



THE TIME TRAVELER'S
COOKBOOK

**MEAT-LOVER'S
EDITION**



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Lucy is the fossil skeleton of a female *Australopithecus afarensis* -

Lucy's Gazelle Tartare

a hominid that preceded humans by millions of years

Tired of using your large anterior teeth to grind up nuts and tubers? Well, look what the cat dragged in! A lion's leftovers might be just what you need to enhance your diet.



When: 3 million years ago



Requires: Basic tool use



Serves: A few members of your troop



Where: Northeast Africa



Ingredients

- ◆ 1 gazelle carcass
- ◆ 1 sharp rock
- ◆ Rudimentary bipedalism

When this happened is controversial - some say 3.4 million years ago, others 2.6 million years ago

Instructions

1. Find a gazelle carcass left by a predator (make sure the predator is really gone)
2. Collect the gazelle carcass and drag it to a safe place
3. Learn to use tools
4. Scrape flesh from the bones with the sharp edge of a rock
5. With the blunt edge of the rock, strike the cleaned bones until they crack
6. With your finger, extract the marrow
7. Enjoy the raw meat scraps and the marrow for your daily dose of protein!

Meat is a more efficient source of protein than plants - so eating meat allowed our ancestors to spend less energy on digestion and more energy on building bigger brains

Fallow Deer Barbecue

— based on remains identified by Israeli scientists at the Misliya Cave site

You've evolved a larger brain and cooperative hunting techniques. Now's the perfect time to invite the guys over to your cave and throw some meat on the grill!



When: 200,000 years ago



Requires: Mastery of fire

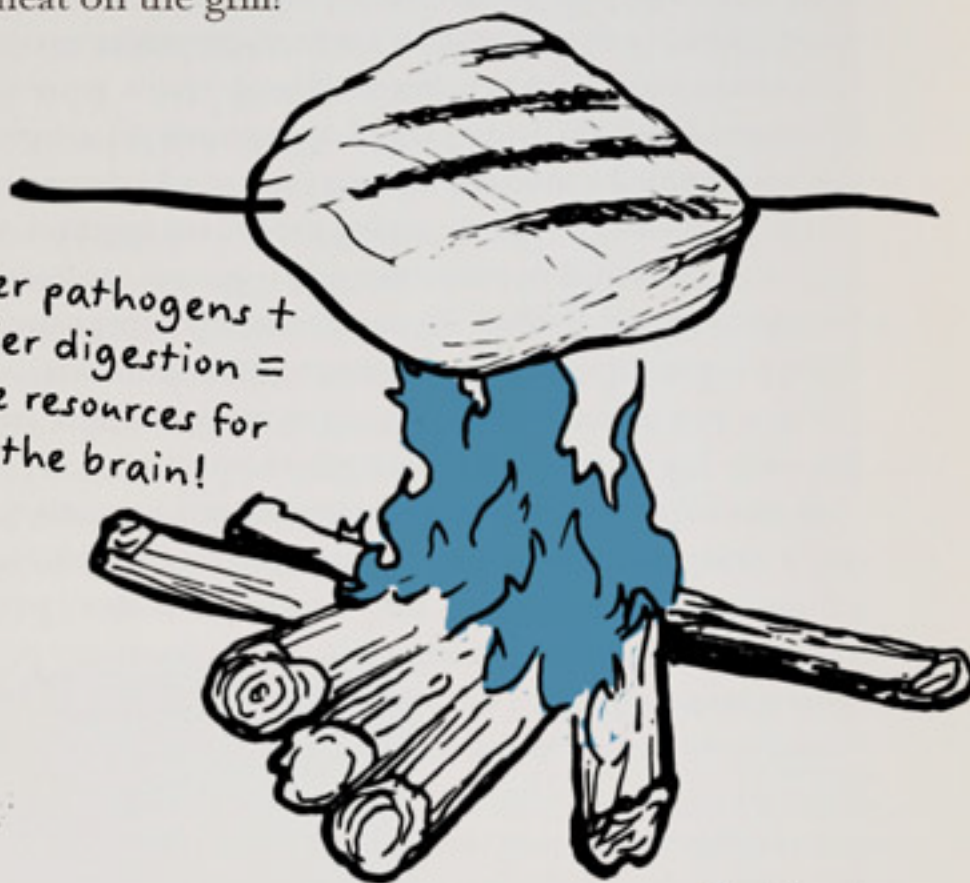


Serves: One hunting party



Where: Misliya Cave, Israel

Cooked meat = fewer pathogens + easier digestion = more resources for the brain!



