



The Food and Feasts of Jesus: The Original Mediterranean Diet, with Menus and Recipes (Religion in the Modern World)

Douglas E. Neel, Joel A. Pugh

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The New Testament is filled with stories of Jesus eating with people—from extravagant wedding banquets to simple meals of loaves and fishes. *The Food and Feasts of Jesus* offers a new perspective on life in biblical times by taking readers inside these meals. Food production and distribution impacted all aspects of ancient life, including the teachings of Jesus. From elaborate holiday feasts to a simple farmer’s lunch, the book explores the significance of various meals, discusses key ingredients, places food within the socioeconomic conditions of the time, and offers accessible recipes for readers to make their own tastes of the first century. Ideal for individual reading or group study, this book opens a window into the tumultuous world of the first century and invites readers to smell, touch, and taste the era’s food.



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