

# First Century Meal

To be fully authentic, all of the following foods are eaten with hands, except the soup of course, which is drunk from a bowl. (If there is great resistance, provide a spoon at each plate) Only the right hand would have been appropriate to use for this purpose in the first century: festive meals were eaten reclining on your left side, plus your left hand was used for less clean purposes. Foods would have been served in common bowls in the first century, however, some will be plated individually to address twenty-first century hygiene concerns. Wine would have been the only beverage served, but juice, mint tea and water are generally made available today. Some substitutes have been made for ingredients but only where necessary.

Not all of these foods are required.

**Place setting:** plate, cloth napkin, glass (water or tea), cup (optional for soup), spoon (optional)

## **Beverages:**

Mint Tea

Water

Welches (or wine) depending upon venue

Sweeteners – honey and stevia which as previously dissolved in hot water and allowed to cool

**Appetizers:** One Bowl of Each for every 4 people

1. Nuts: Mixture can include almonds, cashews, pistachio, peanuts, pumpkin seeds, and hulled sunflower seeds
2. Dried Fruit: dates, raisins, figs, apricots
3. Olives: Black, Green, “Greek”
4. Hummus
5. Tabbouli

## Recipes

**Pita bread can be purchased at most grocery stores – it will not be unleavened, but is OK if there are no avid bakers available. Flat breads can also be added to provide an assortment**

**Unleavened Pita Bread** (Makes 36 small pita) – one or more pita per person – one basket per six people – on table throughout meal

5.67 lb flour

10 teaspoons salt

21 tablespoons olive oil

6 5/8 cup water

3 teaspoons sesame seeds

3 teaspoons nigella seeds (also known as black cumin)

Directions:

1. In a big bowl combine flour and salt. Mix in olive oil and water.
2. Knead into a soft and sturdy dough. It should be smooth. Cover the bowl and allow to rest for 40 minutes at room temperature.
3. Form dough into about 36 equally sized balls. Roll out the balls to 1/2 inch thickness (note: these won't rise much, so make them as thick as you'd like them to be in the end.)
4. Place on a paper-lined baking sheet, brush with water and sprinkle with the sesame and nigella seeds.
5. Bake in the preheated oven at 400°F for 12 -15 minutes or until tester comes out clean.

### **Tabouli (authentic salad choice)**

Ingredients: serves 4 (multiple as appropriate for more people)

1 cup Israeli couscous  
Kosher salt and freshly ground black pepper  
1 lemon, zested and juiced  
3 tablespoons olive oil  
1 cup finely chopped parsley  
1/2 cup finely chopped cilantro  
2 tablespoons chopped fresh mint  
2 ripe tomatoes, seeded and diced  
3 scallions, chopped

Bring a medium-size saucepan of salted water to a boil over medium heat. Add the couscous and cook until al dente, 7 to 8 minutes. Drain the couscous and set aside to cool. Meanwhile, in a small bowl, whisk together the lemon juice and zest with the olive oil to make a vinaigrette. Season with salt and pepper to taste.

In a large serving bowl, mix together the couscous, parsley, cilantro, mint, tomatoes, and scallions. Toss with the vinaigrette and season to taste. Allow it to sit for at least a half hour so the flavors can marry.

### **Chopped Salad (alternative to Tabouli)**

1. ½ Spring Mix and 1/2 Romain (chopped) - This is an American substitute for purslane which is much more expensive and harder to find.
2. Tomatoes (diced)
3. Purple Cabbage (chopped as accent)
4. Fresh Parsley (chopped)
5. Onions (chopped)

### **Lentel Soup** (recipe serves 8 – 10, therefore, must be increased)

- 8 cups chicken stock (homemade preferred)
- 1 pound red lentils (can use green if no access to red)
- 3 tablespoons olive oil
- 1 medium carrot, small dice
- 1 large onion, finely diced
- 1 tablespoon minced garlic
- 1 tablespoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2-1 teaspoon turmeric
- 1/4 cup fresh chopped parsley
- 1/4 cup fresh lemon juice

