

Recipes From Various Time Periods

Ancient Greek Bean Soup

3 cups canned white beans, drained and rinsed
2 cups beef broth
1 bay leaf
1 onion finely chopped
2 tbsp butter

¼ bunch parsley, finely minced
½ tsp coriander
Salt and Pepper to taste
1 tbsp honey
2 cloves of garlic, pressed
2 tbsp olive oil

Mix the beans, broth and bay leaf in a pot and boil about 20 minutes. Sauté onion in butter, add parsley, coriander, salt and pepper. Add to the beans. Add the honey and simmer 5-10 minutes. Press the garlic cloves through a garlic press and mix with oil. Before serving add the garlic/oil mix to the soup.

Ancient Roman Green Beans

1 lb green beans
1 tsp salt
¼ cup white wine
½ cup olive oil

2 tbsp minced cilantro
1 tsp cumin
1 finely chopped leek

Cook beans in remaining ingredients. Simmer until fork tender 5-10 minutes.

Middle Ages Tart of Onion

1 medium onion, finely chopped
6 eggs
2 cups mozzarella, grated

Pinch of salt
Pie Crust or 24 Won Ton Wrappers

Beat Eggs, add other ingredients. Pour into an unbaked pie crust. Bake at 350 until lightly browned on top, about 1 hour. Or place won ton wrappers in lightly greased mini muffin tins. Pour in egg mixture. Bake at 350 12-15 minutes or until set.

Renaissance Crispels

Pastry dough
Oil

Honey

Roll the pastry thin. Cut into circles. Fry the pastry in olive oil until lightly brown and crisp. Drain well. Place honey in a pot and slowly bring to a bowl. Brush the pastries with the hot honey and serve forth.