

# The Land of Milk and Honey: A Cooking Book an Epicurean Tour of Israel With a History of Foods in the Holy Land

Norton Locke

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The Land of Milk and Honey shares a biblical vista of foods and recipes. Did you ever wonder what foods Abraham ate and served in his tent at Beth El? What Jesus was served at the Last Supper? What Vespasian ate when visiting the Holy Land at the head of the Roman Legions? These and more can be found in The Land of Milk and Honey.

Here are the foods of the Bible, what the Sages and the Holy Men ate when in Jerusalem, and what King Herod served at the Winter Palace. These are the recipes, fully kitchen tested, that give you the ability to prepare the foods of The Holy Scriptures and The New Testament.

You'll find the original foods of Judea and Samaria that have come down to us, first by spoken word and then written in the Hebrew Alphabet. They were developed throughout Proto-Canaanite script via Phoenician, prior to the year 1100 BCE.

Here is the full scope of the culinary accomplishments of the 12 Tribes of Israel, the breads of David, the stew of Esau, the Holiday foods of the Holy Temple.

This is the book that every Born Again Christian, every Jew and every Muslim will want for their kitchen. Easy to follow recipes from our complex past will give even the novice cook the excitement of the history in the domain of their own kitchen.

Throughout nine years of research Norton Locke, a nationally recognized food professional and an authority in food preparation, has lovingly created The Land of Milk and Honey.

It's not only a must for your cookbook collection, but the perfect gift for everyone you know.



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