

THANKSGIVING DINNER

Turkey

Brine the turkey (first domesticated in Central Mexico 2,000 yrs b.p. (before present)) in salt brine for 4-5 hours then let rest uncovered in refrigerator until ready to roast.

Preheat oven 325°

Stuff the turkey cavity with 3 stalks of celery (Italy), 3 carrots (Afghanistan) and one head of garlic (India). This improves flavor of the drippings for gravy.

Bake until tender

Stuffing

Combine 8 cups of wheat flour bread cubes or corn bread domesticated in Southeast Turkey and Mexico respectively.

2 ½ cup Celery (Italy).

2 medium onion; (Central Asia).

2 chicken eggs; Chicken (*Gallus domesticus*) Southeast Asia.

5-6 Tbsp of crushed Sage Leaves crushed- Greece referenced at 400 B.C.E.

Salt to taste; see History of Salt

8 tbsp cow butter; Iraq and Indus Valley

1 cup chicken broth (Southeast Asia)

Bake at 325° for 45 minutes

Mashed Potatoes; South America

Yams; West Africa

Cranberry Sauce

Cranberries; North America, 16th Century

Sugar; New Guinea

Pumpkin Pie

Pumpkin- Central America over 7,500 years b.p.

Cinnamon "true cinnamon", Sri Lanka

Sugar; domesticated in New Guinea 10,000 years ago

Nutmeg; Islands of Eastern Indonesia

Salt; see history of salt.

Cloves; native to the Molucca Islands, now a part of Indonesia

Milk; cattle Iraq and Indus Valley

Egg; South and Southeast Asia.

Butter (cattle domesticated in two distinct domestication events: *B. taurus* in the near east (Iraq), and *B. indicus* in the Indus valley of the Indian subcontinent).

Garlic (*Allium sativum*) is one of the important bulb crops grown and used as a spice or condiment throughout India. It is also important foreign exchange earner for India.

Carrots; The first cultivation of carrot for its storage root is reported to be in the Afghanistan region, approximately 1,100 years ago (Mackevic 1929).

Celery was domesticated in Italy as a vegetable in 17th century, resulting in selections with solid stems. At that time the three different existing botanical varieties were developed. China might have been another center of domestication.

Wheat, according to genetics and archaeological studies, are domesticated in the Karacadag mountain region of what is today southeastern Turkey.

Maize (*Zea mays*) also known as **corn** is a plant domesticated from the plant teosinte (*Zea mays* spp. *parviglumis*) in Central America at least as early 9,000 years ago.

In the Americas, maize is called corn, somewhat confusingly for the rest of the English-speaking world, where 'corn' refers to the seeds of any grain,

Onion, one of the oldest cultivated vegetables which originated in central Asia from where it spread across entire world.

Chicken (*Gallus domesticus*) was first domesticated in southeast Asia about 8,000 years ago in what is now Thailand; recent research suggests there may have been multiple origins in distinct areas of South and Southeast Asia.

Sage Leaves crushed- searching for origins beyond Greek referenced 400 B.C.E.

Salt

<http://science.howstuffworks.com/innovation/edible-innovations/salt5.htm>

Prior to industrialization, it was extremely expensive and labor-intensive to harvest the mass quantities of salt necessary for food preservation and seasoning. This made salt an extremely valuable commodity. Entire economies were based on salt production and trade.

In the Iron Age, the British evaporated salt by boiling seawater or brine from salt springs in small clay pots over open fires. Roman salt-making entailed boiling the seawater in large lead-lined pans. Salt was used for currency in ancient Rome and the roots of the words "soldier" and "salary" can be traced to Latin words related to giving or receiving salt. During the Middle Ages, salt was transported along roads built especially for that purpose. One of the most famous of these roads is the Old Salt Route in Northern Germany which ran from the salt mines to shipping ports.

Black Pepper; Pepper has been used as a spice in India since prehistoric times.

Pepper is native to India and has been known to Indian cooking since at least 2000 BCE.