Better hunters could target larger, healthier game



Ingredients

- ◆ A descended larynx
- ◆ 1 fallow deer (butchered)
- ◆ 2 ostrich eggs (optional)

The butchered remains

found at Misliya also included:

- wild boars
- wild goats
- wild cattle
- red deer
- roe deer
- gazelle
- hyrax

Instructions

1. Use your larynx to create sounds and impart meaning
2. With this new communication skill, organize a hunting party
3. Kill the largest, healthiest fallow deer you can find
4. Butcher it in the field, leaving behind the head and hooves for scavengers
5. Return to your cave and slice the thigh meat from the carcass
6. Cook it over a hot flame until the outside is crispy
7. Supplement the meal with some delicious ostrich eggs (if you are lucky enough to find some)

Mahalo For The Mammoth

- based on excavations by Jiri Svoboda et al. at a Czech site called Pavlov IV

So, you've killed your first mammoth. That can mean only one thing: LUAU TIME! Gather the family and thank your chosen deity, because religion is the new thing.



When: 25,000 years ago

along with tools for food preparation, Svoboda found artifacts with possible ritual significance



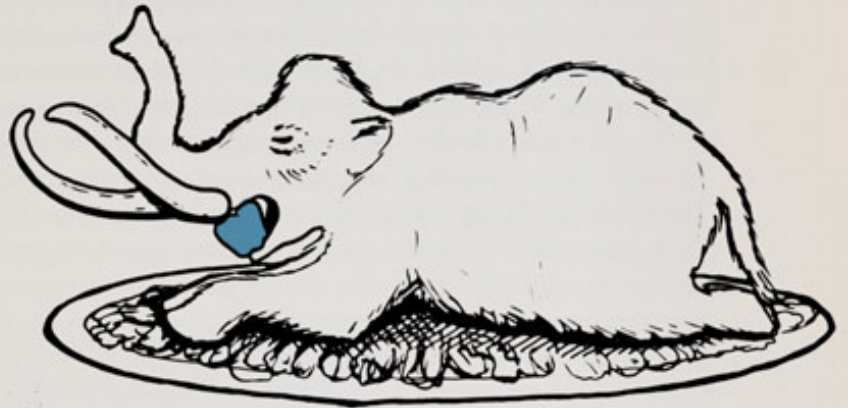
Requires: Culture



Serves: Everyone



Where: Modern-day Czech Republic



Some think Paleolithic hunters drove mammoths off cliffs



Ingredients

- ◆ 1 mammoth
- ◆ Firewood (spruce/larch)
- ◆ Several large stones

Svoboda found the remains of a mother mammoth and her calf, wolves, horses, foxes, a wolverine and a bear - all surrounding a Inau-style cooking pit

Instructions

1. Kill a mammoth (don't ask me how)
2. Because the mammoth is too large to move, build your kitchen nearby
3. Dig a pit approximately 4 feet in diameter and 1 foot deep; set aside the soil for later use
4. Fill the pit with kindling and firewood, and arrange the stones on top of the wood pile
5. Burn the wood down to coals until the stones are white hot (approx. 1 to 2 hours)
6. While the fire is burning, cut off a generous portion of mammoth and clean it
7. Place the mammoth chunk in the pit, completely surrounded by hot stones
8. Cover the pit with soil, and wait several hours
9. Dig up the mammoth and enjoy

Babylonian Lamb Stew

- based on recipes translated from cuneiform tablets by historian Jean Bottéro

Tired of chasing your food? Try domesticating it: food where you want it, when you want it. Add an alcoholic beverage, and you're on your way to being truly civilized.



