as King Hattusili I and later Mursili I emphasized consolidation of power through strategic military campaigns and alliances. This period marked the expansion of the Hittites' influence over neighboring territories, showcasing an ambitious vision that extended beyond mere survival to territorial dominance. Culturally, Anatolian society was distinctively syncretic, integrating diverse traditions due to its geographic position as a crossroads for traders and armies alike. The culture fostered a unique confluence between Indo-European newcomers and existing cultures like the Hurrians, facilitating assimilation within governance practices and religious customs. This blend promoted a robust but flexible societal framework where kings played pivotal roles not just as rulers but also as chief priests, ensuring political unity intertwined with religious authority.

The Nesilim (What the Hittites called themselves) were an ancient civilization that thrived in the region now known as Turkey during the second millennium BC. They were known for their advanced culture, sophisticated writing system, and impressive architecture. One of the most important aspects of Nesilim society was their code of conduct, known as the Code of the Nesilim. This code outlined the moral and ethical principles that governed the behavior of Nesilim citizens, and played a crucial role in maintaining order and harmony within their society.

The Code of the Nesilim was based on the principles of justice, integrity, and respect for others. It aimed to promote fairness and equality among all members of society, regardless of their social status or background. The code emphasized the importance of honesty and integrity in all dealings, and stressed the need for individuals to fulfill their obligations and responsibilities to their community and fellow citizens.

One of the key tenets of the Code of the Nesilim was the concept of reciprocity. This principle held that individuals should treat others as they would like to be treated themselves. In other words, kindness and compassion should be met with kindness and compassion, while dishonesty and betrayal should be met with consequences. This idea of reciprocity formed the basis for the Nesilim's system of justice, and was used to determine appropriate responses to various moral and ethical dilemmas.

Another important aspect of the Code of the Nesilim was the concept of honor and reputation. The Nesilim valued their reputation and social standing, and believed that individuals should strive to uphold their honor through their actions and behavior. Dishonorable or unethical behavior was considered a grave offense, and could result in social ostracism or even punishment by the community.

The Code of the Nesilim also placed a strong emphasis on loyalty and duty. Individuals were expected to be loyal to their family, community, and rulers, and to fulfill their duties and responsibilities with diligence and dedication. Deviating from these obligations was seen as a breach of trust and could have serious consequences.

The Code of the Nesilim outlined the proper procedures for bringing grievances before a council of elders, and prescribed the appropriate punishments for various offenses. These laws and regulations were designed to maintain order and stability within Nesilim society, and to ensure that justice was served.

The Code of the Nesilim also played a role in promoting social cohesion and unity. By emphasizing the importance of community and cooperation, the code helped to foster a sense of solidarity among Nesilim citizens, and encouraged them to work together for the common good.

The Code of the Nesilim was not only a system of rules and regulations, but also a reflection of the values and beliefs that were important to the Nesilim people. It served as a moral compass for individuals in their daily lives, guiding them in their interactions with others and helping them to navigate the complexities of social and ethical dilemmas.

The Code of the Nesilim was a powerful and influential document that promoted justice, integrity, and respect for others, and provided a framework for resolving disputes and conflicts within the community. By upholding these principles, the Nesilim were able to create a stable and harmonious society that thrived for centuries.

Summary of "The Nesilim" by Dawn Corleone

The food history of the Bronze Age Hittite Empire, specifically in Anatolia around 1650 BC remains buried beneath time, but the Code of the Nesilim sheds light on the daily meals and grand feasts of the Hittites. This text not only governed societal norms but also revealed insights about their diet, encapsulating everything from grains to livestock provisions.

Understanding Daily Life through Food

What did people in this influential empire eat? The Code of the Nesilim offers many references to food staples, including barley and emmer wheat, which served as the foundation of Hittite sustenance. These grains were essential not only for daily meals but also featured prominently during religious and communal feasts, demonstrating the intricate ties between food, culture, and society.

Grains as Staples

Barley, due to its hardiness, was essential to their diet. It formed the basis for daily breads and was vital to their nutrition, also being used for brewing beer, a common beverage. Emmer wheat complemented barley with its nutritional value and was used for making bread, further illustrating the importance of grains in their diet.

Livestock

Hittites raised sheep, goats, and cattle, producing meat, milk, and wool. The management and distribution of livestock were tightly regulated, with various cuts allocated to different societal classes and events, showcasing the hierarchies and cultural significance of food.

The Role of Culinary Practices

Food played significant cultural and ritualistic roles. Feasting was central to Hittite life—not just for nourishment, but for reinforcing social bonds and appeasing deities. Communal meals served as integral occasions for socializing and showcasing hospitality.

Examples from The Code of the Nesilim outline specific provisions for communal and royal feasts, emphasizing that dining was a way to express gratitude to the gods and strengthen community bonds.

Cooking Techniques

Roasting

Meat was cooked over open flames, providing a distinctive smoky flavor. This method utilized skewers and spits, allowing the meat to be cooked evenly while capturing its juices. The act of grilling provided direct contact with fire, contributing to rich flavor profiles.

Baking

Hittite baking varied from basic flatbreads to potentially more complex leavened varieties. Flatbreads were simple and versatile for daily consumption. Ovens, likely made from clay, could create a wider variety of baked goods and may have allowed for the development of early leavened breads.

