

# WINTER FEAST

JANUARY 9, 2010

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BRAVE, FIRST TEST FEASTERS (MUNDANE NAMES): IAN, HEIDI, SHAWN & KEAGAN LUCE; CHRIS,  
AMBER, REBEKAH & ZOE SCHMALING; JESS HOROWITZ & FELIX BLINN.

SECOND TEST FEASTERS (MUNDANE NAMES): CHRIS, AMBER, REBEKAH & ZOE SCHMALING;  
JESSIE & EDWARD CHAGNON; RACHEL THURLOW; GRIFFITH KELLOGG.

LAMB STOCK AND SEKANJABINS BY (MUNDANE NAME): KRIS MCKOSH

VEGETABLE STOCK BY (MUNDANE NAME): AMY PROVOST

THANKS TO MASTER MILES OF WHITEWOOD HALL (PAUL WHEELER) FOR GENERAL FEAST ADVICE.

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RECIPES, AS APPROPRIATE. IF YOU REPRINT OR REUSE THIS MENU IN ITS  
ENTIRETY PLEASE INCLUDE THIS INTRODUCTORY PAGE.**

**THANK YOU.**

# MENU

## BEVERAGES

WATER.

“STONEMARCHE TEA” SEKANJABIN

“FIRE BALL” SEKANJABIN

## COURSE I

BREAD W/ VARIOUS SPREADS:

- TYROS DIA KOSKINOY (CHEESE AND HONEY)
- EPITYRUM (OLIVES WITH HERBS)
- WHIPPED BUTTER.

**GLUTEN-FREE BREAD AVAILABLE TO THOSE WITH ALLERGIES.**

LENTICULA (SPICY (SPICED) LENTILS)

ALITER HAEDINAM SIVE AGNINAM EXCALDATAM (LAMB STEW)

## COURSE II

KREA TARIKHERA (HAM IN RED WINE SAUCE)

LUCANICAE (SMOKED SAUSAGES)

PASTINACAE (FRIED CARROTS AND PARSNIPS)

THRION EX ORYZA (GOAT’S CHEESE AND RICE IN VINE LEAVES)

**PLAIN BASMATI RICE AVAILABLE TO THOSE WITH ALLERGIES.**

KRAMBE (CABBAGE SALAD)

## COURSE III

CHICKEN WITH VARIOUS SAUCES:

- POLLOS CUM IURE (PLUM SAUCE)
- PULLUS VARDANUS (MILK & NUT SAUCE)
- ALITER IN STRUTHIONE ELIXO (MUSTARD SAUCE FOR BOILED OSTRICH)
- ALITER CUCUMERES (BOILED CUCUMBER WITH FENNEL SEED)
- EREBINTHOI KNAKOSYMMIGEIS (CHICKPEAS IN SAFFRON SAUCE)

## COURSE IV

SAVILLUM (ROMAN CHEESECAKE)

PIRA CONDITIVA IN SAPA (PEARS PRESERVED IN RED WINE)

ENKHYTOI (HONEY CAKES)

## Tyros Dia Koskinou - Cheese and Honey

(serves ~8)

### **Original Recipe:**

Tyros Dia Koskinou (from Athenæus' *Deipnosophistae*):

“Break off a piece of cheese, put it in a bowl, then turn a bronze sieve over the top and work the cheese through. Whenever you are about to serve pour sufficient honey over it.”

**Modern Redaction** - p. 149, Roman Cookery

### Ingredients:

200g feta cheese

4 tbsp clear honey

Twist of black pepper

### Method:

This is an extremely simple dish, yet the saltiness of the feta and the sweetness of the honey work very well together.

Grate the cheese as best you can, pour the honey over this, add a twist of pepper and serve. Because of its crumbly texture and salty nature Feta cheese is a good starting point for this dish. However, other cheeses can be used to suit individual states (blue cheeses such as Stilton and Danish Blue also work quite well).

## Epityrum - CHOPPED OLIVE RELISH

(Serves about 100)

### Original:

Cato the Censor, *On Agriculture*:

How to make green, black or mixed olive relish:

Remove stones from green, black or mixed olives, then prepare as follows: chop them and add oil, vinegar, coriander, cumin, fennel, rue, mint. Pot them: the oil should cover them. Ready to use.

