

Ancient Greek Recipes for Kids

Time to taste some ancient treats! Enjoy breakfast, lunch and dessert below - all recipes you can make and eat to experience a little what an average day in ancient Athens was like. The ancient Greeks normally had only two meals a day... but they did like snacks, like olives, cheese, and figs. Try out one or all the recipes below and see what you think.

Pancakes with Honey and Sesame Seeds

Pancakes were a common breakfast meal that was eaten at home as well as sold on the streets for those on the go. These pancakes are a bit thicker, like Blinis or American style pancakes, and served with honey and toasted sesame seeds. Try an ancient breakfast to start your day out Greek.

Ingredients:

- 1 cup flour
- 1 cup water
- 2 tbsp clear honey
- Oil for frying
- 1 tbsp toasted sesame seeds

Instructions:

Mix the flour, water and one tablespoon of honey together into a batter. Heat two tablespoons of oil in a frying-pan and pour a quarter of the mixture in. When it has set, turn it two or three times to give an even color. Cook three more pancakes in the same way. Serve all four pancakes hot with the remainder of the honey poured over and sprinkled with sesame seeds.

***NB: Because there is no salt or sugar in this recipe, it will taste a bit more flour-y than we are used to. I would recommend adding a bit more honey to sweeten it. Or if you read the original Galen text, he does mention seasalt. Also, remember the toasted sesame seeds!! These will help add a lot of flavor.

Lentil Soup

Lentils were popular in the ancient world as they were easy to store, transfer, cook and they are full of excellent nutrients! They were also popular among the philosophers, especially the Cynics and Stoics who were known to eat lentils regularly. Enjoy this simple lentil recipe and eat like a philosopher!

Ingredients:

- 1 cup dry lentils
- 2 small leeks sliced
- 1 bunch cilantro
- 1 ½ tsp dry mint
- Fresh ground black pepper
- Olive Oil
- Red wine Vinegar

Instructions:

Boil 1 cup of dry lentils over low heat with enough water to cover them and 1 inch above. Add the leeks and the fresh coriander (cilantro). In a small bowl mix the mint, dry coriander and the black pepper, add to the soup. Let it simmer until the lentils are soft, add vinegar and olive oil to taste.

Fruit Dessert

There was no such thing as refined sugar in the ancient world, instead they enjoyed naturally sweet foods like fruit... and to make them extra tasty, they added honey. You can also add the cinnamon for more flavor.

Ingredients:

- Sliced fruit — bananas, oranges, pears, berries, apples, etc...
- Honey — preferably Greek thyme-infused honey, but any drizzly honey will work
- Ground cinnamon

Instructions:

Slice the fruit and arrange on a platter. Drizzle with honey and sprinkle with cinnamon.