



MIDDLE KINGDOM 50 YEAR

SATURDAY, MAY 25, 2019

**A ROMAN  
FEAST FOR  
CELEBRATIONS**

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THE COOKBOOK

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– WITH RECIPES FROM –  
Honorable Lady Bojei Temur  
Baroness Hannah Schreiber  
Mistress Helena Sibylla  
Honorable Lady Mairghread Brightmore  
Lord Oláfr Ígulbjarnarson  
Sgt. Renaude de Lunay  
Honorable Lady Tegan Marie Silvertree

– COMPILED AND EDITED BY –  
Baroness Hannah Schreiber

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## – THANKS FOR DINING WITH US TODAY! –

On behalf of the Midrealm 50th Early Roman Feast team, we look forward to serving you as we present some of the most ancient and largely written-about cuisines — that of ancient Rome.

Roman cooking is one of the earliest cuisines for which we have large portions of documentable examples. Even though it's slightly earlier than the time periods we focus on within the SCA, studying Roman culture gives insight into our medieval ancestors since many Roman practices later became part of the mindset of those during the medieval age – particularly during the Renaissance. Not to mention it was also the predecessor of the regional Mediterranean cuisines we see today. We look forward to presenting our research on dishes from Cato, Apicius, and Columella – just to name a few – who have become so well known for their extravagant meals. The cuisine of ancient Rome presents features sumptuous sauces, sweet-and-sour flavor juxtaposition, and masterful use of aromatic herbs which, when paired together, make the simplest of foods... simply amazing! Playing on the recipes served at various meal times throughout daily life in Rome, our menu will be the perfect end to a warm May day.

This team has been put together from all parts of the Kingdom and we are most humbled and honored to be asked to help host this evening together. Most everyone on the team was involved with some aspect of the research which have been combined together in this booklet as a memento of the evening meal. We hope you take pleasure in trying to replicate some of these dishes at home or for another SCA event.

We look forward to delivering with passion and honor a sumptuous meal!

A handwritten signature in black ink that reads "Hannah". The script is elegant and cursive, with a large initial 'H'.

Baroness Hannah Schreiber  
Head Chef, Saturday Evening Feast

# MARINATED OLIVE RELISH WITH HERBS

**Original Inspiration:** *Cato on Agriculture* – 119

*Epityrum album nigrum variumque sic facito. Ex oleis albis nigris variisque nucleos eicito. Sic condito. Concidito ipsas, addito oleum, acetum, coriandrum, cuminum, feniculum, rutam, mentam. In orculam condito, oleum supra siet. Ita utito.*

*Recipe for a epityrum of green, ripe, and mottled olives.* Remove the stones from green, ripe, and mottled olives, and season as follows: chop the flesh, and add oil, vinegar, coriander, cumin, fennel, rue, and mint. Cover with oil in an earthen dish, and serve.

English Translation: *Latin Text and translation from Loeb Classical Library edition*  
by W. D. Hooper.

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An *epityrum* is an ancient Greek word later adopted by the Romans (like so many things) meaning “over cheese.” This term was frequently used to describe a dip that was served alongside or on top of cheese, which is how this dish gets its name. The original mixture would have contained more oil in order to store the olives for longer periods of time. This dish works well with most types of olives, but keep in mind that Mediterranean varieties will provide a more authentic flavor – like Kalamata and Manzanilla – both of which are easy to find in standard grocery stores.

## **OUR RECIPE:**

- 3½ oz. Whole green olives
- 3½ oz. Whole black
- 1 tsp. Cumin
- ½ tsp. Fennel seed
- 1 Tbsp. Rough chopped cilantro leaves
- 2-3 Rough chopped mint leaves
- 2 Tbsp. Olive oil
- 3 Tbsp. White wine vinegar

Remove pits and roughly chop olives. Combine all ingredients in a bowl, stir, and taste. Add more vinegar, as needed, to taste. Serve in small bowls garnished with whole or sliced olives and herbs on top. Makes a great spread for bread and served along with a soft cheese.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

# LAGANUM (FLAT BREAD)

**Original Recipe:** *Apicius – De Re Coquinaria*, Book 3.

Laganum (plural lagana) was a thin Roman unleavened flat bread. Some think it was soft like a wheat flour tortilla; others think it was crispy. But it wasn't a dried bread. It was made from wheat flour, and baked or fried on a hot flat surface. Some recipes added lettuce juice to the dough.

