

Foods for the Ancient Greek food tasting

All of these ingredients are available from large supermarkets.

Bread

Preferably a rye sourdough or similar dark, densely-textured, chewy bread. Since sourdoughs are made with yeast cultivated from the air (and not the by-product of the brewing process, like modern yeast), these are more authentic.

Olive oil (& olives)

Serve the olive oil with the bread for dipping. You may be able to find Greek olive oil.

Herbs

Sage, rosemary, thyme, mint and basil are all recorded as being used in ancient times. Pupils can crush them in their fingers and smell the aroma, and some herbs (mint, basil) can be eaten: others can be a bit tough!

Honey

It's really great if you can get it with comb in. Sometimes you can get Greek honey in the UK, especially if you have a look in health food shops.

Cheese

A hard, white cheese like Pecorino or goat's cheese. You can also taste cottage cheese as an example of how unprocessed curds were eaten, rather than turned into a cheese.

Figs

Use fresh if in season, dried if not.

Pomegranate

These used to be quite hard to find, but now you can get them in practically all supermarkets. They're quite messy and the juice can stain, but they're great fun to pull apart.