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At Table with the Lord - Foods of the First Century

E. G. Lewis

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At Table with the Lord - Foods of the First Century E. G. Lewis
Relying upon the Bible and extensive research for his popular Seeds of Christianity™ Series, E. G. Lewis presents an interesting and informative study on foods, cooking and day-to-day life in the early Christian era. All major food groups are covered in specific chapters on Spices & Herbs, Fruits & Nuts, Grains, Vegetables, Salad Greens, Fish & Fowl, Meat, Milk & Cheese, Sweets& Sweeteners, and even one on Foods They Didn't Have. Also includes chapters on Ancient Beers and Wines, Aviculture, Apiculture, Olive Oil, Manna, the Gladiator's Diet and lots of Recipes to Try at Home.

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