**Modern Redaction** - Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim al-Fassi

### Ingredients:

4 lb pitted Green Olives  
1 cups Red Wine Vinegar  
2 cups Olive Oil  
1/2 cup chopped fresh Fennel Leaves  
1/3 cup chopped fresh Cilantro  
1/3 cup chopped fresh Parsley  
1/3 cup chopped fresh Mint  
7 TBSP ground cumin

### Method:

1. Chop olives coarsely.
2. Chop herbs.
3. Grind coriander seeds.
4. Mix herbs and seeds with vinegar.
5. Mix with olives.
6. Pour in olive oil, mix.
7. Cover and let marinate several days in the refrigerator.

## Lenticula - Spicy Lentils

(serves 100)

Anthimus, *On Foods*:

‘Lentils are good when washed and carefully boiled in fresh water. Make sure that the first lot of water is poured away, and a second lot of hot water added as required, but not too much, and then boil the lentils slowly on the stove. When they are cooked, add for seasoning a little vinegar, together with the addition of that spice which is called Syrian sumach. Sprinkle with a spoonful of this spice over the lentils off the fire and serve. You can add for flavoring a good spoonful of oil from unripe olives to the second lot of water while the lentils are still cooking, as well as one or two spoonfuls of coriander including the rootes – not ground but whole - and a pinch of salt for seasoning.’

**Modern Redaction** - p. 138, Roman Cookery

### Ingredients:

6 oz Puy lentils  
1 tbsp red wine vinegar  
Juice of half a lemon or 2 tsp sumach  
1 slice of lemon  
1 tbsp olive oil  
2 tsp ground coriander seeds (Jess’ note: replace coriander w/ cumin)  
A handful of fresh coriander leaves  
Sea salt

### Method:

Boil the lentils in one pint of water for about 30 minutes or until tender. Then drain off the water, add the vinegar, lemon juice or sumach, slice of lemon, olive oil, half a wineglass of water and the ground coriander seeds. Season with salt and simmer gently with the lid off for 20 minutes. Just before serving, chop the coriander leaves finely and sprinkle over the lentils.

**Our Version** (GRUFFYDD):

4½ pound lentils  
¾ cup Red wine vinegar  
12 Lemons juiced ( save zest of 6)  
¾ cup olive oil  
½ cup chopped cilantro  
salt

Boil the lentils in salted water until tender. Drain the water and add the vinegar, lemon juice, olive oil, 2 cups of water.

Gently simmer with lid off for about 20 min.

Just before serving sprinkle on the cilantro and lemon zest.

## Aliter haedinam sive agninam excaldatam - Lamb Stew

(serves ~8)

Aliter haedinam sive agninam excaldatam (from Apicius' *De Re Coquinaria*)

“Aliter haedinam sive agninam excaldatam: mittes in caccabum copadia. cepam, coriandrum minutum succides, teres piper, ligusticum, cuminum, liquamen, oleum, vinum. coques, exinanies in patina, amulo obligas.”

### Translation

“Put pieces of kid or lamb in the stew pot with chopped onion and coriander. Crush pepper, lovage, cumin, and cook with broth oil and wine. Put in a dish and tie with roux.”

**Modern Redaction** - <http://www.celtnet.org.uk/recipes>

### Ingredients:

900g neck or breast of lamb  
1 small onion, finely chopped  
1 tsp cilantro  
½ tsp each of pepper, and cumin  
1 tsp liquamen (or Nam Pla)  
1 tbsp olive oil  
1 tbsp red wine  
1 tbsp corn flour [though the original recipe would have used flour roux]

### Method:

Cut the lamb into 2cm cubes and gently fry in oil. Meanwhile grind the onion and the spices together in a pestle and mortar. Mix the liquamen, olive oil and wine into this to form a paste.

Add this paste to the meat and fry for a minute or so. Add some water or lamb stock (about 3 cups) to this and simmer gently for about two hours until the meat is tender (remember to check the liquid level and add more as needed).

When the lamb is essentially done mix the corn flour with a little water (broth is better) and add this to the stew to thicken it. Serve immediately.