It's entirely possible that laganum evolved into different forms in different parts of the Roman Empire during different times – and may have continued evolving after the fall of official Rome. Some recipes talk of using sheets of lagana in layered dishes; at other times it was just eaten as a bread. Some modern food writers think that it evolved into lasagna, though most agree that it doesn't seem to have performed any pasta-like role until at least the 400s AD. Isidore de Séville (560-636) talks of Laganum as being cooked first in water, then fried in oil. As the centuries advanced, it may be that the frying in oil afterwards was just dropped.

*An Everyday Dish* – Take pieces of cooked sow's udder, cooked fish, chicken meat and similar bits. Mince evenly, and carefully season. Get a metal dish; set aside. Break eggs in a bowl and mix them. Crush pepper, lovage and origany in a mortar. Add to this broth, wine, raisin wine, and a small amount of oil; add this to the beaten egg, mix, and heat in a hot water bath. When thick, mix with the meat mixture. In the metal dish you set aside, put alternate layers of the egg-meat mixture with layers of laganum, with oil in between. The last layer should be a laganum with a hole cut in it to allow steam to escape. Cook this in a hot water bath. To serve, turn out of the metal dish upside down and sprinkle with pepper.

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**OUR RECIPE:** Makes 4 flatbreads

50 g Whole wheat flour  
25 g White flour  
25 g Rye flour  
¼ tsp. Salt

Mix dry ingredients. Add enough water to make a soft dough. Divide into four pieces. Roll out flat like tortillas. Cook on medium high heat approx. 1-2 minutes per side. It may puff up.

Can be served warm or at room temperature.

*Researched and redacted by the Honorable Lady Tegan Marie Silvertree, 5/2019*

# COLUMELLA'S CHEESE

**Original Recipe:** *Columella – De Re Rustica*, Book VII, Chapter VIII

VIII – Cheese which is to be eaten within a few days while still fresh, is prepared with less trouble; for it is taken out of the wicker-baskets and dipped into salt and brine and then dried a little in the sun. Some people, before they put the shackles on the she-goats, drop green pine-nuts into the pail and then milk the she-goats over them and only remove them when they have transferred the curdled milk into the molds. Some crush the green pine-kernels by themselves and mix them with the milk and curdle it in this way. Others allow thyme which has been crushed and pounded through a sieve to coagulate with the milk; similarly, you can give the cheese any flavor you like by adding any seasoning which you choose. The method of making what we call “hand-pressed” cheese is the best-known of all when the milk is slightly congealed in the pail and still warm, it is broken up and hot water is poured over it, and then it is either shaped by hand or else pressed into box-wood molds. Cheese also which is hardened in brine and then colored with the smoke of apple-tree wood or stubble has a not unpleasant flavor.”

Translation from: Monaco, F. (Retrieved from [tavolamediterranea.com/2017/08/24/making-cheese-romans-columellas-cheese/](http://tavolamediterranea.com/2017/08/24/making-cheese-romans-columellas-cheese/))

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Cheese making is such a simple process that it is difficult to find written documents about the process as the skill was likely to be passed from generation to generation through word-of-mouth. Columella has a couple of different written recipes on the process that discuss the using of either plant or vegetable rennet in order to turn milk into cheese. Both of these processes involve the addition of acid in order to change the milk to curd and whey – and as such, we have used vinegar which is highly documentable to so many recipes in Roman cuisine. This is a very simple cheese for those who would love to just try it out. It pairs nicely with other Roman foods – like figs, walnuts, breads, olives, and raw vegetables.

**OUR RECIPE:** Makes about 2½ c. cheese

1 gallon Whole milk  
½ c. Apple cider vinegar  
1 pt. Heavy cream  
salt to taste  
herbs to taste

### *Instructions for cheese making:*

It's important to be sure all equipment being used is clean – sanitize everything before use. Place milk and cream in large, heavy bottomed pot over medium heat. Use a candy thermometer on the side of the pot to track temperature. While constantly whisking, bring milk up to 180° — do not boil. You will see small bubbles on the surface and steam beginning to rise. Remove from heat and let sit 10-15 minutes. Gently stir in vinegar and then let sit for another 20 minutes until fully separated.

