

Meat was most often cooked in a pot of water, over an open fire. It would have to be carefully looked after to make sure it didn't boil dry, and the water would probably have herbs added, to increase the flavour. The broth (liquid) left over might have been used to feed small children who couldn't yet chew meat, to soften hard bread. The little girl in the picture is learning to cook - maybe she has herbs in her bowl.

If the meat had been sacrificed at the temple, the rest of the animal may well have been roasted over an open fire - like a hog roast today. Again, it would have to be carefully watched, and the spit turned, so that the meat cooked evenly.

If you cook meat under a grill or on a barbecue, it has to be turned, as well!

