



The MYSTERY of
HISTORY Volume II
COOKBOOK

BY ANNIE NARDONE



A companion book to *The Mystery of History, Volume II: The Early Church and the Middle Ages*
by Linda Lacour Hobar

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HISTORY Volume II
COOKBOOK

BY ANNIE NARDONE

FORWARD BY LINDA LACOUR HOBAR

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FORWARD

Kitchens come in all shapes, sizes, and styles. They're tidy and messy, big and little, simple and extravagant. But no matter their make-up, kitchens can be a special gathering place for families. With smells, tastes, laughter, conversation, and the clanging of dishes around the table, kitchens help us make lasting memories. For that reason, it delights me to invite families all over the world to open the pages of this extraordinary cookbook by Annie Nardone.

You see, the recipes in this cookbook are not just pleasing to the eye and inviting to the palette; they are rare, exotic, and uniquely "historical." Following the contents of *The Mystery of History*, Volume II, each and every recipe can serve as a portal into the kitchen of another time and another place where families, not so different from all of ours, once gathered for feasting and fun.

With the help of my publishers, Bright Ideas Press, Annie Nardone has given us historically accurate recipes from all over the world, interesting cultural tid-bits, beautiful photos, and easy to follow cooking directions. So, I hope and pray that your study of *The Mystery of History*, or any time you're in the kitchen, will be deliciously enhanced by what is contained here!

Bon appetite!

—Linda Lacour Hobar
Author of *The Mystery of History Series*
Chronological, Christian, Complete World History for All Ages

INTRODUCTION

The recipes contained in this historically accurate cookbook probably don't resemble anything you are accustomed to eating! Many of these recipes are from primary sources that are so old the titles and authors have been lost to time.

As you prepare these dishes, you may notice qualities common to certain countries or people groups. Western European food is heavy, hearty, and simple. Soups from hot climates like the Middle East are colorful and spicy because eating spicy foods can make you perspire, which cools you off!

The earliest recipes didn't use salt or sugar because they were rare and expensive ingredients. I recommend that initially you make each selection according to the recipe. These exact recipes have been tested in our homeschool test kitchen and are delicious! Once you become comfortable with the recipe as written, feel free to adjust and experiment to suit your taste. You may also notice that a majority of these foods are vegetarian. Like salt, meat was a rare treat in most cultures and so would not have appeared in everyday cooking.

Make adjustments for food allergies; however, we discovered that most of the ingredients are non-allergens. Instead of cow's milk, almond milk was a common ingredient during the Middle Ages. Many recipes use special flours such as spelt, rye, or barley. If you have access to a grain grinder, you can purchase whole grains and make your own flour.

The Penzeys Spice Company is a wonderful resource for fresh spices. Order them online or check to see if you have a Penzeys retail store in your area. It's fascinating to experience all of the unique spices these recipes call for, and you can add them all to your seasoning repertoire for future cooking!

You will notice that the terms pottage and potage both appear in this book. The spelling and pronunciation between the two are slightly different because the words originate from different areas of Europe. Pottage, an Old English term, rhymes with cottage and describes a thick stew made in England; it often contains meat and vegetables. Potage, which rhymes with corsage, is French in origin and also refers to a hearty stew, but one that usually contains grains and dried fruits.

We hope that you delight in the culinary historical adventure in which you are about to embark. Happy cooking!

— Annie Nardone

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ANCIENT ISRAEL

Lentils and barley were important grains at the ancient Israelite table. Esau sold his birthright for a bowl of lentil stew! Barley was ground and baked as bread or cooked in stew. These grains, along with beans and peas, were referred to as pulse and could be prepared in several ways. Carrots, onions, celery, and garlic all have been cultivated since early Mesopotamia.