When: 3,700 years ago



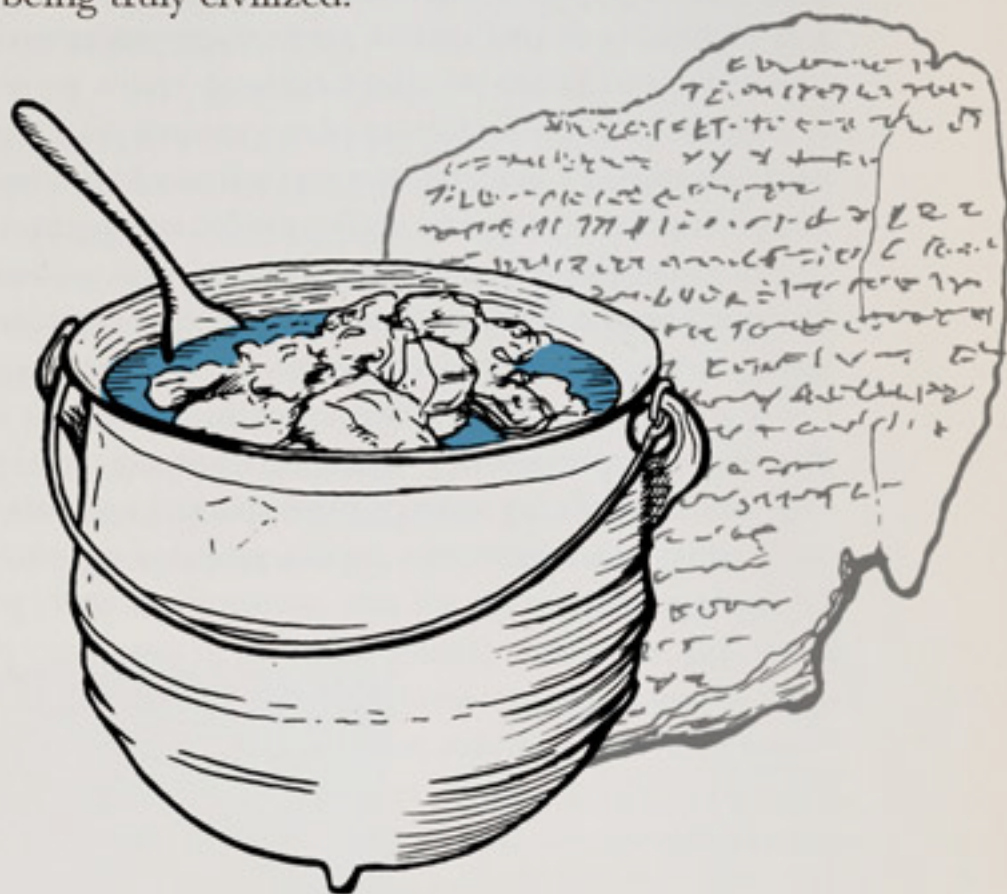
Requires: Domestication of animals



Serves: 4 Babylonians



Where: Mesopotamia (present-day Iraq)



Ingredients

- ◆ Lamb
- ◆ Animal fat
- ◆ Water
- ◆ Salt
- ◆ Onion
- ◆ Animal blood
- ◆ A jar of beer
- ◆ Coriander
- ◆ Garlic
- ◆ Leek
- ◆ Lots of patience

Instructions

1. Follow a herd of wild sheep around until they get used to you
2. Domesticate the sheep (this could take awhile)
3. Wait around for the invention of beer
4. Slaughter a lamb; singe head, legs and tail over a fire
5. Butcher the lamb, and place the pieces in a bronze cauldron with fat and water
6. Add salt, onion, blood and beer
7. Bring to a boil, then reduce heat to a simmer
8. Add coriander, garlic and leek
9. Let simmer until meat is cooked

Sheep were domesticated 8,000 years ago in Mesopotamia

The earliest traces of beer were found in 5,500-year-old jars

Babylonian recipes are the oldest known. Most begin with the same instructions: "You set water. You throw fat in it."