Stewing

Utilizing pots, Hittites skilled in this technique simmered grains, legumes, and tougher cuts of meat over time, creating nourishing meals rich in flavor. The slow cooking process allowed for blending various ingredients while preserving vital nutrients.

The Beauty of Preservation: Dairy and Fermentation

Beyond grains and meats, dairy products played a notable role in Hittite cuisine. From yogurt to cheese, fermentation extended the shelf life of dairy, making it a versatile food source. The practice of fermentation applied not only to dairy but also to vegetables and grains as well, producing products that enhanced flavors while preserving nutrients.

The Sweet Touch of Honey and Fruits

Honey was an esteemed ingredient in Hittite society, valued for its sweetness and preservative qualities. Honey was used in cooking and religious offerings, underscoring its cultural relevance. Fruits like figs, grapes, and pomegranates complemented the Hittite diet, providing flavors, textures, and natural sugars, enhancing meals, particularly during feasts.

Tasting Rich History

By delving into the agricultural practices, food distribution, cooking methods, and cultural meanings tied to their cuisine, ancient flavors are restored to life. The vibrant food history of a civilization that thrived millennia ago, highlights that food is more than mere sustenance; it is culture, ritual, and memory intertwined.

Summary of Hittite Culinary Practices

The Hittite civilization prominently featured baking and food preservation as integral parts of their daily life, societal structure, and religious practices. The evolution of their baked goods—from simple flatbreads to leavened loaves—showcases a deep understanding of transforming basic agricultural products into a sustenance-laden staple. Bread was not only a vital source of nourishment, but also a cultural symbol, reflecting the Hittites' ingenuity in turning grains and fire into their dietary foundation.

Development of Hittite Baking

Early Techniques

Initially, the Hittites baked flatbreads on hot stones. This practice evolved into creating more complex leavened bread using fermentation techniques.

Culinary Skill

Hittite bakers mastered the art of fermentation, utilizing the heat of the hearth and natural yeast from the environment, which linked them intimately to nature and their agricultural roots. The aromas, textures, and flavors of their baked goods were crucial to their meals.

Preservation Methods

To combat food spoilage and ensure year-round sustenance, the Hittites developed preservation techniques. Without efficient preservation, surplus food could be lost to spoilage, leading to hardship.

Drying

The Anatolian sun aided in the dehydration of fruits (like figs and dates) and meats, turning them into portable, energy-rich snacks.

Salting

Salt was used widely to preserve meats and fish, a necessary practice for ensuring protein availability throughout the year.

Fermentation and Pickling

Vegetables were pickled in salty brines, enhancing flavors and enabling storage. Fermentation processes were also integral to making leavened dough, extending the usability of ingredients.

Culinary Culture and Techniques

Traditional Hittite cooking was characterized by communal practices and diverse techniques:

Roasting and Grilling

Meat would often be cooked over open flames, creating rich flavors. Whole animals were often roasted during grand feasts, highlighting their communal and celebratory spirit.

Stews and Boiling

Stews were essential, especially for taming tougher cuts of meat. Ingredients like grains and vegetables simmered together would yield a nourishing broth contributing to communal meals.

Herbs and Seasoning

Local herbs like thyme, mint, and garlic were pivotal for flavoring dishes while contributing nutritional benefits.

Bread as Daily Fare

Bread constituted the bedrock of Hittite meals:

Flatbreads and Leavened Loaves

Coarse barley and emmer wheat were the primary ingredients of breads, each contributing unique flavors and nutrients. Traditional baking methods included using communal ovens and even simple stone surfaces.

Cultural Symbolism

Not only serving as a dietary staple, Hittite bread also represented hospitality and community bonds. Special breads were prepared for significant events, embodying cultural rituals and societal values.

Feasts and Social Structure

Feasting in Hittite society served various purposes:

Celebration of Harvests

Seasonal festivals marked significant agricultural events, with communal meals affirming community loyalty and reinforcing hierarchies.

Religious Observances

Feasting was intertwined with religious life, as ceremonies often included sacrifices post-meal, strengthening the bond between the people and their gods.

Diplomatic Events

Banquets functioned as crucial diplomatic tools, fostering relationships through shared meals.

Hittite culinary practices highlight the blend of practicality and cultural significance, illuminating how food shaped their society. From sophisticated preservation methods to communal baking traditions, Hittite cuisine reflected their agricultural prowess and provided a robust connection to their environment and traditions.

Understanding Hittite Cuisine: A Journey Through Grains, Dairy, Fruits, and Herbs

Ancient Hittite cuisine illustrates how creativity and resourcefulness turned basic ingredients into delightful, nutritious food. At the heart of their diet were grains, legumes, dairy, and fruits, each playing a significant role.

Grains: The Foundation of Hittite Meals

Hittites relied heavily on barley and emmer wheat, creating various dishes, from simple porridge to elaborate cakes. Think of barley like the bedrock of their diet, akin to how rice is viewed in some Asian cultures. When prepared as porridge, barley was simple yet versatile. Imagine a warm bowl of barley porridge sweetened with honey and enriched with dried figs or nuts—comfort food that provided energy during demanding days.

For special occasions, this porridge evolved into dense cakes. Rather than being baked, this mixture was cooked to a thick consistency, set, and then shaped into patties. They could then be pan-fried or steamed, resulting in a crispy exterior and soft interior, much like modern pancakes, but heartier. The introduction of honey and fruits during preparation reflected their celebration of abundance, as these cakes also held religious significance, often offered to deities in ancient rituals.

