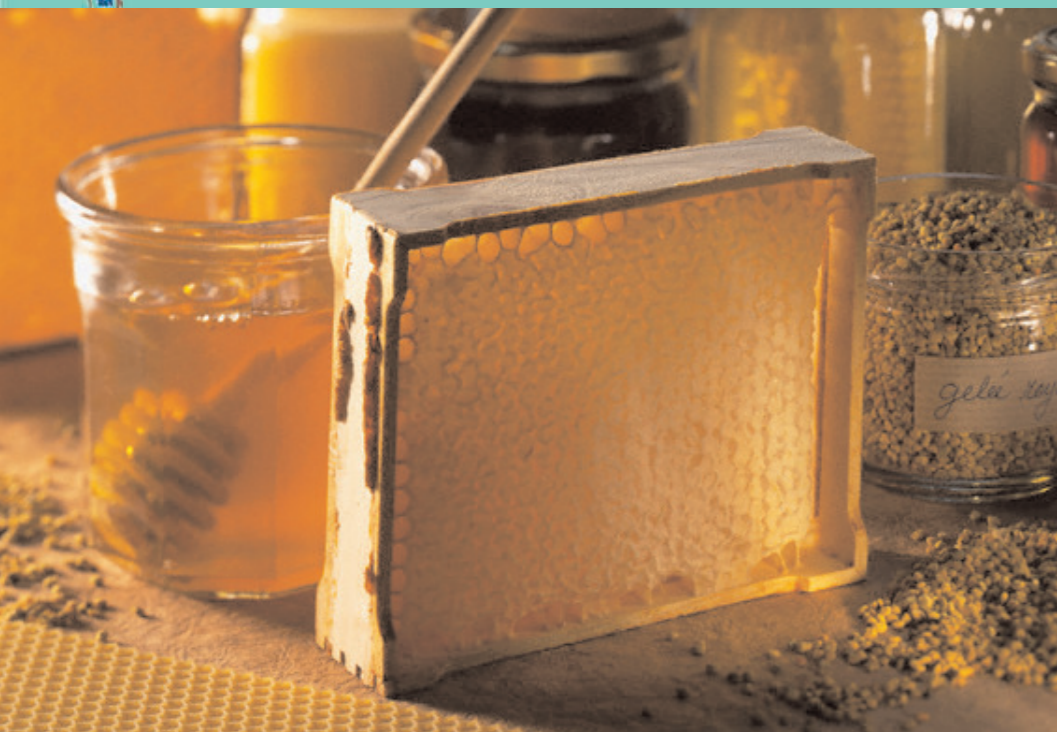


# Honey the Sweet Stuff

The Ancient Egyptians had no access to sugar but they still liked sweet foods. They used fruits and, occasionally honey, to create sweet dishes.

From paintings and archaeological finds, we know that the Ancient Egyptians grew certain sweet fruits like dates, figs and grapes. These were sometimes eaten fresh or dried in the sun to preserve them for times when food was short. Grapes were also pressed and their juice used to make a sticky, sweet syrup.



Pic caption lines on the wedge-shaped body were originally velope.

Honey was known about in Ancient Egypt but was very expensive and only used occasionally, unless you were a pharaoh or a noble in the pharaoh's service. An alternative sweetener was the root of the knotgrass plant. The Egyptians called it chuba and it grew throughout the Nile Delta.

## Healing Honey

A 17th Century BCE papyrus scroll, the Edwin Smith Papyrus, described how the Ancient Egyptians used honey in medicine. They placed it on open wounds to help stop infection and to help the wound heal. Honey contains small amounts of a hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>), a substance used today to fight infection.



## ◆ DATE BALLS ◆

This recipe left uses both dates and honey to create a delicacy fit for a wealthy Egyptian noble. This rare recipe dates from around 1600BCE and was discovered on a piece of ostraca, a shard of pottery used for writing by scribes.

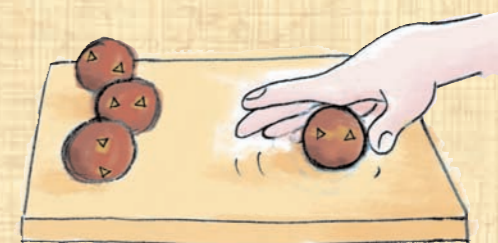
- Ingredients**
- 200 grams (1 cup) of fresh dates
  - 1 teaspoon of cinnamon
  - 100 grams (1/2 cup) ground walnuts
  - 2-4 tablespoons honey
  - A small bowl of fine ground almonds.

1. Pour the honey into a small saucepan. On a low heat, warm the honey without letting it boil. Remove from the heat.

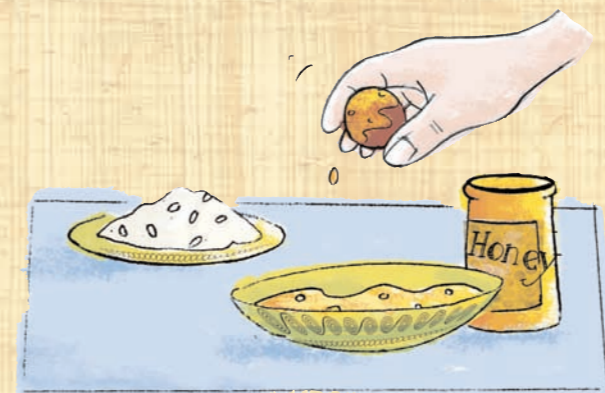


2. Crush the dates with your hands or a spoon and add some water to make a really thick paste. Add the cinnamon and walnuts and mix.

3. Form small balls from the mixture about 2-3cm in diameter.



4. Coat each ball in the warm honey and roll in the dish of almonds.



5. Extra text for final stage??