1. Wash and drain lentils.
2. In a large pot, bring chicken stock and lentils to a boil, then reduce heat to medium-low, cover, and simmer for 20 minutes.
3. 5 minutes before time, heat olive oil in a skillet over medium heat. Stir in garlic, carrot and onion, and cook until the onion and carrots have softened and onions turned translucent, about 3-5 minutes.
4. Stir in cumin, cayenne, turmeric until well mixed.
5. When 20 minutes are up, stir in onion, carrot and spice mix into the lentils. Continue simmering until the lentils are tender, about 15 minutes.
6. (optional step) Carefully puree half the soup in a standing blender, or with a stick blender (I only do half because I like some whole lentils, you can puree the whole thing if so desired).
7. Stir in parsley and lemon juice before serving.

### **Tzatziki** - this sauce is good on the salad, the shwarma or with pita bread alone

- 12 garlic cloves (finely minced)
- 8 tablespoons olive oil
- 4 tablespoons lemon juice
- 8 small cucumbers (unwaxed ONLY) – diced and drained
- 3 teaspoons salt
- 80 oz plain Greek yogurt
- 8 teaspoons dried mint – *do not use more than this or mint is all you will taste*

1. Put the garlic, lemon juice and olive oil in a small bowl and leave to one side.
2. Peel alternate strips of skin from the cucumber (ie. peel a strip, miss a strip) and grate coarsely.
3. Place the cucumber in a sieve and sprinkle with salt.
4. Leave for approximately 30 mins to allow the water to drip away. Squash any remaining juice out of the shredded cucumber.

5. Put the yogurt and mint in a bowl. Mix well.
6. Add the garlic, lemon juice, olive oil and drained cucumber, and season well with black pepper.
7. Mix well and refrigerate until ready to serve

### **Chicken Shwarma – NOTE: Start cooking approximately 30 minutes after start of program**

1 lb boneless skinless chicken for 3 – 4 people – use thin sliced filets, or cut chicken breasts into strips and pound  
6 tbsp extra virgin olive oil, divided  
2 tsp cumin  
2 tsp paprika  
1 tsp allspice  
3/4 tsp turmeric  
1/4 tsp garlic powder  
1/4 tsp cinnamon  
Pinch of cayenne  
Salt and black pepper  
Nonstick cooking oil spray

In a small bowl, whisk together 1/4 cup olive oil, the spices, 3/4 tsp salt and 1/4 tsp black pepper

If not thin sliced filets, flatten/tenderize chicken with mallet

Place filet on wooden skewer – one per skewer (weave in and out so that it will hold) – will be served with the skewer (remember that there are no eating utensils!)

Pour the spice marinade over the chicken pieces and use brush to coat on both sides

Refrigerate overnight

Preheat oven to 400 degrees F (adjust down for convection oven to 350 - 375).

Line baking sheet with foil. Spray the foil with nonstick cooking oil. Place the chicken pieces on the sheet, evenly spaced

Place the chicken in the convection oven. Let it roast for about 15-20 minutes for full oven turning the chicken pieces once with tongs halfway through cooking. CAUTION: chicken will become very dry if over-cooked!

### **Charoset (16 cups)**

6-8 medium Gala or Fuji apples, peeled, cored, and finely diced  
2-3 cups walnut halves, lightly toasted, cooled, and coarsely chopped  
1 cup raisins or dates finely diced(optional)  
1 cup sweet red wine such as Manischewitz Extra Heavy Malaga  
6 teaspoons ground cinnamon  
4 tablespoons packed brown sugar or 6 tablespoons honey

If made in advance, the mixture will do well in the refrigerator overnight. If being served the same day, the mixture can be covered and left in a cool place until serving

### **Bitter Herbs**

Spring onions (with greens attached)

Parsley sprigs

Radishes (may be decoratively cut) – preferable to have greenery still attached

Optional: Romaine lettuce stalks can also be use as this is the bitter part of the plant

### **Roasted Eggs**

One egg per person

Small bowl of salt and pepper for every 6-8 people

Place eggs in cold oven in pan with sides.

Set oven to 375 degrees

Yolks should be hard and eggs “spotted” in about 45 minutes or less