To strain the curds from the whey, place a double layer of cheese cloth or soft linen in a colander in sink or bowl (if reserving whey). Carefully pour curds and whey into the lined colander. Bring up the edges of the cheese cloth and make a bag – let hang to drain out additional whey. Test for firmness after 1 hour and then test again after 2. The longer the bag hangs, the firmer the cheese. Once done draining, unwrap cheese and place in a bowl to mix in salt and herbs. Keep refrigerated for about 8 days.

*Researched and redacted by the Honorable Lady Tegan Marie Silvertree, 5/2019*

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## SEASONED MELON

**Original Recipe:** *Apicius* – Book 3:7:85

*Pepones et melones:* Piper, puleium, mel vel passum, liquamen, acetum. Interdum et silfi accedit.

*Cantaloupe and melons:* Pepper, pennyroyal, honey or passum, garum, and vinegar. Sometimes silphilum is added.

English Translation: published by Walter M. Hill, 1936

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There is question as to if some dishes were served raw rather than cooked and this recipe shows a raw form! This melons recipes shows they ate them with fancy dressing, which today, many people still enjoy melons with pepper or oil and vinegar. This dish would have generally been served in the appetizer course of a meal, but could also be added to a lunch menu.

**OUR RECIPE:** Makes about 12 servings

1 Cantaloupe, whole, then sliced  
1 Tbsp. Wine vinegar  
1 tsp. Garum  
1 tsp. Garlic juice  
1 Tbsp. Honey  
1 Tbsp. Coarse chopped mint leaves  
Pinch black pepper

Seed, remove rind, and slice cantaloupe into crescents about ½-1" thick. Mix ingredients for dressing and pour over melon just before serving. Does not need to marinate.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

# PICKLED ASPARAGUS, BEETS, & CARROTS

**Original Inspiration:** *Apicius* – Book 1: 24, 26, and 35

XXIV: *RAPAE VT DIV SERVENTVR*: 1. Ante accuratas et compositas asperges myrtae bacis cum melle et aceto. 2. Aliter: sinapi tempera melle, aceto, sale et super compositas rapas infundes.

*24 To Preserve Sorel or Sour Dock:* Trim and clean the vegetable. Place them together; sprinkle myrtle berries between, cover with honey and vinegar. Another way: Prepare mustard honey and vinegar also salt and cover them with the same.

XXVI: *DVRACINA PERSICA VT DIV DVRENT*: Eligito optima, et mitte in muriam. postera die exime, et spongiabis diligenter, et collocabis in vas. fundes salem, acetum, satureiam.

*26 To Keep Hard-skinned Peaches:* Select the best and put them in brine. The next day remove them and rinsing them carefully set them in place in a vessel, sprinkle with salt and satury and immerse in vinegar.

XXXV. *MORETARIA*: Mentam, rutam, coriandrum, feniculum, omnia viridia, ligusticum, piper, mel, liquamen. si opus fuerit, acetum addes.

*35 Mortar sauce:* In the mortar, grind mint, rue, coriander and fennel, all fresh and green and crush them fine. Lovage, pepper, honey and broth and vinegar to be added when the work is done.

English translation: Dommers Vehling, J. (1936, reprinted 1977). *De re coquinaria of Apicius*. (Ed.). Mineola, NY: Dover Publications.

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Preservation of foods for later use was a tricky element of Roman cooking due to the lack of refrigeration. These three recipes, when taken together, can be used to redact a recipe that combines vinegar, honey, spices, and vegetables into a preserved dish – or what today we would refer to as a pickle. Our recipe is below.

**OUR RECIPE:** Makes four quarts of pickles

One bunch asparagus

5 pounds of carrots

3 pounds of beets

PER JAR    1 tsp. Coriander seeds  
              2 tsp. Fennel seeds  
              1 tsp. Mustard seeds  
              8       Cloves of garlic  
              ½       Onion, minced  
              1 tsp. Cumin seeds, ground  
              1 tsp. Black peppercorns  
              1 tsp. Ginger

PICKLING  2 c.     Vinegar  
LIQUID    2 c.     Water  
              4 Tbsp. Honey  
              2 Tbsp. Kosher salt

Wash vegetables, slice carrots into discs, slice beets into matchsticks, and blanch both in separate pots of boiling water for 2 minutes before setting in ice bath. Trim asparagus ends before cutting to fit into quart mason jars. Fill each jar with one kind of vegetable, adding listed spices to each jar. Bring vinegar, water, honey, and salt to a boil, then use funnel to pour sufficient hot liquid into each jar to submerge vegetables. Close jar and leave to cool for 1-2 hours on counter, then place in refrigerator for 10-14 days.

