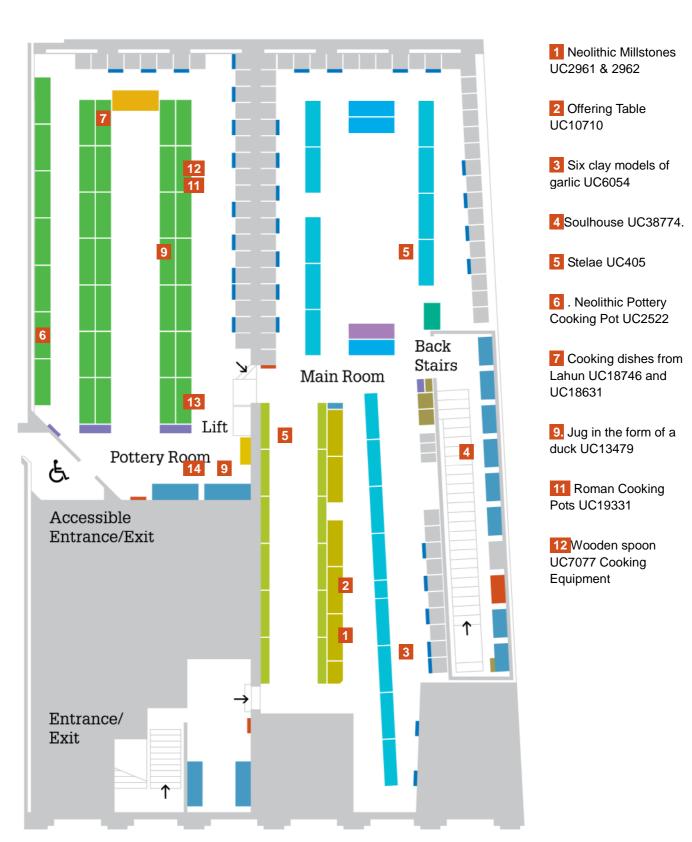
Trails

Food and Cookery in Ancient Egypt Equipment and types of food.

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This is a brief trail produced to illustrate examples of the types of food eaten in Ancient Egypt from the predynastic period (before 3100BC) to the Roman period (AD400 approx). It was produced as part of UCL's Food Junctions in May 2010:

http://www.food-junctions.org.uk/.

Cooking Equipment and Representations of Food

- 1 Neolithic Millstones UC2961 & 2962. Cooking Equipment. Found in the Fayum and dating from 5300-4000BC. The upper and lower parts of a millstone made out of limestone used for grinding grain.
- Offering Table UC10710. Food. Found at Armant and dating from the Ptolemaic (Greek) period, 305 30BC. This offering table shows food and drink that could act as representations of food for the afterlife in a tomb. Channels or holes were usually cut into offering tables so liquids such water, beer or wine could be poured into it.
- 3 Six clay models of garlic UC6054. Food. Found at Ballas and Naqada period 4200-3200BC. Nine of these clay models of garlic were found in a papyrus box in Tomb 260. Clearly represent garlic, illustrating that it was available and popular in Egypt over 5,000 years ago
- 4 Soulhouse UC38774. Food. Dating from the Middle Kingdom, Dynasty 11 / 2025-1985BC. Soul houses are small models of houses and offering tables made in clay. It is possible that they marked tombs at the surface. This soul house shows a water stand; an ox-head to right of this; lying on tray are the haunch of the ox; ribs; 4 circular cakes and a cucumber.
- 5 Stelae UC405. Food. Found at Amarna and dating from the New Kingdom, Akhenaten / 1352-1336BC. Fragment of architectural relief showing two servants or offering bearers carrying floral bouquets and fruit (figs and pomegranates).

6 Neolithic Pottery Cooking Pot UC2522. Cooking Equipment. Found at Fayum and dating from 5300-4000BC. An early cooking vessel – there are various other pots used for cooking, storing and eating food surrounding this one.