Dairy: Transformative Choices

Dairy products like milk, yogurt, and cheese were crucial to the Hittite diet, adding nutrition and flavor. Sheep's and goat's milk were more common than cow's milk, forming the basis for yogurt and cheese. The method of creating yogurt was a happy accident: left to sit in warm conditions, milk naturally fermented, producing a tangy and creamy product.

Imagine a Hittite enjoying a bowl of yogurt mixed with herbs—a refreshing contrast to their savory dishes. This tanginess didn't just serve as a delicious treat; it also aided digestion and preserved milk longer. Cheese made from milk acted as an energy-dense food that could be stored and traveled easily, important during times of scarcity.

Fruits and Sweeteners: Nature's Delights

Hittites had a rich variety of fruits, with grapes, figs, and pomegranates leading the list. These fruits were not only enjoyed fresh but dried for preservation, forming a vital part of their diet throughout the year. Think of how raisins and dried figs elevate baked goods today—they did the same for Hittite cuisine, adding natural sweetness and texture.

Moreover, honey was revered, often referred to as "liquid gold." Imagine honey-glazed roasted meats or honey cakes served during festive gatherings; its sweetness symbolized abundance and prosperity. The use of these natural sweeteners allowed Hittites to experience flavors that were not just nutritious but also joyful.

Herbs and Spices: A Flavorful Embrace

The aromatic herbs such as thyme, mint, and oregano were essential for enhancing the flavors of Hittite dishes. Picture the comforting smell of thyme wafting through a Hittite home as it mingled with roasted meats. These herbs were not mere seasonings; they were integral to balancing and elevating the taste profiles of dishes like hearty stews and grain preparations.

For instance, mint's coolness perfectly complemented rich dishes, while oregano added depth to simpler preparations. Hittites understood how to blend these herbs to create complex flavors, elevating their meals from ordinary to extraordinary.

Legumes: Nutritional Powerhouses

Legumes such as lentils and chickpeas complemented the grains in the Hittite diet, providing essential protein and fiber. Consider a robust lentil stew, simmered slowly with herbs and spices, creating a nourishing meal that sustained laborers throughout their day. The blending of legumes with grains creates a complete protein, ensuring comprehensive nutrition that was vital in a society where meat might be scarce.

A Legacy of Culinary Ingenuity

The culinary practices of the Hittites showcase humanity's ability to transform basic ingredients into rich and diverse dishes through creativity and skill. Their use of grains, dairy, fruits, legumes, and herbs demonstrates a deep understanding of flavor and nutrition, crucial to their daily sustenance.

Summary of Hittite Culinary Practices

The Art of Cheese and Dairy

Cheesemaking Origins

Travelers, perhaps herders, accidentally discovered cheese while transporting milk in an animal's stomach. The natural enzymes in the stomach combined with warmth would curdle the milk, separating it into solid curds and liquid whey, leading to the first cheese.

Process of Cheesemaking

In cheese production, milk, particularly from sheep and goats, was coagulated using rennet or through acidification methods, such as adding sour milk. The curds were then separated from whey, and the addition of salt was crucial for flavor and preservation.

Types of Cheeses

The Hittites produced various cheese types, from soft, fresh cheeses great for immediate consumption to hard, aged varieties ideal for long storage—perfect for soldiers and travelers needing portable nutrition.

Fermentation Beyond Dairy

Grain Fermentation

Besides milk, the Hittites also utilized fermentation for grains, leading to the production of bread and beer.

Sourdough Bread

This was achieved by nurturing wild yeasts from the environment, which would create a sourdough starter, leading to a tasty bread with a chewy texture.

Beer Production

Beer was made from barley and emmer wheat and involved malting, mashing, and fermenting with wild yeasts. Unlike modern beer, ancient brews were cloudier and thicker, serving as both nutrition and hydration.

Culinary Techniques and Ingredients

Preservation

Fermentation was a vital means for extending food life, preserving seasonal vegetables through pickling, and even creating complex flavors in bread and beer.

Seasonal Ingredients

The Hittite diet heavily relied on local agricultural products such as barley, emmer, lentils, and a variety of vegetables and fruits, including grapes and figs.

Meat in Diet

Reliable sources of meats, such as sheep and goats, were central in celebratory dishes. Cooking techniques like slow-cooking stews maximized flavor while ensuring tenderness.

Meal Composition and Celebratory Food

Everyday vs. Festive Meals

Daily meals comprised basic stews and flatbreads, while special occasions called for more elaborate dishes, utilizing luxury ingredients like beef and spices. This elevation in meal composition signified social status and communal celebration.

Appetizers and Starters:

The Hittites likely enjoyed small bites at the beginning of meals to whet the appetite. This included pickled vegetables, savory dips made from legumes or nuts, and small skewers of marinated meat or vegetables, enhancing the social dining experience.

Hittite culinary practices were deeply intertwined with cultural, agricultural, and social elements. Through techniques like fermentation and careful ingredient selection—from grains to dairy and meats—they crafted a diet that was not only nutritious but also a reflection of their resourcefulness and communal bonds.