*Researched and redacted by Lord Oláfr Ígulbjarnarson, 5/2019.*

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## CUCUMBER SALAD

**Original Recipe:** *Apicius* – Book 3: 84

*Cucumeres rasos: Sive ex liquamine, seiv ex oenogaro; sine ructu et gravitudine teniores senties.*

*Peeled cucumbers* – (Season them) with either garum or with oenogarum; you will find them more tender, and they will not cause belching or heaviness.

English Translation: Herklotz, A., & Giacosa, I. *A Taste of Ancient Rome*, pg. 141.

### **OUR RECIPE:**

2 large Cucumbers  
1 tsp. Garum  
2 Tbsp. Olive oil  
1 tsp. White wine vinegar  
Pinch Black pepper

Wash and peel cucumbers. Slice into thin rounds then cut again in half moons. Combine all ingredients and let sit to marinade about 1-2 hours. More garum can be added to taste.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019.*

# MUSHROOM PATINA

**Original Inspirations:** *Apicius* – Book 7: 13 and 4/6

4. *Boletos fungos: caroenum, fasciculum coriandri viridis. ubi ferbuerint, exempto fasciculo inferes.* 6. *Boletos aliter: thyrsos eorum concisos in patellam novam perfundis, addito pipere, ligustico, modico melle. liquamine temperabis. oleum modice.*

*Book VII: Luxuries, Chapter XIII: Barley mushroom or porcini, Recipes 4 & 6.*

4. *Fresh mushrooms: stewed in reduced wine with a bundle of green coriander (which is removed before serving).*

6. *Stew sliced mushroom stems [per recipe 4 above] and finish by covering them with eggs, adding pepper, lovage, a touch of honey, broth, and oil to taste.*

English translation: Dommers Vehling, J. (1936, reprinted 1977). *De re coquinaria of Apicius. (Ed.)*. Mineola, NY: Dover Publications.

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Reviewing these two recipes gives us opportunities for ingredient substitution and using either black mushrooms or porcini mushrooms as the fungi. Similarly, “green coriander” (aka cilantro) has a strong taste, so substituting tarragon or parsley is a simple change for those not fond of the herb. Lovage is an herb that tastes strongly of celery or parsley, and if unavailable, may be substituted with thyme. And finally, both long pepper and black pepper were both referred to in Rome as “pepper.” Our recipe below takes advantage of all these ingredient flexibilities.

**RECIPE:** Makes one large omelet – serves about 4

300 gm. Black mushrooms  
½ c. Wine reduction  
1 bunch Fresh tarragon  
4 Eggs  
Pinch Fresh ground long or black pepper  
¼ tsp. Fresh thyme  
1 tsp. Honey (and a little more for finishing)  
2 Tbsp. Olive oil  
½ tsp. Salt

Chop the mushrooms and simmer until soft in wine reduction with bundle of tarragon. Remove bundle and add thyme to the pan along with the honey and pepper. In a separate bowl, beat the eggs with salt. Pour egg mixture into pan with mushrooms and cook as an omelette. Do not turn, but finish cooking the top under grill or broiler. Turn out onto large dish and cut into wedges. Brush a little more honey over top and sprinkle with more pepper.

*Researched and redacted by Lord Oláfr Ígulbjarnarson, 5/2019.*

# HAM IN PASTRY

**Original Recipe:** *Apicius* – Book 7: 289

Pernam, ubi eam cum caricis plurimis elixaveris et trius lauri foliis, detracta cute tessllatim incidis et melle complebis. Deinde farinam oleo subactam contexes et ei corium reddis et, cum farina cocta fuerit, eximas furno ut est, et inferes.

After you have cooked the ham in water with many dried figs and three bay leaves, remove the skin and make reticulated incisions, and fill them with honey. Then work together flour and oil and replace the skin (with this pastry). When the pastry is cooked, remove from the oven as it is and serve.

English Translation: Herklotz, A., & Giacosa, I. *A Taste of Ancient Rome*, pg. 96.