## Lucanicae - Smoked Sausages

(serves about 100)

Apicius, Book II, Chapter IV:

“Lucanicae made similarly to the above: crush pepper, cumin, savory, rue, parsley, mixed herbs, bay berries, fish sauce, and mix with well-beaten meat, pounding it well with the ground spice mixture. Mix with fish sauce, whole peppercorns, plenty of fat, and pine nuts, stuff into an intestine pulled very thin and hang in the smoke.”

**Modern Redaction** - Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim al-Fassi and GRUFFYDD

### Ingredients:

20 lb. ground chicken (we were avoiding pork for certain people with allergies)  
1/4 cup and 1 heaping Tbsp. ground Cumin Seeds  
1/2 cup fresh Savory  
1/2 heaping cup chopped fresh Italian (flat leaf) Parsley  
(other herbs)  
300 ground Juniper Berries  
1-1/2 cups Tiparos (brand) Thai Fish Sauce  
1 Tb. Liquid Smoke Flavoring  
1 ½ lbs ground Pine Nuts  
300 ground Black Peppercorns  
12 eggs  
1 ½ gluten free bread crumbs  
pinch of salt

### Method:

1. Mix herbs and spices.
2. Add fish sauce and liquid smoke.
3. Divide the meat and seasonings into quarters to assure even distribution of seasonings.
4. Mix seasonings well with ground meat.
5. Mix in egg and bread crumbs

Roll in to meat balls and lightly fry in olive oil place in a roasting pan and cover with tin foil to finish cooking in oven at about 350 degrees.

## Krea Tarikhera - Ham in Red Wine Sauce

(serves 4 – **sauce serves more, do not increase meat and sauce equally**)

Krea Tarikhera (from the *Heidelberg Papyrii*)

“Cured meat or slices of ham, similarly raw meat: first the cured meat is boiled a little just to take away its saltiness. Then put all these ingredients into a pan: four parts wine, two parts of grape syrup, one part of wine vinegar, dry coriander, thyme, dill, fennel. Fry, after putting everything in together at the start, then boil. Half-way through the cooking some people add honey and ground cumin, others pepper, and after putting the sauce into a warmed pot they add little pieces of hot loin and bread.”

**Modern Redaction** – p. 124, Roman Cookery and Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim al-Fassi

### **Ingredients:**

250g sliced ham  
250ml red wine  
60ml red wine vinegar  
1 tsp dried dill  
1 tsp dried thyme  
2 tsp ground coriander  
1 tbsp honey  
half a head of fennel (about 175g)  
1 tsp ground pepper  
1 thick slice gluten free bread  
sea salt and pepper to taste

### **Method:**

Finely chop the fennel and add to a pan. Mix all the spices and the liquid ingredients together and add to the pan. Bring to the boil and simmer until the fennel has softened. Meanwhile remove the crusts from the bread and cut into rough portions. Put the bread in a blender and add the fennel and wine sauce. Blend until smooth and return to the pan, warming before serving.

Arrange the slices of ham on the plate and pour the warmed sauce over the top. Serve immediately.

## **Pastinacae - Fried Carrots and Parsnips**

Anthimus, *On Food*:

“Parsnips and carrots are good when boiled well and mixed in other dishes. They are also diuretic. If they are eaten fried, parboil them first in water.”

**Modern Redaction** - p 146, Roman Cookery and GRUFFYDD

For one table of 8 or so:

1 lb carrots

1 lb parsnips

deep fryer

vegetable oil

### **Pre-Feast:**

Slice carrots and parsnips. Parboil 3-5 minutes until just tender. Drain.

### **Just before serving:**

Deep fry until parsnips are golden brown on edges. Drain. Serve.

## Thrion ex Oryza - Goat's cheese and rice in vine leaves (Serves 6)

Ancient commentator on Aristophanes' *Knights*:

'Thrion is wheat groats or rice or finest wheat flour boiled in sufficient quantities. Then pour off the water and knead the mixture with soft cheese and a few eggs. Then it is enclosed with fig leaves and tied up with hemp or papyrus or flex and placed in a stock of boiled meat until it has been sufficiently cooked. Then take out, remove the leaves, put in a new frying pan with fresh honey and cook. Turn it until it is properly done and is brown. Remove and serve with honey poured around it, either from the boiled honey or another lot of honey. It is called thrion because of the fig leaves where are called by the same name.'

