**Objective: To make some ancient Egyptian food**

Why not try and make some of the foods below which would be very much like the ancient Egyptians used to eat.

Send some pictures of your delicious food and tell me what you thought of it.

Mrs Wright

**Egyptian Sweets**

One 250g bad dried figs

50g – 100g chopped or flaked almonds

Ground almonds to coat

1. Put the dated in a food processor and whizz them into a fine paste.
2. Mix the figgy paste with the chopped or flaked almonds.
3. Then make this tasty mixture into bite sized balls and roll them in the ground almonds to stop them sticking to everything. Arrange them on a plate, and serve Yum!

**Egyptian Sweet Cookies**

**INGREDIENTS**

* 4 cups flour
* 2 ½ sticks unsalted butter, melted
* ½ cup powdered sugar, plus more for dusting
* ¾ teaspoon baking powder
* Pinch salt
* ¼ teaspoon vanilla extract
* ¼ teaspoon cinnamon
* ¼ teaspoon nutmeg
* ½ cup milk, room temperature

**PREPARATION**

1. Preheat oven to 350°F and line 2-3 baking sheets with parchment paper.
2. In a large bowl or mixer, mix together all the dry ingredients: flour, sugar, baking powder, salt, cinnamon and nutmeg.
3. With mixer set to low speed, slowly add vanilla followed by melted butter and continue mixing - pausing just before the dough fully forms.
4. Pour in milk and mix until all ingredients are fully incorporated.
5. Scoop a rounded tablespoonful of dough and roll into a ball. Place on a cookie sheets. Make a cross hatch on the top using a fork, pressing down slightly.
6. Bake each batch for 12-15 minutes, or until bottom edges are slightly browned. Cool completely before dusting generously with powdered sugar.

**Egyptian Flat Bread**

Ingredients

500g self raising flour

500g natural yogurt

1 tbsp sea salt

1 tbsp baking powder

Method

Combine all the ingredients together until you have a dough adding a little more flour if your dough is a little wet.

Tip the dough on to the work surface and knead for a minute or two to bring it together.

Divide the dough into 12 roughly equal sized pieces and roll into balls. Dust a rolling pin with flour and roll out each piece of dough to side plate sized rounds.

Stack them between pieces of grease proof paper ready to be cooked.

Cook the flat bread on a hot griddle or dry non stick frying pan for a couple of minutes on each side.

Serve warm as a side dish or dip into hummus.