



Food fit for Pharaohs: An Ancient Egyptian Cookbook

Michelle Berriedale-Johnson

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The great fertility of the Nile valley provided the ancient Egyptians with a delicious and wholesome diet ranging from staples such as bread and beer to herbs and spices like dill, mint and cumin. Using these ingredients the British Museum's 'chef du tempe perdu' has created 35 recipes for dishes the pharaohs and their people may have eaten, including soups, starters and snacks, main dishes, desserts and baking.

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