Imperial Roman Roast

- based on a recipe from
"Apicius: De Re Coquinaria," a
late-4th-Century
Roman cookbook

Perfect for a feast with the upper tier of imperial Roman society. No plebs allowed!



When: A.D. 400



Requires: A stratified society

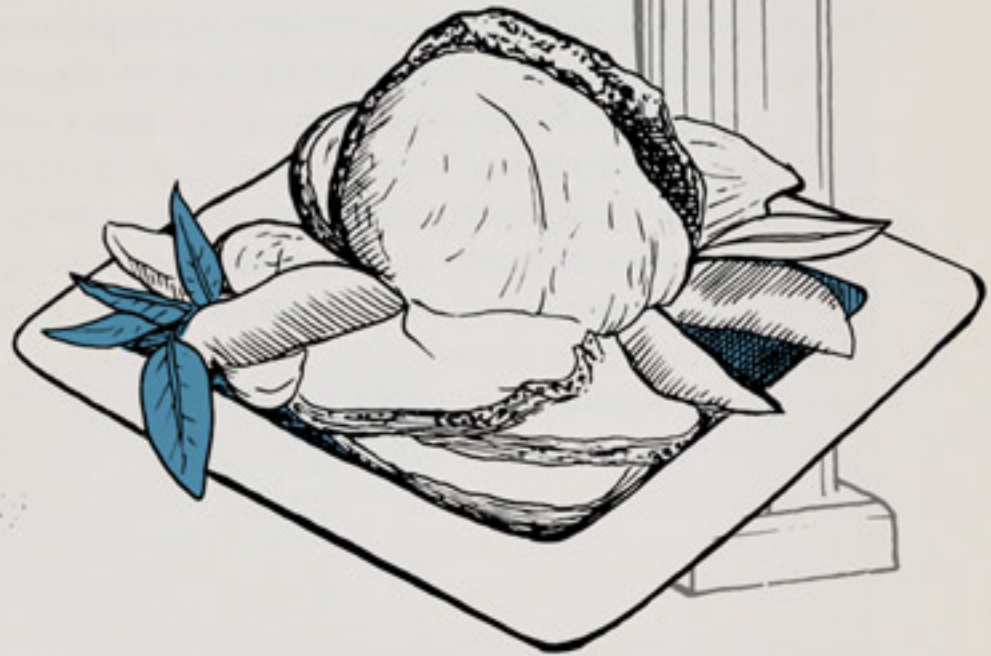


Serves: One household,
not including slaves



Where: Rome

In ancient Rome, only the rich and
powerful could afford a regular
supply of meat



Ingredients

- ◆ Toga! Toga!
- ◆ Pork loin
- ◆ Salt
- ◆ Grape juice
- ◆ 6 myrtle berries (dried)
- ◆ 6 scruples of cumin
- ◆ 12 scruples of pepper
- ◆ Honey *one scruple is*
- ◆ Broth *about a gram*
- ◆ Spoonful of oil
- ◆ Flour
- ◆ Sense of superiority

Instructions

1. Be born into the Roman upper class; grow up with wealth and power
2. Generously sprinkle pork loin with salt, and place in the oven

Sauce:

3. Reduce grape juice over low flame
4. Crush dried myrtle berries and mix with cumin and pepper; stir into reduced grape juice
5. Add honey, broth and oil
6. Add flour to thicken
7. When the roast is done medium-well, pour the sauce over it
8. Serve with salt and pepper
9. Apply sense of superiority liberally

Hamburg Steak

- based on a recipe from "The Ann Arbor Cookbook," published 1899

Tired of all that salted pork? Want fresh beef in the summertime? Well, first you'll have to prepare a system of refrigerated rail cars and slaughterhouses spanning a major North American land mass.



