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PALEO

Recipes from the Cavemen's Cookbook

*h.f.*ullmann

SKEWERED SALMON WITH FENNEL

INGREDIENTS

- 1 salmon (*Salmo salar*) or 1 salmon fillet
- 5–6 fennel bulbs (*Foeniculum vulgare*), leaves and stalks removed
- olive oil
- pepper
- salt

MODERN PREPARATION

- Remove the salmon skin and roughly cut the flesh into chunks (the larger the pieces, the juicier they will be). Sprinkle with a little oil and season with salt and pepper. Put aside.
- Heat salted water in a saucepan. When it reaches boiling point, add the fennel bulbs and cook for 5–8 minutes (they should not become too soft).
- Pre-heat the oven to 375 °F / 190 °C.
- Once the bulbs are cooked, strain and transfer them to an oven dish. Drizzle with oil and roast for 25–30 minutes. Leave to cool, then cut into pieces of an appropriate size for skewering.
- Prepare the skewers by threading on alternate pieces of salmon and fennel. Continue in this way, and then sprinkle with salt.
- Heat a tablespoon of oil in a frying pan or on a griddle, and then arrange the skewers in the pan so they do not touch each other. Keep the heat low at first, for about 10 minutes, turning the skewers several times so that the fish and fennel cook on all sides. Then briefly raise the heat (for about 2 minutes) to brown the ingredients, without letting the salmon get dry.
- If the salmon does start to become dry, you can cook it for less time and then put the skewer on a plate and cover it with aluminum wrap to allow it to finishing cooking with its own heat.
- Serve the skewers with oil drizzled on top.

DID YOU KNOW THAT...?

Fennel is a plant that grows wild all around the Mediterranean basin owing to the favorable climatic conditions. Its slight aniseed flavor makes it a herb that combines particularly well with fish.

PALEO-STYLE PREPARATION

- Paleolithic people would catch a salmon and gather some fennel.
- They would wash the fennel and clean the salmon.
- Then the fennel and the salmon would be cut into chunks.
- Perhaps they would skewer a chunk of salmon and another of fennel, and so on, successively.
- The skewers could be placed on the embers of a fire made with oak or holm-oak wood and cooked for about 15 minutes.
- They would be eaten directly off the stick.



HAMBURGER WITH FALSE KETCHUP, MUSTARD, AND ONION

INGREDIENTS

- beef (*Bos primigenius taurus*), ground for modern version—1 cup / 150 g per hamburger
- 2 eggs
- rocket leaves (*Eruca sativa*)
- olive oil
- pepper
- salt

FOR THE FALSE KETCHUP

- 2 cups / 200 g red fruits
- 2½ tbsp / 40 ml water

FOR THE FALSE MUSTARD

- mustard powder or seeds
- water

FOR THE FALSE ONION

- 1 pear (*Pyrus communis*)

DID YOU KNOW THAT...?

Horses were one of the most widely hunted species of the Pleistocene period. They formed an essential part of the meat intake of our prehistoric ancestors, along with deer and bovine animals.

MODERN PREPARATION

- *To make the false ketchup:* heat the water. When it starts to boil, add the fruit and cook until it softens. Liquidize this mixture to obtain a thin sauce and put aside.
- *To make the false mustard:* mix the mustard and water in a blender to obtain a smooth paste. (This will have a strong taste, so do not use too much mustard.) Put aside.
- *To make the false onion:* wash the pear, cut it in 4 and remove the seeds. Slice it thinly. (As pear flesh goes brown very quickly when exposed to the air, leave its preparation until the last moment.)
- Grind the meat and mix it in a bowl with the eggs, salt, and pepper. Make a few balls and squash them so that they are ½–1 inch / 1–2 cm thick, depending on your taste.
- Put a few drops of oil on a griddle and cook the hamburgers over high heat for about 2 minutes. If you prefer the meat well done, continue cooking over lower heat.
- Finally, prepare the serving plate: put a hamburger in place and then put some pear slices on top of it. Put another hamburger on top, and then add some more pear slices. Accompany the dish with the mustard, ketchup, and rocket leaves.

PALEO-STYLE PREPARATION

- Meat would be obtained; horse meat could have been used.
- A pear, some red fruits, and some rocket leaves would be needed, along with some mustard seeds.
- The meat would be sliced thinly and then cut into pieces (as small as possible). It would be crushed to form a compact mass, then shaped with the hands to make flattened ball shapes.
- A fire would be made. When the embers started to glow, a stone would be placed directly on top and the hamburgers would be cooked on it.
- Meanwhile, the red fruit was beaten with water to obtain a purée, and the mustard seeds were ground in a little water.
- When the meat was cooked, the pear slices were placed between 2 hamburgers and then topped with the red fruit purée and the mustard sauce.



