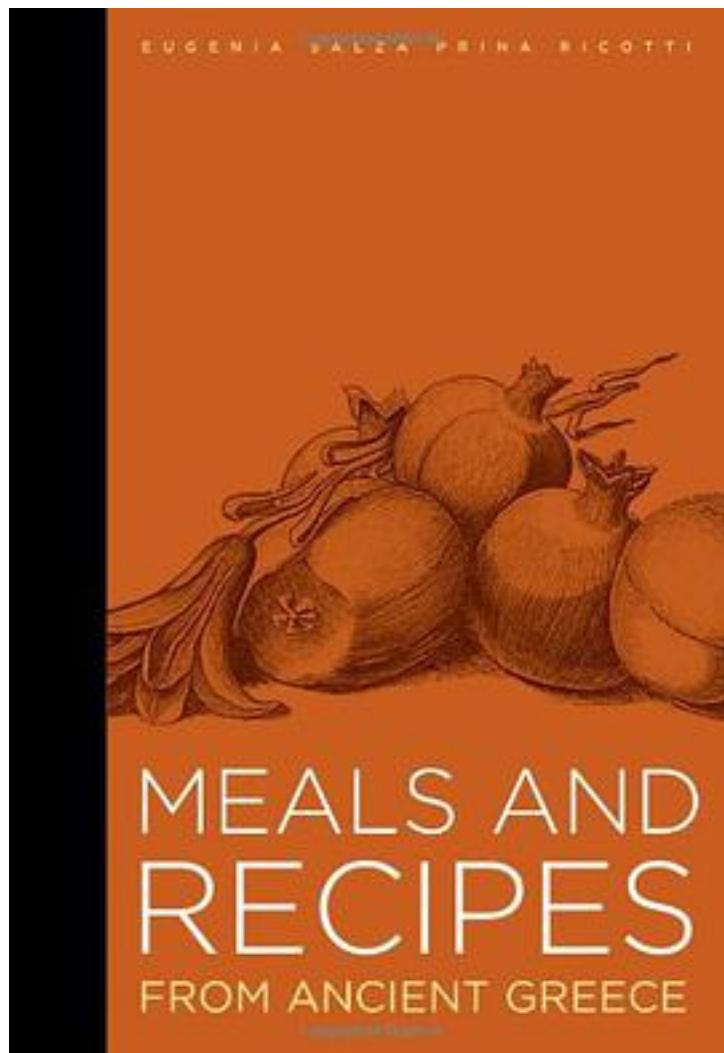


Meals and Recipes from Ancient Greece



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Ancient Greek literature contains a wealth of culinary information on everything from etiquette to menu planning. Fifty-six delicious--and preparable --recipes, gleaned from ancient sources and updated with ingredients available to the contemporary American cook, are compiled in this book. Readers will also learn about the role of food in ancient Greek culture--from simple family menus to lavish wedding feasts--beginning with the age of Homer and culminating with the ostentatious banquets of the Hellenistic era. Drawing from Athenaeus's *The Deipnosophists*, the most important source on ancient Greek food and cooking, as well as from comic writers, the author brings to life the delights of the food and wine and conviviality that were an important aspect of meals in ancient Greece.

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