Cooking dishes from Lahun UC18746 and UC18631. Cooking Equipment Found at Lahun and darting from the Middle Kingdom, Dynasty 12 / 1985-1795BC. These two dishes show a greater element of decoration. One (UC18746) is a pottery fish-scaling dish with rough incised vegetation decoration on inside of wall and a raised centre. The other (UC18631) is a pottery dish with flat ring base and 4 decorative lugs on rim.

8 Boxes of fruits and fruitstones UC7375.Food. Found at Lahun. Examples from the boxes of fruitstones and dried fruit: dates, figs, apricot or peach stones and an almond.

Boxes of dried fruits and stones. (UC7375).

Not usually on display in the museum.



9 Jug in the form of a duck UC13479. Food New Kingdom, Dynasty 17 / 1650-1550 BC The Egyptians often made things in the shape of things they ate, such as this jug in the shape of a duck which may also have been used for pouring food stuffs.

10 Ivory Pomegranate UC58817 Food New Kingdom 1550-1350 BC This beautiful object was actually a decorative fitting. Pomegranates were very popular in ancient Egypt and were often represented on stelae and offering tables.

lvory pomegranate (UC58817) Not usually on display in the museum.



11 Roman Cooking Pots UC19331. Cooking Equipment. Roman 30BC – AD400. Two handled cooking pot. It is also surrounded by other pots used in cooking during the Roman period. In the next case (PC37), there is also a ladle.

12 Wooden spoon UC7077 Cooking Equipment.
Roman This wooden spoon with a hole at the end for hanging was found in Lahun and is a good example of how basic tools in cookery have not changed over time.

Further Reading

http://www.archaeolink.com/ancient_egyptian_cooking_anthrop.htm
http://www.archaeolink.com/ancient_roman_cooking_anthropolo.htm
John Wilkins and Shaun Hill (2006) Food in the Ancient World
Hilary Wilson (2001) Egyptian Food and Drink
Patrick Faas (2003) Around the Roman Table
Andrew Dalby (2003) Food in the Ancient World: An A – Z

Make Your Own

Michelle Berriedale-Johnson (2008) Food Fit for Pharaohs: An Ancient Egyptian Cookbook

Andrew Dalby and Sally Grainger (2000) *The Classical Cookbook* Sally Grainger (2006) *Cooking Apicius*

Mark Grant (2008) Roman Cookery: Ancient Recipes for Modern Kitchens

Poppy Seed Bread

Alexandria was famous for the variety of breads. This is one is thought to originate in Athens and is mentioned in Athenaeus *The Philosopher's Banquet* (1st century AD)

Ingredients

1 pack of dried active yeast

½ cup warm whole milk

2 table spoons honey

2 ½ cups all purpose flour, plus more for rolling dough

2 teaspoons salt

2 tablespoons olive oil, plus oil for greasing

½ cup whole wheat flour

2 table spoons poppy seeds

- 1. Mix yeast, milk and honey in bowl and allow to rest for 10 min (until yeast dissolves and becomes frothy). Combine all purpose flour and salt in a bowl and slowly stir in the milk mixture as well as the ½ cup of warm water and the oil. Beat for 5 minutes then add whole wheat flour and beat until it forms a ball.
- 2. Flour a work surface. Knead the dough until smooth,
- 3. Grease a large bowl with oil. Place the dough in the bowl and cover it with the seeds. Cover and put in a warm place to rise for an hour.
- 4. Punch dough down on a floured work surface and put in an oiled round bread tin (15-18cm). Cover and allow to rise again for an hour.
- 5. Pre-heat oven to 150 degrees (slightly more if not a fan oven)
- 6. Bake until golden brown (about 30 minutes). Allow to cool on a rack before eating.

Recipe from Francine Segan (2004), *The Philosopher's Kitchen:* Recipes from Greece and Rome for the modern cook.