

LA NOURRITURE EGYPTIENNE

Unleavened bread:

All ancient egyptian breads were made without yeast. Whole flour, milk, butter, flax oil, honey, sesame seeds, and herbs (saffron, mint, parsley, coriander, dill and majoram) were all used in making breads. For extra realism, put in some sand or small pebbles (this was common in egypt, as the wheat was ground outside and on stone equipment).

Beer:

Egyptian beer was made by soaking barley for a few days, then fermenting it with barley bread (no yeast). This mixture has to be strained, apparently (never made it).

Meat:

Goat, lamb, sheep, hare, antelope, and gazelle were all fairly common in ancient egypt. Beef was reserved for the rich. Hare, antelope, and gazelle were hunted wild. Goat was the most common meat. Pork was also eaten, but pork was associated with Set, and was usually avoided.

Fowl:

Pigeons, geese, and ducks were common. Chickens were known about, but not widely used or kept, except as curiosities.

Fish:

Any fish from the Nile was eaten.

Cutlery:

Plates, knives, and spoons, no forks. The plates can be made of pottery (poor class) or solid gold (very rich class)

Wine:

Wine was a staple in egyptian cuisine.

Cats:

To make it "feel" egyptian, put a few cats under the table. Cats were allowed to roam freely through egypt. They were used in hunting birds and were associated with several gods.

Class restrictions:

If you want to do a "authentic" egyptian meal, there are several rules that the people followed when eating. The pharaoh was not allowed to drink wine, as the wine represented the blood of the creatures that attacked the gods.

Priests are not allowed to eat meat or fish.