When: 1899



Requires: Food distribution infrastructure

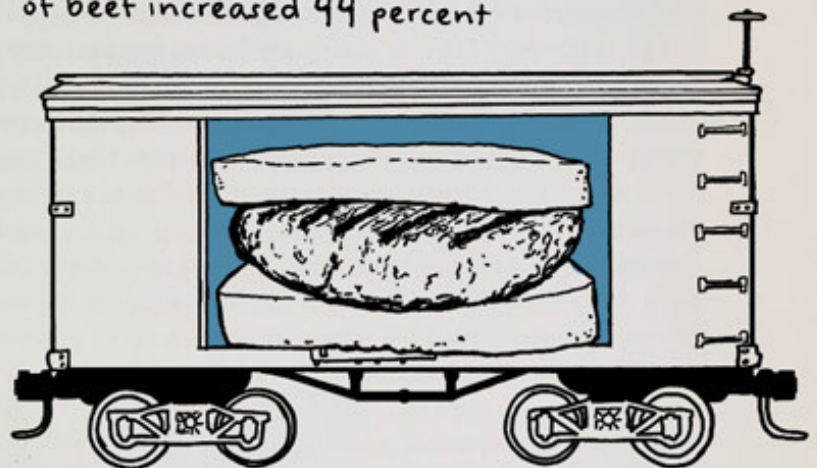


Serves: Four red-blooded Americans



Where: USA

In the decade after this recipe was published, American consumption of beef increased 44 percent



Ingredients

- ◆ A fresh, tender steak
- ◆ Salt
- ◆ Pepper
- ◆ Buttered toast
- ◆ Refrigeration technology

In the 1870s, Gustavus Swift invented a rail car cooled by ice - just as America's love affair with beef was heating up

These are verbatim!

Instructions

1. Raise a cow in Kansas, slaughter it in Chicago; chill; butcher it in New York
American beef HQ
2. Cut a slice of steak 1/2 inch thick
3. Lay meat on board, and with sharp knife scrape off the soft part until there is nothing left but the tough, stringy fibers
4. Season the pulp with salt and pepper
5. Make into little flat cakes 1/2 inch thick, and broil for 2 minutes
6. Serve on rounds of buttered toast
7. Follow with rousing rendition of "The Star-Spangled Banner"

From the epigraph of "The Ann Arbor Cookbook":
"Whom God hath joined in matrimony,
ill-cooked joints and ill-boiled potatoes
have very often put asunder."

Steak Of The Caveman

- based on a recipe from
www.paleoplan.com

Nostalgic for the good old days? Well, you should try the Paleolithic diet, which looks to cavemen for culinary advice. We've come full circle, people!



When: 2009 CE



Requires: Discipline
No potato chips!



Serves: 2 CrossFit
enthusiasts



Where: Portland, Ore.



Paleolithic dieters try to eat like hunter-gatherers (no processed foods, no grains, no beans, lots of fruit and lean meat) in an effort to avoid modern ailments like obesity, diabetes and cancer

Ingredients

- ◆ 2 (5 to 6 ounce) beef steaks
- ◆ 1 teaspoon dried oregano
- ◆ 1 teaspoon black pepper
- ◆ 1 teaspoon garlic, minced
- ◆ 1/2 teaspoon sea salt (optional)
- ◆ 1/4 cup coconut oil or tallow, melted

Instructions

1. Contemplate how far man has come since his humble origins
2. Preheat broiler to high
3. In a small bowl, combine oregano, black pepper, garlic, sea salt (optional) and oil or tallow
4. Place steaks on broiler pan, brush both sides with oil mixture
5. Broil 2 to 3 inches from heat source (usually the very top of the oven) for 7 minutes for medium-rare (8 minutes for medium); flip the steaks and broil for an additional 5 minutes for medium-rare (6 minutes for medium)
6. When desired internal temperature is reached, remove steaks from oven, cover with foil and let rest 5 minutes. Serve with your favorite vegetable or side
7. For best results, incorporate exercise; chase a mammoth for 6 hours daily.