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This is an impressive, yet simple dish that can be served either warm or cold. Be sure to reserve the liquid used to boil the ham and make your own sauce!

**OUR RECIPE:** Serves 4

2-3 lb. Boned, raw, uncured ham  
½ lb. Dried figs  
3 Bay leaves  
3 Tbsp. Honey  
3½ c. Flour  
⅔ c. Olive oil (or enough to moisten pastry)  
1 Tbsp. Salt

Trim ham to remove large pieces of fat. Place ham in heavy bottom dutch oven or pot with bay leaves and figs. Fill with enough water to just cover ham. Bring to a boil and then let simmer, covered, until ham is cooked – about 2 hours. Remove ham to cutting board to slightly cool. Remove bay leaves from sauce and reserve remaining sauce from pot.

Make a dough from the flour, oil, and salt. Roll out and place ham in center. Carefully cut crosshatch pattern in top of ham. Spread with honey and some of remaining reserved figs and sauce. Close up pastry and decorate as you see fit. (I made mine to look like a traditional pastry). Bake at 400° for approx 30 minutes until dough is cooked through.

This dish can be served warm from the oven – or is also delicious cold.

*Sauce:* Remove bay and discard. Remove, reserve any whole figs remaining in pot. Bring to boil over med-high heat and add thickener of choice to pot (like rice flour) and thicken. Add figs back in and serve warm or spooned over crust of pastry.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

# A FISH WITH GREEN SAUCE

**Original Recipe:** *Apicius* 454

Sauce for boiled fish: Pepper, lovage, parsley, origany, dry onions, honey, vinegar, broth, wine, a little oil, when boiling, tie with roux and serve in a small sauce boat.

**OUR RECIPE:** Yields about 1 c. sauce

2 Tbsp. Olive oil  
2 Tbsp. White onion, minced  
½ c. Pinot Grigio wine  
½ c. Water  
½ tsp. Vegetable bouillon  
4 Tbsp. Parsley - minced, divided (stems reserved)  
4 Tbsp. Celery leaves - minced, divided  
1½ tsp. Fresh oregano - minced, divided (stems reserved)  
1 pinch Black pepper  
2 Tbsp. Honey  
1 Tbsp. Red wine vinegar  
½ tsp. Salt  
Rice flour for thickening

Sauté onion in olive oil until translucent. Add wine, water, bouillon, and stems of parsley and oregano. Bring to a boil. Reduce heat and simmer two minutes. Remove stems and add pepper, honey, vinegar, and salt plus two thirds of the minced parsley, celery leaves, and oregano. Simmer 5 minutes. Remove from heat. Add rice flour to thicken. When mixed, add the remaining parsley, celery, and oregano leaves just before service. Serve sauce under or over poached white fish. (We used cod.)

*Researched and redacted by the Honorable Lady Bojei Temur, 5/2019.*

# SEAFOOD CAKE

**Original Recipe:** *Apicius* 41

Minced dishes: There are many kinds of minced dishes. Sea-food minces are made of sea-onion, or sea crab-fish, lobster, cuttle-fish, ink fish, spiny lobster, scallops and oysters. The forcemeat is seasoned with lovage, pepper, cumin, and laser root.

**OUR RECIPE:** Makes 8 balls, 1 Tbsp

6 oz. Shrimp – raw, shelled, and deveined  
1 Tb. Fennel bulb  
¼ tsp. Minced fennel fronds  
2 tsp. Minced celery leaves  
⅛ tsp. Ground cumin  
¼ tsp. Salt  
2 pinches freshly ground black pepper  
Vegetable broth for poaching

Finely mince raw shrimp. With the side of the knife blade mash the shrimp into a paste. Finely grate fennel and then blanch with boiling water. Drain fennel and press to remove all moisture. Mix shrimp, fennel, fennel fronds, celery leaves, and spices. Scoop out 1 Tbsp. portions. Dampen hands and roll into balls. Poach in boiling broth until the balls float to the surface. Poach an additional minute to ensure shrimp is cooked through.

*Researched and redacted by the Honorable Lady Bojei Temur, 5/2019.*

# BROCCOLI WITH COUSCOUS

**Original Recipe:** *Apicius* – Book 3: 87 & 92

87 *Cimas*: Cumminum, salem, vinum vetus et oleum. Si voles, addes pipr et ligusticum, mentam, rutam, coriandrum, folia coliclorum, liquamen, vinum, oleum.

