

Sharing Abraham's meal, food in biblical times

(all recipes for 4)

Exodus 3:8

So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey--the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites.

1. Lentil stew

500 g brown lentils
4 carrots
2 leeks
4 sweet red onions
1 liter vegetable broth
2 tablespoons Moroccan cumin (kamoun)
2 tablespoons olive oil
sea salt

Peel and chop all the vegetables. Sauté the onion in olive oil, add the lentils, the chopped vegetables and the broth and simmer for 30 minutes. Add the cumin and salt and serve with hot Arab bread (pita).

Genesis 25:29-34

29 Once when Jacob was cooking some stew, Esau came in from the open country, famished.

30 He said to Jacob, "Quick, let me have some of that red stew! I'm famished!" (That is why he was also called Edom.[a])

31 Jacob replied, "First sell me your birthright."

32 "Look, I am about to die," Esau said. "What good is the birthright to me?"

33 But Jacob said, "Swear to me first." So he swore an oath to him, selling his birthright to Jacob.

34 Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left.

So Esau spurned his birthright.

2. Quail (cockerel) with honey, lemon and dates

4 quails or 2 cockerels (cut lengthwise in 2)
4 organic lemons
2 tablespoons honey
4 sweet red onions
1 tablespoon cream balsamic vinegar
12 large dates
2 tablespoons olive oil
sea salt

Peel the onions and cut them plus 2 lemons in wedges.. Put onions and lemon wedges in an oven dish, add the quails on top. Mix the honey, the juice of the remaining 2 lemons, the vinegar cream, the olive oil and salt, pour on top of the quails. Remove pit from the dates, cut in halves and add around the quails.

Roast in oven at 170 ° for one hour or until done and golden.



Exodus 16:12-13

12 "I have heard the grumbling of the Israelites. Tell them, 'at twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.'"

13 That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp.

14 When the dew was gone, thin flakes like frost on the ground appeared on the desert floor.

3. Chickpeas, sweet pumpkin and onion stew

200 g chickpeas soaked overnight (or one tin ready to use chickpeas)

4 sweet red onions

400 g sweet pumpkin (potimarron), cut in dices

2 tablespoons coriander seeds, crushed

2 green cardamom pods, crushed

4 tablespoons olive oil

sea salt

Peel and cut the onions in wedges. Sauté the onions and pumpkin in olive oil for 10 minutes, add the chickpeas, coriander seeds, cardamom pods and salt and simmer covered for 10 to 15 minutes or until soft.

Serve with tahini and parsley leaves and hot Arab bread (pita).



4. Heavenly fruit salad

2 pomegranates, peeled, seeds removed
10 large organic dried figs, soaked overnight, diced (or fresh figs)
10 large dates, pits removed, cut in halves
2 apples, peeled, diced
200 g green and red fresh grapes
50 g sultana raisins
4 tablespoons honey
Combine the ingredients and leave to soak for one hour.
Serve with « manna »

Song of Songs 4:9-11

9 You have stolen my heart, my sister, my bride; you have stolen my heart with one glance of your eyes, with one jewel of your necklace.
10 How delightful is your love, my sister, my bride! How much more pleasing is your love than wine, and the fragrance of your perfume more than any spice!
11 Your lips drop sweetness as the honeycomb, my bride; milk and honey are under your tongue. The fragrance of your garments is like the fragrance of Lebanon.

Song of Songs 7:11-13

11 Come, my beloved, let us go to the countryside, let us spend the night in the villages.[a]
12 Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom— there I will give you my love.
13 The mandrakes send out their fragrance, and at our door is every delicacy, both new and old, that I have stored up for you, my beloved.

5. « Manna »

120 gr all purpose flour
60 g honey (3 tablespoons)
1 egg
30 g melted butter
10 cl milk
1 pinch sea salt

Beat the egg white. Combine the flour, honey, milk, salt, butter and egg yolk. Fold in the egg white and leave for ½ hour in a cool place.
Form droplets of dough on a baking sheet and bake for 5 minutes at 180° or until set and golden.
Sprinkle some honey on the « manna » drops and serve with fruit salad.

Exodus 16:12-13

14 When the dew was gone, thin flakes like frost on the ground appeared on the desert floor.

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