



Cooking in Ancient Civilizations (The Greenwood Press Daily Life Through History Series: Cooking Up History)

Cathy K. Kaufman

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This cookbook on the main ancient peoples studied today-the Romans, Mesopotamians, Egyptians, and Greeks?is a stupendous resource for middle and high school students and other interested cooks learning history. Besides the Romans and the Greeks, the ancients left behind few recipes, and so the author has meticulously researched what food knowledge is available from written sources, such as Petronius's *The Satyricon*, and archaeology to approximate the everyday and special cuisine of the ancients. This detective work and reconstruction result in a wealth of successful recipes that will bring cooks as close as possible to the foods that likely would have been eaten and prepared.

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Each group is covered in a chapter that begins with a narrative overview of the environment and resources, cuisine and social class, and a note on sources. Bulleted lists on major foodstuffs, cuisine and preparation, and dining habits follow to quickly familiarize readers with the basics. The recipes are then organized by type of food. A multitude of period food trivia as well as sample menus for different meals, social classes, and occasions complement the 207 recipes.

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