

recipes



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recipe is a set of instructions that describes how to prepare or make something, especially a [dish](#) of prepared food. A **sub-recipe** or subrecipe is a recipe for an [ingredient](#) that will be called for in the instructions for the main recipe. The earliest known written recipes date to 1730 BC and were recorded on [cuneiform](#) tablets found in Mesopotamia.^[1]



Other early written recipes date from approximately 1600 BC and come from an [Akkadian](#) tablet from southern [Babylonia](#).^[2] There are also works in [ancient Egyptian hieroglyphs](#) depicting the preparation of food.^[3]



Many ancient Greek recipes are known. [Mithaecus](#)'s cookbook was an early one, but most of it has been lost; [Athenaeus](#) quotes one short recipe in his *Deipnosophistae*. [Athenaeus](#) mentions many other cookbooks, all of them lost.^[4]

Roman recipes are known starting in the 2nd century BCE with [Cato the Elder](#)'s *De Agri Cultura*. Many authors of this period described eastern Mediterranean cooking in Greek and in Latin.^[4] Some [Punic](#) reci in



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