



Roman Recipes

Bear in mind that Roman recipes contained no quantities so any amounts are purely down to personal taste.

The idea behind the recipes is to provide possible dishes for a classroom Roman banquet where, perhaps, groups prepare food in the morning and everyone eats in the afternoon.

This can be supplemented with easily available items such as white bread and olives. If cooking is a problem then some dishes can be adapted – the stuffed dates, for example could be served without frying and with honey drizzled on them instead. Similarly, pre-cooked sausages could be used for the sausages with pine nuts.

STUFFED DATES

- Dates
- Almonds, Hazelnuts (1 per date) – shelled
- Pepper
- Salt
- Honey (3 tablespoons for each 6 dates)

Stone the dates and put one nut in each one together with a little pepper. Roll the dates in salt.

Heat honey in a frying pan and fry the dates over a fairly high flame.

SAUSAGES WITH PINE NUTS

- Sausages
- Pine nuts
- Oil
- Garlic

The easiest way of preparing these is to cut ready made sausages into rings, approximately one inch long.

Push pine nuts into the sausages.

Fry in a small amount of oil with chopped cloves of garlic.

STEWED CUCUMBERS

- 1 large cucumber
- 1/3 cup white wine vinegar
- 1/3 cup olive oil
- 1 tablespoon honey
- Salt

Peel cucumber and cut into large pieces

Simmer with other ingredients until soft.

SWEET FRIED BREAD

- Bread (Use white bread if you are aiming for an aristocratic dish)
- Milk
- Honey
- Olive oil or butter

Slice bread and remove crusts.

Dip in milk.

Fry in oil or butter

Dribble with honey while still hot.

HONEY MUSHROOMS

- Mushrooms
- Water
- Red wine vinegar
- Honey
- Salt

Heat water, wine and honey.

Add mushrooms and boil until soft.

Add salt.

BOILED EGGS WITH PINE NUTS

- Eggs
- Pine Nut
- Vinegar
- Honey
- Pepper
- Lovage (if possible)

Cover pine nuts in a mixture of honey and vinegar (2/3 vinegar for 1/3 honey) and allow to soak.

Boil eggs and cut in half.

Lay eggs in dish and cover with mixture.

Add pepper and lovage.