RED LENTIL STEW

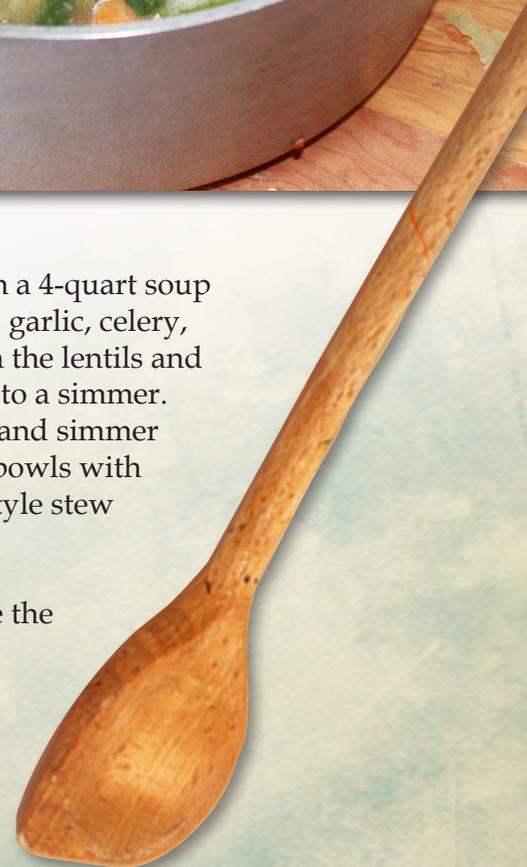
Serves 6

3 stalks celery, leaves included
5 carrots, scrubbed
3 tablespoons olive oil
1 large onion, diced
3 cloves garlic, minced
2 cups dry red lentils
½ cup pearl barley
2 quarts vegetable stock or
chicken stock
½ to 1 cup finely chopped cilantro
½ teaspoon sumac* (optional)
1 teaspoon cumin
1 teaspoon parsley
2 bay leaves
Salt and pepper to taste



Cut celery and carrots into 1" chunks and set aside. Heat olive oil in a 4-quart soup pot over medium heat. Stir in diced onion and sauté until soft. Add garlic, celery, and carrots. Continue to sauté until onion is cooked through. Stir in the lentils and barley, and pour the broth into the pot. Bring to a boil, then reduce to a simmer. Add cumin, parsley, bay leaves, and half of the cilantro. Cover pot and simmer 1½ to 2 hours, stirring occasionally, until barley is tender. Serve in bowls with a pinch of the remaining cilantro on top. Accompany this ancient-style stew with a loaf of coarse-grained bread.

*Sumac is an essential ingredient in Middle Eastern cooking. Before the arrival of lemons in Europe, the ancient Romans used sumac for its sour flavor. Added during cooking, sumac lends a pleasant, fruity sourness. Sumac along with other unusual spices can be ordered online from www.Penzneys.com.



ANCIENT ROME

Libum, an ancient sweet cake, was prepared for traditional home ceremonies during Rome's early history. Consul Cato the Elder of Rome mentioned *libum* in his writings entitled *On Agriculture*, which included simple recipes for farmers. The Romans covered food to be baked with an earthenware dome called a *testo*.



LIBUM — SWEET CHEESECAKE

Serves 4

- 1 cup sifted flour
- 8 ounces ricotta cheese
- 1 egg, beaten
- 4 bay leaves
- ½ cup clear honey

OVEN 375°

Grease a baking sheet and place bay leaves, spaced apart, on the tray. Beat egg and cheese until they are combined, then stir flour into the mixture until it forms a soft dough. Divide into four pieces. Mold each piece into a bun shape and place each bun atop a bay leaf. Cover the cakes with an overturned clay baking pot or casserole dish and bake at 375° for 35 to 40 minutes until golden brown. (Check halfway through the bake time to be sure the bottoms are not burning.) Warm the honey in a dish and place the warm *libum* in it. Allow to stand for 30 minutes until much of the honey is absorbed, then serve.

ENKHYTOI — HONEY CAKES

Enkhytoi is a tasty, soufflé-like side dish that originated in early Rome. Spelt, the flour that was typically used, is an ancient grain similar to wheat. If you can't find spelt flour, you can use regular flour.