The sophisticated interplay of these elements illustrates how ancient peoples used their environment to create not merely food but a complex system of flavors, nutrition, and social identity, shaping the very foundation of Hittite sustenance and culture.

A Summary of Festive Gatherings

The ancient Nesilim people had a deeply rooted culinary tradition characterized by communal feasting marked by a variety of multifaceted dishes. These gatherings created an atmosphere of connection, celebration, and meaningful interaction.

Appetizers: The Warm Welcome

The meal often commenced with delightful small bites designed to stimulate the appetite and allow for social interaction:

Skewered Delicacies

Lamb or goat morsels marinated in herbs and garlic were grilled for quick cooking and portability. Likewise, grilled cheese pieces and roasted root vegetables coated in honey and herbs provided vegetarian options.

Dips and Spreads

Flavored oils and vinegars, like herb-infused olive oil or tart fruit-based vinegar, made for enticing dipping experiences paired with fresh bread. A simple mix of legumes, mashed and seasoned with fragrant herbs like thyme, created aromatic spreads that amplified the feast's essence.

Aromatic Starters

Warm, spiced fritters or sweetened treats made of dates and honey invited guests with their delightful fragrances and textures, further enhancing the celebratory mood.

Main Courses: Heartening Feasts of Meat and Grain

The centerpiece of any grand feast was the whole animal, typically lamb or goat:

Roasted Whole Animals

A symbol of prosperity and labor, these meats were slow-roasted, often over open fire or in pit ovens. They were seasoned with an array of aromatic herbs, enhancing flavor and tenderness.

Hearty Stews

Combinations of meat and grains, like lamb and barley, simmered for hours produced nourishing stews rich in texture and flavors. These dishes allowed communal effort, where everyone contributed to the cooking and enjoyment.

Stuffed Grain Dishes

The artistry of stuffing meat with grains and herbs was also common. This method presented intricate flavors and showed culinary sophistication through the careful blending of textures.

Sweets and Desserts: The Sweet Ending

The conclusion of the feast called for naturally sweet delights derived from local fruits and honey:

Fruit Compotes

Fruits like figs, apples, and grapes were gently stewed, releasing their natural sugars and essence. Often, honey was drizzled over them to enhance their sweetness, creating a sumptuous end to the meal.

Nut and Seed Confections

Nuts and seeds combined with honey created sweet clusters that offered a satisfying crunch. These simple treats were both nourishing and an embodiment of nature's rich bounty.

Key Themes of Nesilim Gastronomy

The entire feast was an orchestration of flavors, textures, and aromas, all serving to cultivate a communal spirit. Here are the essential takeaways:

Social and Communal Nature

Food was a tool for bonding, fostering conversations, and solidifying community ties.

A Celebration of Nature

Every dish reflected a deep connection to the land, utilizing seasonal ingredients in their most flavorful states.

Understanding of Flavor

The understanding of balancing flavors, textures, and presentations showed a sophisticated culinary art that transcended mere survival.

Gathering around a table laden with delicious food was about sharing not only meals but moments of life, joy, and connection. In essence, the ancient Nesilim's culinary practices richly illustrate the power of food as a means to foster community and celebration throughout history.

Summary of Ancient Nut and Seed Confections and Hosting a Nesilim Feast

Key Ingredients and Preparation

Nut and Seed Confections

These were made by binding various nuts and seeds with natural sweeteners like honey and fruit pastes. This process resulted in chewy, flavorful bars that served as portable sustenance for travelers and hunters.

Natural Sweetness

Ingredients like dates and figs were used to create sticky pastes that enhanced the flavors and texture of the confections, contributing to their appeal.

Cultural Significance

In societies where refined sugar was uncommon, these nutritious snacks were not just sweet treats; they provided essential calories and nutrients important for daily life.

Historical Context and Culinary Techniques

Diversity of Preparation

The ways of preparing these confections varied across cultures, from using entire nuts to finely ground mixtures combined with sweeteners. Techniques would differ based on available resources, like cooking methods (e.g., using a hearth or oven).

Rustic Aesthetic

Unlike today's elaborate desserts, these confections celebrated natural ingredients, emphasizing simple forms and textures without intricate decorations. Their appeal lay in their visible ingredients and natural finishes.

Modern Adaptations of Ancient Traditions

Artful Presentation

Modern chefs focus on elevating dishes through thoughtful plating and combining flavors and textures, such as pairing compotes with creamy yogurt or creating mosaic-like arrangements on nut platters.

Reimagining Honey Cakes and Fruit Compotes

Contemporary versions of honey cakes can incorporate diverse honey varieties and innovative flavor pairings. Similarly, fruit compotes can include various fruits enhanced with aromatic elements to delight today's diners.

Hosting a Nesilim Feast

Recreating a Nesilim feast emphasizes a blend of historical authenticity and modern convenience:

Setting the Scene

Choose a date that aligns with agricultural cycles or cultural significance. The gathering should evoke the communal spirit of ancient feasting, centered around shared dishes rather than formal plated meals.

Crafting the Menu

The menu should reflect the ingredients available in ancient Anatolia, incorporating dishes like lentil stews, roasted meats, and seasonal vegetables. Fruit and honey-based sweets serve as fitting desserts, aligning with the ancient practice of ending meals with natural sweetness.

Creating a Sensory Experience

Beyond food, the presentation—rustic tableware, natural decor, and an atmospheric setting—enhances the experience, inviting guests into the world of the Nesilim.