*Cabbage sprouts*: Cumin, salt, aged wine, and oil. If you wish add pepper and lovage, mint, rue, coriander, cabbage leaves, garum, wine and oil.

92 *Aliter*: Coliculis conditis ut supra superfundes alicam elixam cum nucleis et uva passa; piper asperges.

*Another recipe*: Over the young cabbage, seasoned as above pour boiled spelt with pine nuts and raisins; sprinkle with pepper.

English translation: Dommers Vehling, J. (1936, reprinted 1977). *De re coquinaria of Apicius*. (Ed.). Mineola, NY: Dover Publications.

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Many recipes in *Apicius* build off of one another and become variations of each other – this is one such recipe chain where 87 becomes 92. The cabbage sprouts, which we interpret as broccoli, can be documented clearer in other *Apicius* recipes. Using the seasoning from the first recipe along with items from the second and swapping the use of spelt for couscous, which is more economical for feasts and still a wheat product. This dish has it all – sweet, savory, and full of Roman goodness!

**OUR RECIPE:** Makes 4 servings

2 lb.	Broccoli, crown and stem	Garum or salt, to taste
½ c.	Olive oil	½ c. Strong red wine
2 tsp.	Cumin	¾ c. Raisins
1 tsp.	Ground coriander	½ c. Toasted pine nuts
1 tsp.	Dried chopped rosemary	2 c. Cooked small couscous

Place wine and raisins in saucepan over medium heat to plump. Toast pine nuts in dry pan over medium heat watching so they do not burn. Set aside. When raisins are ready, add in olive oil, cumin, coriander, rosemary, salt (or garum) and pepper. Stir well and let simmer for about 2 minutes until rosemary has absorbed some of the sauce.

Cook couscous by package directions. Fluff with fork to ensure it gets fluffy. Cut, trim, and cook broccoli by either steaming or boiling. Combine broccoli mixture with cooked raisin sauce. Toss in pine nuts and mix with couscous.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

# GRILLED OCTOPUS\*

**Original Inspiration:** *Apicius – De Re Coquinaria*

In polypo: pipere, liquamine, lasere. Inferes.

Cook with pepper, lovage, broth, laser, ginger and serve.

English Translation: Grocock, C., & Grainger, S. (2006). *Apicius – A Critical Edition With an Introduction and English Translation*.

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This bare bones recipe leaves lots of room to experiment. Cooking technique makes use of several methods described by Apicius for other fish dishes. The tender octopus is first soaked in milk and then poached in a cooking broth before finishing on the grill with a honey glaze.

## **OUR RECIPE:**

Octopus, prepared and cleaned

Whole Milk

Clarified Honey

Cracked Pepper

Lovage

Ginger root

Garum

1 cup chicken stock

As with the historical recipe all amounts are strictly to taste. For this recipe the octopus was soaked in milk (to reduce any briney taste) for an hour. Using the stock, garum and herbs make a broth and bring to a simmer. Add octopus and cook until it starts to until it is almost cooked through. Remove and place on a hot grill. Thin honey with some of the simmering liquid and brush on octopus as it grills. Remove when seared and cooked through. Finish with cracked pepper and serve.

*Researched and redacted by Sgt. Renaude de Lunay, 5/2019*

*\*BONUS DISH! This dish was served to headtable due to dietary restrictions.*

# EGG CUSTARD WITH PRESERVED QUINCE\*

**Original Inspiration:** *Apicius – De Re Coquinaria*

*Tiropatinam:* accipies lac, aduersus quod patinam estimabis, temperabis lac cum melle quasi ad lactantia, oua quinque ad sextarium mittis, si ad eminam, oua tria. in lacte dissoluis ita ut unum corpus facias, in cumana colas et igni lento coques. cum duxerit ad se, piper adspargis et inferes.

*Cheese patina:* take some milk and choose a dish of sufficient size to hold it; flavour the milk with honey as though for milk pudding. Put in 5 eggs to a pint or 3 to a ½ pint. Dissolve them in the milk so that you have a smooth emulsion. Strain it into a Cumaean clay dish and cook over a slow fire; when it has set, sprinkle with pepper and serve.