- 3 large eggs, separated
- ⅓ cup clear honey
- ⅓ cup spelt flour

OVEN 325°, 300°

Preheat the oven to 325°. Beat the egg whites together until they form stiff peaks and set aside. Beat the egg yolks and honey together until creamy. Carefully fold the egg yolk and honey mixture into the stiff egg whites using a wooden spoon, then add the flour, a little at a time. Spoon the resulting mixture into a greased 9-inch casserole dish and bake 20 minutes, then reduce the temperature to 300° and cook for another 20 minutes, or until the top is nicely crisp. Remove from the oven, prick the cake, and drizzle with additional warmed honey. Serve immediately.

RED LENTIL STEW

Serves 6

3 stalks celery, leaves included	½ to 1 cup finely chopped cilantro
5 carrots, scrubbed	½ teaspoon sumac* (optional)
3 tablespoons olive oil	1 teaspoon cumin
1 large onion, diced	1 teaspoon parsley
3 cloves garlic, minced	2 bay leaves
2 cups dry red lentils	Salt and pepper to taste
½ cup pearl barley	
2 quarts vegetable stock or chicken stock	

Cut celery and carrots into 1" chunks and set aside. Heat olive oil in a 4-quart soup pot over medium heat. Stir in diced onion and sauté until soft. Add garlic, celery, and carrots. Continue to sauté until onion is cooked through. Stir in the lentils and barley, and pour the broth into the pot. Bring to a boil, then reduce to a simmer. Add cumin, parsley, bay leaves, and half of the cilantro. Cover pot and simmer 1½ to 2 hours, stirring occasionally, until barley is tender. Serve in bowls with a pinch of the remaining cilantro on top. Accompany this ancient-style stew with a loaf of coarse-grained bread.

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1 egg, beaten
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ENKHYTOI — HONEY CAKES

Spelt, the flour that was typically used, is an ancient grain similar to wheat. If you can't find spelt flour, you can use regular flour.

3 large eggs, separated
1/3 cup clear honey
½ cup spelt flour

OVEN 325°, 300°

Preheat the oven to 325°. Beat the egg whites together until they form stiff peaks and set aside. Beat the egg yolks and honey together until creamy. Carefully fold the egg yolk and honey mixture into the stiff egg whites using a wire whisk, then add the flour, a little at a time. Spoon the resulting mixture into a greased casserole dish and bake 20 minutes, then reduce the temperature to 300° and cook for another 20 minutes, or until the top is nicely crisp. Remove from the oven, prick the cake, and drizzle with additional warmed honey. Serve immediately.

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How to Use this Map:

Each recipe has been marked on the map using the number of the corresponding lesson. For your convenience, the recipes have been divided into continents, listed by area, and matched with textbook page numbers. The colored numbers on the maps indicate the type of area to which each recipe belongs: countries in black, cities in green, and regions in blue.