Baked Apple, Walnut & Honey Flatbread

This elegant flatbread captures the essence of a crisp autumn morning with its clean, vibrant flavors and rustic charm. Thinly sliced apples and toasted walnuts provide a delicate crunch against the wholesome whole wheat crust, while a whisper of ground coriander adds an unexpected botanical depth. Finished with a golden drizzle of honey, it is a bright and airy treat that balances natural sweetness with a satisfying, artisanal texture

Breads were deeply sacred to the Hittites, who recorded over 180 different types. Honey (LAL) and apples were prized luxuries used in royal and religious ceremonies.

2 servings

Prep: 30 min

Cook: 18 min

Total: 48 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
542	12g	24g	78g	10g	32g	585 mg

INGREDIENTS

- 1 ½ cups whole wheat flour (ideally emmer wheat flour)
- ½ cup water (warm)
- ½ tsp salt
- 1 tbsp olive oil (or melted butter)
- 1 apple (crisp, thinly sliced)
- ½ cup walnut (roughly chopped)
- 3 tbsp honey
- 1 pinch ground coriander seeds

DIRECTIONS

1. Combine flour, salt, water, and olive oil in a bowl and knead for 5 minutes until a firm, smooth dough forms.
2. Cover the dough and let it rest for 20 minutes.
3. Roll or press the dough into a large oval or circle about 1/4-inch thick on a baking sheet.
4. Arrange the thin apple slices across the dough, scatter the chopped walnuts over the top, and sprinkle with a tiny pinch of coriander.
5. Bake at 200°C for 15–18 minutes until the edges are golden and crispy.
6. Drizzle the warm honey generously over the flatbread immediately before slicing and serving.

Happena (Sweet & Savory Grilled Mutton or Beef)

Happena describes an ancient technique where pieces of meat were cooked thoroughly over open flames or in clay pots, then drenched in a unique Mediterranean sweet-and-sour glaze.

Inspired by ancient Hittite flavors, this dish features succulent cubes of meat seared to perfection with a deep, smoky char. The rich, savory notes of the grilled mutton are beautifully balanced by a bright glaze of honey and red wine vinegar, creating a clean and vibrant flavor profile. Served warm, the meat glistens under a gentle light, offering a pure and elegant dining experience.

Serves 2

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
542	38g	34g	26g	0g	26g	980 mg



INGREDIENTS

- 450 g (~One Pound) lamb shoulder (cut into 1-inch cubes)
- 1 tsp coarse salt
- 2 tbsp olive oil
- 3 tbsp honey
- 1 tbsp red wine vinegar

DIRECTIONS

1. Thread the cubed meat securely onto metal or soaked wooden skewers and season all sides evenly with the coarse salt.
2. Grill the skewers over a hot barbecue flame or in a modern indoor cast-iron grill pan until the meat is thoroughly browned and slightly charred.
3. Whisk the olive oil, honey, and vinegar together in a small bowl while the meat is cooking until the glaze is completely smooth.
4. Remove the hot meat from the skewers, place into a serving dish, and pour the glaze over the meat while it is steaming hot.
5. Toss the meat to coat thoroughly before serving.

Multi-Grain Pulse Hotpot

This ancient-inspired pairing brings together a hearty, earthy hotpot of pearls and pulses with succulent, charred skewers. The grains are toasted to nutty perfection before simmering into a soft, comforting base, while the meat offers a vibrant contrast with its sweet-and-sour honey glaze. Light, fresh, and deeply nourishing, this meal celebrates pure textures and timeless Mediterranean flavors.

4 portions
Cook: 65 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
485	32g	24g	38g	8g	14g	890 mg



INGREDIENTS

Pulse Hotpot

- ½ cup fava beans (dried, soaked overnight)
- ¼ cup chickpeas (dried, soaked overnight)
- ¼ cup brown lentils (dried)
- ¼ cup pearl wheat (or farro)
- ¼ cup pearl barley (dried)
- 1 tsp coriander seeds (coarsely crushed)
- 2 tbsp butter (or olive oil)
- 950 ml vegetable stock (or water)
- salt (to taste)

Happena Meat

- 450 g lamb shoulder (or beef chuck, cut into 1-inch cubes)
- 1 tsp salt (coarse)
- 2 tbsp olive oil
- 3 tbsp honey
- 1 tbsp red wine vinegar

DIRECTIONS

1. Melt the butter or oil in a heavy-bottomed pot over medium heat, then add the soaked fava beans, chickpeas, lentils, wheat, barley, and crushed coriander seeds.
2. Stir the grains and pulses constantly for 3–4 minutes until they are fragrant and lightly toasted.
3. Pour in the vegetable stock, bring to a rapid boil, then lower the heat and simmer covered for approximately 1 hour until the pulses are buttery soft.
4. Season the hotpot with salt and set aside to serve thick and hot.
5. Thread the cubed lamb or beef onto skewers and season all sides evenly with coarse salt.
6. Grill the meat skewers over a hot flame or grill pan until deeply seared and charred on the edges.
7. Whisk together the olive oil, honey, and red wine vinegar in a small bowl until smooth.
8. Remove the meat from the skewers, place in a dish, and toss with the honey glaze.