*Ut mala cydonia diu seruentur:* Eligis mala sine vitio cum ramulis et foliis, et condes in vas, et suffundes mel et defritum, et diu servabis.

*To preserve quince:* Pick out perfect quinces with stems and leaves. Place them in a vessel, pour over honey and defrutum and you'll preserve them for a long time.

English Translation: Grocock, C., & Grainger, S. (2006). *Apicius – A Critical Edition With an Introduction and English Translation.*

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This classic custard combines the sweetness of cream and honey with the tartness of quince and a sharp hint of black pepper.

## **OUR RECIPE:**

5 Large eggs  
8 oz. Whole milk  
2 oz. Clarified honey  
1 Medium Quince, peeled & cored  
½ tsp. Cracked black pepper

Wash and submerge quince in honey. When ready to prepare the dish peel core and thinly slice quince. Combine the eggs, milk, and honey in a bowl and whip until combined and frothy. Poor into a greased mold and bake at 350 until just set. Cook down quince and some of the honey used for storage into a thickened syrup. Chill custard once set. Unmold and top with quince syrup. Finish with cracked pepper and serve.

*Researched and redacted by Sgt. Renaude de Lunay, 5/2019*

*\*BONUS DISH! This dish was served to headtable due to dietary restrictions.*

# SAVILLUM

**Original Inspiration:** *Cato – Concerning Agriculture*, 160 BCE

Make a savillum thus: Mix half a libra of flour and two and a half librae of cheese, as is done for libum [another kind of cheesecake]. Add  $\frac{1}{4}$  libra of honey and 1 egg. Grease an earthenware bowl with oil. When you have mixed the ingredients well, pour into the bowl and cover the bowl with an earthenware testo [lid]. See that you cook it well in the middle, where it is highest. When it is cooked, remove the bowl, spread with honey, sprinkle with poppy, put it back beneath the testo for a moment, and then remove. Serve it thus with a plate and spoon.

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A savillum is kind of similar to a cheese cake – but maybe only in that it is made of cheese! It has a dense texture but not quite the same constancy as compared to a modern cheesecake. The use of a “testo” was a method to get an oven-like bake while using cookware – you can use a regular pie plate or spring-form pan to make this cake. Earthenware pie plates also work great.

The cake puffs up nicely, smells amazing while baking, and reaches a golden brown color mound as it cooks. It can get very mushy after the additional honey is added and you may want to let it sink in a bit before baking again. This dish is fantastic hot – but also good at room temperature. This is also an EASY dish that makes a great addition to a revel or potluck!

**OUR RECIPE:** Makes one deep 8-10" pie (or 2 at 6")

3½ c. Ricotta cheese, drained or densely packed

$\frac{3}{8}$  c. Honey

1¼ c. Flour, whole-wheat or white

1 Egg, beaten

+  $\frac{3}{4}$  c. Honey (reserve)

1 Tbsp. Poppyseeds

Preheat oven to 350°. In a bowl, mix all the ingredients – except the extra  $\frac{3}{4}$  cup honey and the poppyseeds. Pour into a deep pie dish, cake pan, or springform and cook for 1 hour and 30 minutes. Test with toothpick for doneness – it should come out clean and be golden around the edges. Remove cake from oven when done and palce on a firm surface. Poke holes (I use a skewer) about 1" apart alll across top surface. Drizzle the additional  $\frac{3}{4}$  c. honey over top allowing it to seep into the cake. Top with the poppy-seeds and bake for 10 minutes more.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

# SESAME CRACKERS

**Original Inspiration:** Athenaeus – *Deipnosophistai*

“Round biscuits from honey and toasted sesame seeds in olive oil.”

[Athenaeus – The Partying Professors]

English Translation from Grant, M. (2008). *Roman Cookery*, pg. 147.

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The original work by Athenaeus is a description of a banquet or dinner party composed of a group of philosophers who come together to eat and drink and entertain themselves with a long discussion of the banquets, dining customs, and food and drink of the past. In the process, they describe a wide variety of dishes, both elaborate and ordinary, that they have been served or have heard about in various other literary works. Basically, they're sitting around drinking and showing off their knowledge of food in literature!

Athenaeus describes these as *elaphos*, a flat cake in the form of a deer made of spelt flour, honey, and sesame seeds, made for the festival of Elaphebolia, dedicated to Artemis (hence the deer shape). For simplicity here, we have made these as a round wafer.

