This paper presents a comparative analysis of archeological evidence for Early Muslim and Crusader cooking patterns. Similarities and dissimilarities of Early Muslim and Crusader dwellings, in general, and cooking paraphernalia, in particular, clearly demonstrate that cooking in both its narrow and wider sense was quite a different matter during these two periods. For instance, Early Muslim ovens and ovens from the Crusader period differ in appearance, size, construction material and location within the house. These and additional observations allow conclusions to be drawn not only about cooking methods and the amount of food that was prepared, but also about storage of prepared food, meal serving and food consumption. Crusader cooking related behavior, whether at the intimate familial scale or the communal level, is not only a function of family structure and the specific cultural settings, but involves a complex concoction that includes also religious considerations and cross-cultural interactions, resulting in the adoption and rejection of different customs.