Sweet Fig & Apricot Barley Cake

The Hittites baked thick, heavy sweet breads and cakes called Ninda.GUR.RA for special religious festivals. This dense, rustic cake uses no refined sugar, relying entirely on dried orchard fruits and honey for deep sweetness.

This elegant barley cake captures a sense of timeless purity with its dense, wholesome crumb and naturally sweet jewel-toned fruits. Bright notes of sun-dried apricot and rich, earthy figs are balanced by the gentle crunch of walnuts and a delicate honey glaze. It is a clean, honest bake that feels both ancient and refreshingly modern in its simplicity.

Makes 1 small loaf

Prep: 10 min

Cook: 35 min

Total: 45 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
215	3g	8g	36g	5g	19g	145 mg



INGREDIENTS

- 1 ½ cups barley flour (or whole wheat flour)
- ½ tsp baking soda
- ½ cup dried fig (chopped)
- ½ cup dried apricot (chopped)
- ¼ cup walnut (chopped)
- ⅓ cup honey
- ½ cup water (warm)
- 3 tbsp butter (melted, or olive oil)

DIRECTIONS

1. Preheat your oven to 175°C (350°F) and grease a small loaf pan or baking dish with a little butter or oil.
2. In a large bowl, mix the barley flour, baking soda, chopped figs, chopped apricots, and chopped walnuts together until the fruit is evenly coated.
3. In a separate small bowl, whisk the honey, warm water, and melted butter until the mixture is completely smooth.
4. Pour the wet mixture into the dry ingredients and stir well until a thick, sticky batter forms.
5. Spread the batter evenly into the prepared pan and bake for 30–35 minutes.

Pomegranate & Wild Mint Refreshment (Marnuan)

While the Hittites were famous for their ritual barley beers and sacred wines, they also enjoyed non-alcoholic, cold fruit infusions during the hot Anatolian summers. This drink balances tart pomegranate with refreshing wild mint.

This elegant refreshment captures a sense of purity and vitality, blending the deep tartness of pomegranate with the cooling essence of bruised wild mint. The light sweetness of honey balances the vibrant crimson juice, creating a clean and sophisticated drink that feels airy and revitalizing. Served over ice, its natural colors and herbal notes offer a crisp, bright experience that is both simple and deeply satisfying.

Makes 4 drinks

Prep: 10 min

Total: 70 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
115	1g	0g	30g	0g	28g	12 mg



INGREDIENTS

- 2 cups tart pomegranate juice (100% juice)
- 2 cups water
- 3 tbsp honey (adjust to taste)
- 1 small bunch fresh mint leaf

DIRECTIONS

1. Place the fresh mint leaves in the bottom of a large pitcher and use the back of a spoon to gently bruise them.
2. Warm the water slightly, stir in the honey until it completely dissolves, and then let it cool.
3. Pour the honey-water and the pomegranate juice into the pitcher over the bruised mint leaves.
4. Stir the mixture thoroughly and refrigerate for at least 1 hour to infuse the mint before serving over ice.

Spiced Honey Wine Sauce over Fresh Curds

This elegant dessert captures a sense of purity with its contrast of chilled, creamy curds and a golden, aromatic syrup. The gentle infusion of crushed coriander adds a sophisticated, citrusy warmth to the sweet honey, creating a clean and vibrant flavor profile. Served in delicate portions, it is a fresh and airy finish to any meal, appearing as bright and inviting as morning light.

Serves 4
Prep: 5 min
Cook: 4 min
Total: 9 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
255	12g	3g	46g	0g	44g	95 mg

INGREDIENTS

- 2 cups Greek yogurt (plain, unsweetened, or fresh cottage cheese)

Sauce

- ½ cup honey
- 2 tbsp water
- ½ tsp coriander seeds (finely crushed)
- 1 pinch salt (tiny)

DIRECTIONS

1. Spoon the yogurt or fresh cheese curds evenly into four small serving bowls.
2. Combine the honey, water, crushed coriander seeds, and a tiny pinch of salt in a small saucepan.
3. Bring the mixture to a very gentle simmer over low heat for 3–4 minutes to infuse the honey with the warm, citrusy flavor of the coriander.
4. Remove the spiced honey from the heat and let it cool for one minute.
5. Drizzle the warm syrup generously over the cold curds right before serving.

Savory Chickpea & Garlic Paste (Beruwa)

The Hittites used the term beruwa to describe thick, pounded pastes or spreads made from legumes, nuts, or seeds. This savory side dish is a direct ancestor of modern Mediterranean dips, utilizing crops native to Bronze Age Anatolia.

This traditional Beruwa is a vibrant, rustic chickpea mash that celebrates clean and pure flavors. Ground cumin and coriander provide a gentle warmth, while fresh garlic and red wine vinegar offer a bright, sharp contrast to the creamy legumes. Its textured, spreadable consistency makes it an elegant and inviting appetizer, perfect for pairing with warm flatbread.