**OUR RECIPE:** Makes about 20-24 wafers

3½ oz. White sesame seeds  
2 oz. White flour  
¼ Tsp. Salt  
1 Tbsp. Olive oil  
2 Tbsp. Honey  
3 Tbsp. Water (approximately)

Toast sesame seeds in a dry pan over medium heat or on a sheet pan in the oven until golden brown and fragrant. Combine all ingredients in a mixing bowl and work together with a fork or by hand to make a tough pastry. Add a little more water if the pastry won't hold together, a teaspoon at a time. Form into a ball, wrap with plastic, and refrigerate for one hour or until firm.

Roll pastry on a lightly floured surface as thin as you like – no thicker than ¼ inch. Cut into small rounds (2") and place on oiled or parchment-lined baking sheet. Bake at 350° for 5-10 minutes or until slightly golden. Cool on a wire cooling rack.

*Researched and redacted by Mistress Helena Sibylla, 5/2019*

# SMASHED FRUIT PRESERVES

**Original Inspiration:** *Apicius* – Book 1: 22

How to preserve blackberries: Make a purée of some blackberries and mix it with syrup and put it in a glass vessel and mix it with some more blackberries. You will keep it for a long time.

We choose peaches because they are appropriate to *Apicius* and are currently in season – also because jams are always made with good ripe fruit! The only jam-like recipe is for blackberries however there are instructions for preserving whole fruits in honey. Examples of these fruits include apples, quince, figs, citron, plums, pears, and cherries.

**OUR RECIPE:** Makes about 4 pints

4 cups Ripe peaches puréed  
2 cups White sugar  
3 Tbsp Lemon juice

Place peeled and pitted peaches in a food processor and process until smooth. Put purée, sugar and one tablespoon of lemon juice into a large deep pot. Bring to a light boil and cook 20 minutes, stirring frequently. The jam is ready at 221°. When it reaches 221°, remove from heat and add the remaining lemon juice. Will keep under refrigeration for 6 weeks.

*Researched and redacted by the Honorable Lady Mairghread Brightmore, 5/2019*

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## STUFFED DATES

**Original Inspiration:** *Apicius* – Book 7: 296

*Dulcia domestica:* Palmulas vel dactilos excepto semine, nuce vel nucleis vel popere trito infercies. Sale foris contgis, frigus in melle cocto et inferes.

*A homemade sweet:* Remove the pits from palmyra fruits or dates, and stuff them with walnuts or pine nuts or ground pepper. Roll them in salt, fry in cooked honey, and serve.

English Translation: by Herklotz, A., & Giacosa, I., *A Taste of Ancient Rome*, pg. 47.

**OUR RECIPE:** Makes about 12-15 dates, depending on size

5 oz. Pitted dried dates  
3 oz. Walnuts, whole or pieces  
½ c. honey + 1 Tbsp.  
2 Tbsp water  
Sea salt (optional)

Toast walnuts, then chop finely and toss with 1 Tbsp. honey. Stuff pitted dates with walnut mixture. Combine honey and 2 Tbsp water until blended. Carefully place dates in warm honey and gently toss to coat. Serve warm sprinkled with the sea salt just before serving.

*Researched and redacted by Baroness Hannah Schreiber, 5/2019*

ROMAN FEAST – MAY 25, 2019



## RESEARCH TEAM

***Thanks to everyone that contributed to  
researching, influencing, or inspiring  
others in helping to create this feast!***

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***An electronic copy of this booklet can be  
downloaded from Hannah's website at***

***ArgentSun.net***

***Look under XXXXXXXXXX***

From formalities to feast : the link for ancient Roman weddings between the wedding ceremony itself and the celebrations that followed was the cake. This page looks at how the ancient Romans first developed the wedding cake : what it was like, how it was used, and how it became the extravagant confection we think of today. It looks briefly at Italian wedding cakes today, and at how you can incorporate the ancient Roman food traditions relating to cakes in your own wedding to give it that authentic Italian feel. Don't miss it! And it suggests what you can do if you want your own reception to reflect the wedding traditions of the ancient Roman wedding feast. And so to bed As darkness fell the bride would be symbolically "ripped" from her mother's arms by the matron of honour.