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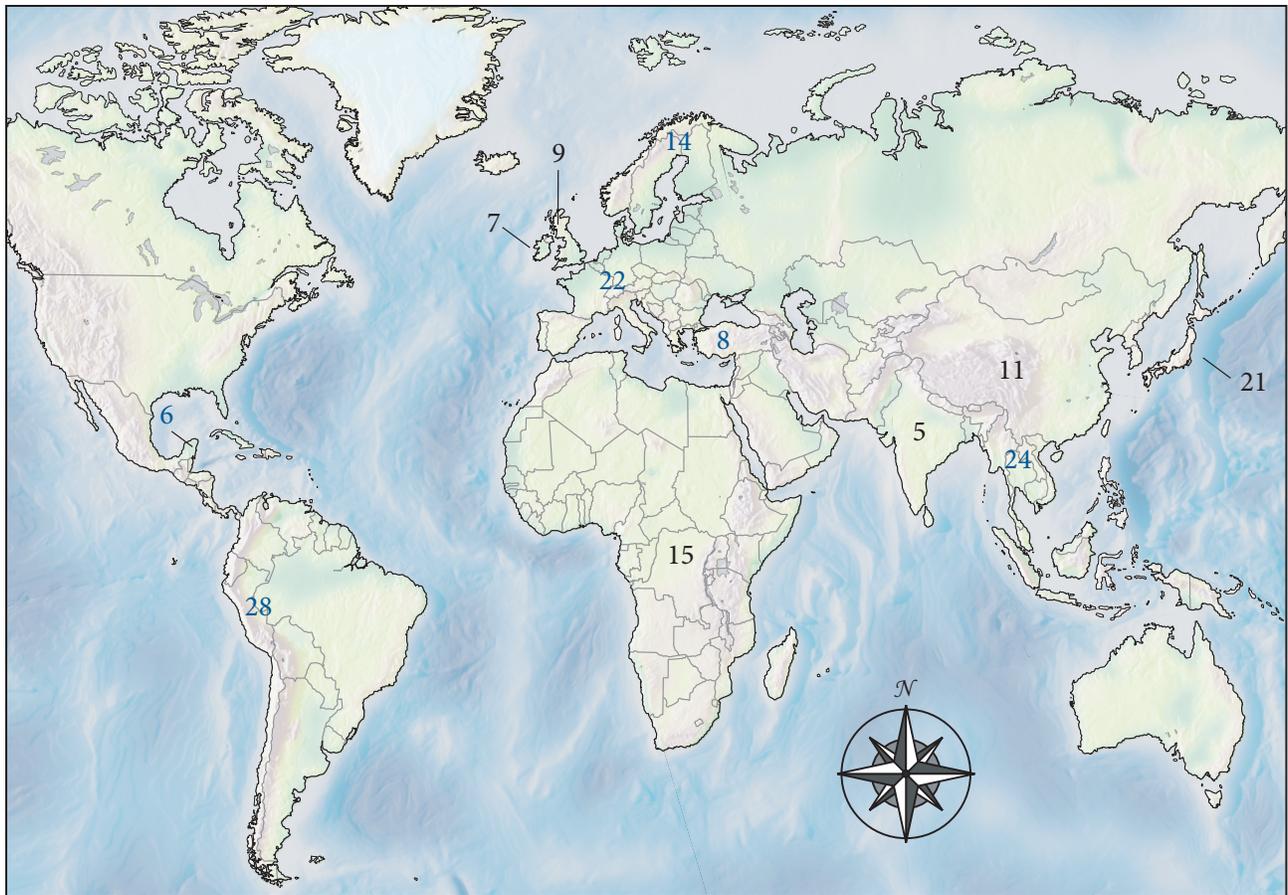
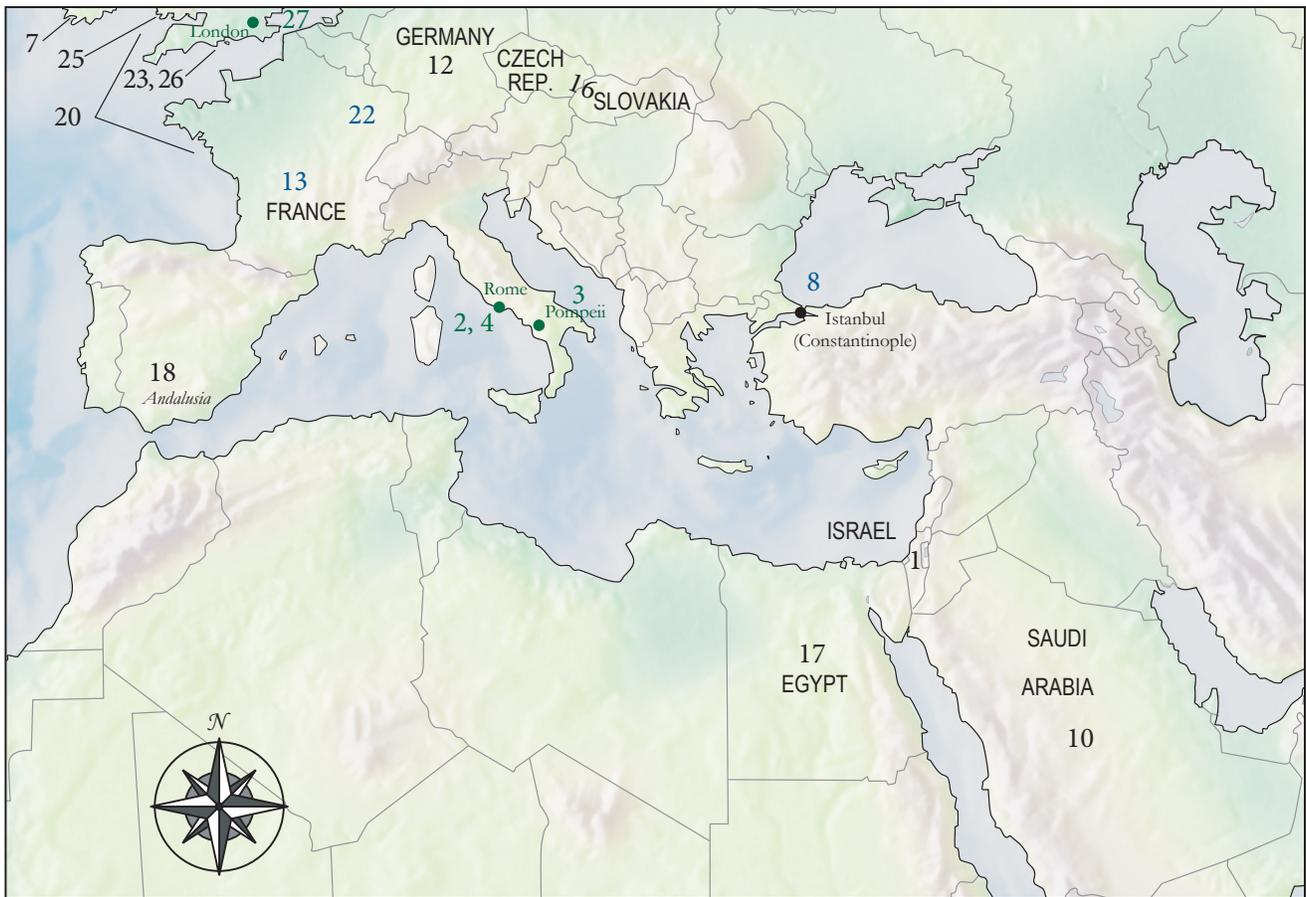
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ABOUT THE AUTHOR: ANNIE NARDONE

Annie Nardone is a teacher of young minds, a lover of literature, and a culinary enthusiast who delights in finding the extraordinary in the midst of the ordinary and takes every opportunity to share her passion for culture, history, and the arts with everyone around her. She sees art museums, Civil War battlefields, colonial graveyards, and bizarre food markets as sources of infinite education and possibility—the world is too vast and fascinating to be taken for granted. According to Annie, history is a full-immersion experience, not simply a timeline for rote memorization.

Having obtained her B.S. in Art and Graphic Design at the University of Wisconsin, Annie has homeschooled her three children, Chloe, Isobel, and Lex, since her eldest began preschool in 1995. Since then, she has spent over eight years teaching enrichment classes in science and the humanities at her local homeschool co-op. A perpetual learner, Annie is in the process of becoming a C.S. Lewis Fellow in the C.S. Lewis Institute Fellows Program.

Annie makes her home in northern Virginia with her husband Sonny and her children, along with four leopard geckoes, two fish, a self-replicating crayfish, and one plump cat. She has plans to begin to write her next researched cookbook in the near future.