Makes 4 servings

Prep: 10 min

Cook: 0 min

Total: 10 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
165	5g	11g	13g	4g	1g	285 mg

INGREDIENTS

- 425 g chickpea (15 oz can, rinsed and drained)
- 2 clove garlic (finely minced)
- 3 tbsp olive oil
- 1 tbsp red wine vinegar (or sumac)
- ½ tsp coriander seeds (finely ground)
- ½ tsp cumin seeds (ground)
- salt (to taste)
- 2-3 tbsp water (warm)

DIRECTIONS

1. Place the chickpeas in a bowl and mash them thoroughly with a sturdy fork or potato masher until a thick, coarse paste forms.
2. Stir in the minced garlic, ground coriander, cumin, and a pinch of salt.
3. Pour in the olive oil and red wine vinegar and mix vigorously.
4. Add the warm water one tablespoon at a time, stirring until the paste reaches a spreadable, rustic consistency.
5. Serve at room temperature alongside flatbread.

Braised Leeks and Lentils with Coriander

Leeks, onions, and lentils were among the most common vegetables cultivated in the fertile valleys surrounding Hittite settlements. This savory side dish pairs beautifully with grilled meats.

This elegant plant-based dish features tender, melt-in-the-mouth leeks braised alongside earthy lentils. The crushed coriander seeds provide a bright, floral aroma that cuts through the richness of the sautéed vegetables. Served in a clean and simple style, it offers a harmonious balance of soft textures and vibrant, natural flavors.

2 servings
Prep: 10 min
Cook: 40 min
Total: 50 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
285	11g	14g	32g	10g	5g	580 mg

INGREDIENTS

- 2 leek (large, white and light green parts only, washed and sliced into 1/2-inch rings)
- ½ cup brown or green lentils
- 1 ½ cup vegetable broth (or water)
- 2 tbsp olive oil (or butter)
- 1 tsp coriander seed (coarsely crushed)
- pinch salt (to taste)

DIRECTIONS

1. Heat the olive oil or butter in a skillet over medium heat.
2. Add the sliced leeks and crushed coriander seeds and sauté for 5–7 minutes until the leeks are soft and fragrant.
3. Stir in the lentils and pour in the vegetable broth, then bring the liquid to a brief boil.
4. Reduce the heat to low, cover the skillet, and simmer gently for 25–30 minutes until the lentils are tender and most of the liquid is absorbed.
5. Remove the lid, season generously with salt, and stir before serving.

Thick Barley and Fava Bean Mash (Pappa)

This dense, porridge-like mash was the absolute foundation of the Anatolian peasant diet. It was cheap, exceptionally filling, and used durable storage crops that survived long winters in underground village silos.

This comforting mash offers a pure and nourishing experience, highlighting the rustic textures of pearl barley and creamed fava beans. Its thick, rib-sticking consistency is balanced by a clean, savory finish and the gentle sweetness of softened onions. Served warm, this dish feels both ancient and elegantly simple, providing a wholesome meal with a delicate, airy clarity.

Serves 4

Prep: 5 min

Cook: 55 min

Total: 60 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
215	8g	8g	30g	9g	2g	480 mg

INGREDIENTS

- ½ cup pearl barley (or cracked barley coarse meal)
- 1 Lb fava bean
- 1 yellow onion (small, chopped)
- 2 tbsp cooking fat (lard, bacon fat, or olive oil)
- 710 ml water
- ½ tsp coarse salt

DIRECTIONS

1. Melt your choice of fat in a deep saucepan over medium heat.
2. Sauté the chopped onion for 5 minutes until soft and translucent.
3. Add the barley, fava beans, and water to the pan and bring the mixture to a rolling boil.
4. Reduce heat to low, cover, and simmer for 40 minutes.
5. Remove the lid and use a heavy spoon or potato masher to vigorously mash the fava beans directly into the barley liquid.
6. Simmer uncovered for 10 more minutes, stirring constantly, until the mixture transforms into a thick savory paste.
7. Season with salt and serve warm.

Celebratory Food: Wild Herb and Curd Tart

For spring festivals (Purulli) or family weddings, peasants pooled fresh, seasonal dairy and wild-foraged greens to bake a festive, rich pie. This was a rare luxury that broke the monotony of daily grain porridge.

This elegant tart celebrates the vibrant purity of seasonal wild greens folded into a light, farmhouse-style curd filling. The rustic whole wheat crust provides a wholesome crunch that perfectly balances the creamy interior and the subtle sweetness of the honey glaze. Each slice is a fresh, airy tribute to traditional foraging, brightened by the delicate aroma of crushed coriander.

Makes 6 servings

Cook: 35 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
245	12g	9g	31g	4g	5g	410 mg



INGREDIENTS

The Crust

- 1 ½ cups whole wheat flour (for dough)
- 120 ml water (for dough)
- 2 tbsp olive oil (for dough)

The Filling

- 2 cups cottage cheese (or ricotta)
- 2 cups wild greens (chopped mix of dandelion, watercress, and spinach)
- 3 green onion (finely sliced)
- 1 tbsp coriander leaves (dried or crushed seeds)
- ½ tsp salt
- 1 tbsp honey (to glaze)

DIRECTIONS

1. Preheat your oven to 190°C (375°F).
2. Roll out your dough and press it firmly into a greased pie dish or cake tin.
3. In a large bowl, mix the cottage cheese, chopped wild greens, green onions, crushed coriander, and salt together until the greens are evenly distributed.
4. Spoon the savory cheese and green mixture into the dough crust, smoothing out the top with a spoon.
5. Bake for 35 minutes until the pastry crust is deep golden brown and the cheese filling is firmly set.
6. Drizzle the honey over the hot surface just as it comes out of the oven for a glossy finish.

