

Tah'u Ghu

This Babylonian stew recipe stretches from the MBA to the LBA and was found written in Akkadian on a clay cuneiform tablet (no. 4644 from the Yale Babylonian Collection).

Ingredients

- 1 lamb shank
- 3 cups water
- 2 tablespoons olive oil
- Salt to taste
- 2 cups beer (probably wheat beer)
- 1 large onion, chopped
- 1 teaspoon coriander
- 1 teaspoon cumin
- 3 beets, cooked, peeled and chopped
- 4 cloves garlic, chopped
- 1 leek, sliced Coriander to taste

Instructions

Wash and prepare all the vegetables for the stew. Chop the onion and beets. Sear lamb shank on all sides with olive oil in a large pot. Add water, salt, beer, onions, coriander, cumin, and beets. Let ingredients cook for 10 minutes on medium heat. Chop the garlic and leeks. Add the garlic and leeks to the stew and bring to a boil. Reduce heat to low and let the stew simmer for an hour, stirring occasionally. Take lamb out of the pot and pull or cut the meat off the bone; then return the meat to the pot. Sprinkle with coriander and enjoy a bowl of Tah'u stew!