BEEF STEW WITH WALNUTS AND APPLE

INGREDIENTS

- beef (*Bos primigenius taurus*)
- 2 apples (*Malus sylvestris*)
- 10 walnuts (*Juglans regia*)
- celery (*Apium graveolens*)
- lard
- pepper
- salt

MODERN PREPARATION

- Roughly cut the meat into chunks and season with salt and pepper. Wash and thinly slice the celery.
- Put the lard and meat in an earthenware casserole over high heat. Brown the meat for about 2 minutes, stirring constantly.
- Add the celery and continue stirring until it also starts to brown. Add sufficient water to cover the ingredients.
- When the water starts to boil, lower the heat to medium. Cover the casserole and cook for about 75 minutes.
- Add the walnuts and apples (chopped and deseeded but unpeeled). Add more salt if required. Cook for a further 15 minutes.
- Before serving, remove from the heat and leave to stand for a short time.

PALEO-STYLE PREPARATION

- Paleolithic people would remove the cheek, whole, from the animal's head.
- They would cut an apple into pieces and shell some walnuts.
- A fire would be made with wild pine wood (*Pinus sylvestris*) and a stone placed on top of it.
- Once the stone was hot, the apple would be placed inside the meat, and together they would be cooked for at least 1½ hours.
- The meat could be accompanied by a few walnuts.

DID YOU KNOW THAT...?

On the Upper Paleolithic French site of Le Solutre, dating back 18,000 years, animal bones give a great deal of information about the diet of prehistoric settlers.



SLOE AND APPLE SALAD WITH MADRONE SAUCE

INGREDIENTS

- 12 sloes (*Prunus spinosa*)
- 1 apple (*Malus domestica*)
- 12 madrone (*Arbustus unedo*) berries
- 12 filberts (*Corylus avellana*)

FOR THE MADRONE SAUCE

- 1 cup / 250 g of madrone berries
- 3½ tbsps / 50 ml of water

MODERN PREPARATION

- *To make the madrone sauce:* wash the madrone berries and remove their stalks. Heat some water. When it starts to boil, add the madrone berries (putting aside a few whole berries). Stir continuously with a wooden spoon until the berries are soft. Transfer them to a blender and then strain them to remove the seeds. Put aside.
- Wash the apple (unpeeled), cut it into 4, and then slice it. Also wash the sloes.
- Crush the filberts in a mortar.
- Brown the apple slices slightly in a griddle with a few drops of oil. Transfer them to a serving plate.
- Serve accompanied by the sloes and whole berries. Drizzle on the madrone sauce.

PALEO-STYLE PREPARATION

- A wild apple would be picked by prehistoric people along with some sloes, madrone berries, and filberts.
- The filberts were crushed.
- A few madrone berries were left whole. The remainder were beaten in a little water until a thin purée was obtained.
- The apple would then be sliced with a flint knife.
- The apple would be eaten with the whole berries, sloes, filbert pieces, and madrone sauce.



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Abbreviations and Quantities

1 oz = 1 ounce = 28 grams

1 lb = 1 pound = 16 ounces

1 cup = approx. 5–8 ounces* (see below)

1 cup = 8 fluid ounces = 250 milliliters (liquids)

2 cups = 1 pint (liquids) = 15 milliliters (liquids)

8 pints = 4 quarts = 1 gallon (liquids)

1 g = 1 gram = 1/1000 kilogram = 5 ml (liquids)

1 kg = 1 kilogram = 1000 grams = 2¼ lb

1 liter = 1000 milliliters (ml) = 1 quart

125 milliliters (ml) = approx. 8 tablespoons = ½ cup

1 tbsp = 1 level tablespoon = 15–20 g* (depending on density) = 15 milliliters (liquids)

1 tsp = 1 level teaspoon = 3–5 g* (depending on density) = 5 ml (liquids)

*The weight of dry ingredients varies significantly depending on the density factor, e.g. 1 cup of flour weighs less than 1 cup of butter. Quantities in ingredients have been rounded up or down for convenience, where appropriate. Metric conversions may therefore not correspond exactly. It is important to use either American or metric measurements within a recipe.

Disclaimer

It is advisable not to serve dishes that contain raw eggs to very young children, pregnant women, elderly people, or to anyone weakened by serious illness. If in any doubt, consult your doctor. Be sure that all the eggs you use are as fresh as possible.

In the Paleolithic period certain ingredients were used that are not now used because of availability, legal protection or changes in taste. You are advised to use only ingredients that are available commercially.

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