Meat Stew with Figs and Wine (Tuwari)

This rich, sweet-and-savory stew represents the pinnacle of Hittite palace cuisine. It combines prime cuts of meat with expensive red wine and imported sweet figs, a flavor profile reserved strictly for royalty and high priests.

It offers a sophisticated balance of savory and sweet, featuring tender morsels of meat bathed in a glossy, fig-infused reduction. The subtle warmth of crushed coriander and cumin melds with the aromatic sweetness of leeks and honey for a clean yet deeply satisfying finish. It is a refined, slow-cooked dish that feels both timeless and exceptionally pure.

Serves 4

Cook: 130 min

Total: 130 min



Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
485	36g	28g	22g	3g	16g	450 mg

INGREDIENTS

- 680 g beef chuck (cut into large 1½ inch cubes; lamb shoulder may be used)
- 1 leek (white part only, sliced into thick rings)
- 1 cup dry red wine
- 1 cup beef broth
- 6 dried fig (quartered)
- 2 tbsp butter (or ghee)
- 1 tsp coriander seed (coarsely crushed)
- ½ tsp cumin seed (ground)
- 1 tbsp honey
- pinch salt (to taste)

DIRECTIONS

1. Melt the butter or ghee in a heavy Dutch oven over high heat.
2. Season the meat cubes with salt and sear them until a deep, dark crust forms on all sides, then remove and set aside.
3. Lower the heat to medium and sauté the sliced leeks, crushed coriander, and cumin in the remaining fat for 3–4 minutes until softened and fragrant.
4. Pour in the red wine, scraping the bottom of the pot to deglaze, and simmer until reduced by half.
5. Return the meat to the pot along with the beef broth, quartered dried figs, and honey.
6. Bring to a boil, then reduce heat to the lowest setting, cover tightly, and simmer gently for 1½ to 2 hours until the meat is tender and the sauce is thick and glossy.

Almond & Honey Festival Cakes (Ninda.LAL.GUR.RA)

Unlike peasant breads made from coarse barley, royal festival cakes used pure, fine-sifted wheat flour. These cakes were often molded into the shapes of sacred animals (like bulls or eagles) or simple crescents to represent the moon, then drenched in expensive wild honey and valuable orchard nuts.

These elegant cakes offer a delicate balance of nutty crunch and floral sweetness. The golden, rustic exteriors are drenched in warm honey, creating a glistening finish that feels both pure and celebratory. With a soft, fragrant crumb scented with aniseed, they are a timeless treat that brings a sense of fresh, airy simplicity to any table.

Makes 6 cakes

Prep: 10 min

Cook: 20 min

Total: 30 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
345	6g	16g	48g	3g	18g	215 mg



INGREDIENTS

- 2 cups all-purpose flour (or fine whole wheat pastry flour)
- ½ cup almond (blanched and finely chopped)
- 75 g butter (melted)
- 120 ml milk (warm, or water)
- ⅓ cup honey (plus extra for drizzling)
- 1 tsp aniseed (or fennel seed)
- ½ tsp salt

DIRECTIONS

1. Whisk together the flour, chopped almonds, aniseed, and salt in a large bowl.
2. Pour in the melted butter, warm milk, and ⅓ cup of honey.
3. Stir until a soft, rich dough forms, then turn it out onto a lightly floured surface and knead gently for 2–3 minutes.
4. Divide the dough into 6 equal pieces and roll each into a smooth ball.
5. Flatten each ball into a thick disk or shape into rustic crescents and place onto a lined baking sheet.
6. Bake at 190°C for 18–20 minutes until the bottoms are golden and the cakes are firm.
7. Prick the tops of the hot cakes with a fork and pour extra warm honey over them to absorb.

Spiced Wine of the Gods

In Hittite texts, wine (GEŠTIN) was the liquid of life, poured as libations to the gods before being drunk from golden cups by the King and Queen. This recipe recreates a spiced royal palace wine, infused with the fruits and aromatics of ancient Anatolia.

This ethereal, mulled wine glows with a pure, ruby clarity, offering a sophisticated alternative to heavy seasonal drinks. The delicate infusion of bruised coriander and fresh ginger creates a bright, botanical aroma that lifts the deep notes of honey and sun-dried fruits. It is a clean and elegant elixir.

Serves 4

Prep: 5 min

Cook: 20 min

Total: 25 min

Nutrition Estimated per Serving

Calories	Protein	Fat	Carbs	Fiber	Sugar	Sodium
195	1g	0g	24g	1g	21g	12 mg



INGREDIENTS

- 750 ml medium-bodied red wine (such as syrah or kalecik karası)
- ¼ cup honey
- 3 dried apricot (sliced)
- 1 tbsp raisins
- 1 tsp coriander seeds (gently bruised)
- 2½ cm fresh ginger (peeled and sliced)

DIRECTIONS

1. Combine the red wine, honey, dried apricots, raisins, bruised coriander seeds, and ginger slices in a large saucepan.
2. Place the pan over low heat and bring to a very gentle simmer, ensuring it does not boil to avoid evaporating the alcohol.
3. Maintain a low simmer for 15–20 minutes, stirring occasionally until the honey is dissolved and the fruits are plump.
4. Strain the warm wine through a fine mesh sieve into mugs or chalices, reserving the soaked fruit to serve on the side.

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