**Modern Redaction** - p 94, Roman Cookery

3 oz basmati rice	20-25 vine leaves
1 tbsp olive oil	1 egg
1 beef stock cube	2 fl oz honey
½ pint boiling water	Sea salt
3 oz goat cheese	

Fry the rice in olive oil for two minutes in a heavy pan, stirring frequently. Add 1 pint of boiling water, season with salt, turn down the heat and simmer gently with the lid on until the rice is expanded and soft and the water all absorbed into the rice. Remove the pan from the flame. Finely dice the cheese and beat the egg and combine them with the rice. Take a heaped tablespoon of the rice mixture and lay it on the bottom third of a vine leaf. Bring the bottom part of the leaf over the rice mixture, fold the sides of the leaf over and then roll the rice mixture up to the top of the leaf to form a neat parcel. Repeat the process until all the rice has been used. Place the parcels in a casserole. Dissolve the stock cube in half a pint of boiling water and pour over the rice parcels. Put the covered casserole in the oven at 330° F for an hour. Pour the honey into a large frying pan. Heat the honey and gently transfer the parcels from the casserole to the frying pan. Turn several times until the parcels are coated in honey. Remove the parcels and serve with a spicy accompaniment, honey being a popular adjunct of peppery foods in ancient times.

**TESTING NOTES:** We first did this as a casserole with whole leaves layered (w/out frying in honey – added honey to broth poured over and baked 1 hour) – too tough to cut leaves but it did add flavor. Second test feast we made the casserole with chopped leaves mixed in and baked. Also delicious and faster than individually making them. Day of feast Jess was inspired to wrap individually – also good.

## Krambe - Cabbage Salad

Mnesitheus on Cyzicus, quoted in *Oribasius, Medical Compilations*:

“You should cut up cabbages with a very sharp knife, then wash them and allow the water to drain off; cut up together with the cabbage a sufficient quantity of coriander and rue; then sprinkle with honeyed vinegar and grate on top a small quantity of asafetida.”

**Modern Redaction** - Aesa and Gruffydd

### Ingredients:

1 md Cabbage  
3 oz Olive oil  
1 Tbsp Liquamen (see separate recipe below)  
1 Tbsp White wine  
1/2 tsp Cumin seed, ground  
1 tsp Caraway seed  
1 Leek, trimmed, chopped fine  
1 Coriander leaf (cilantro), chopped  
(optional)  
Pepper and salt to taste

### Method:

- 1) Peel off the tough outer layers of the cabbage and core the remainder. Boil the cored cabbage in enough water to cover for 15-20 minutes, until tender. Drain, then rinse the cabbage in cold water until cool. Drain again, then chop well.
- 2) Mix together the remaining ingredients and pour over the chopped cabbage. Mix well and serve.

NOTE: This recipe may be prepared without chopping the cabbage leaves; also, with the cabbage still warm; and lastly, with 2 boiled and sliced leeks added to it.

## Liquamen ex Piris - Vegan Liquamen

Palladius, *On Agriculture*:

“A liquamen from pears suitable for those avoiding meat can be made like this: the ripest pears are mashed with pure salt. When their flesh has been pulped, leave to mature either in small wooden tubs or in earthenware pots that have been treated with pitch. After the third month the suspended flesh releases a juice of pleasant taste and of whitish colour. Alternatively, the following works well: at the moment when the pears are being salted you should stir in some rather dark wine.”

**Modern Redaction** – Roman Cookery, liberal reinterpreted by Colette

### Ingredients:

2 qt. 100% grape juice reduced to 1 qt.

1-2 Tbsp white vinegar

4-6 ripe pears, peeled, cored and steamed (or otherwise cooked until tender)

Salt

water

### Method:

In a blender combine juice, pears and salt. Mixture should have a strong, fruity/salty flavor with an approximate balance between the sweet of the juice and fruit and the salt. Add water if too thick – should be easily to pour.

Remember, this is used in some recipes to replace the strong, salty fish sauce normally used (the substitution does not work in all recipes as it is not the same flavor at all), so it should be a strong flavor – not something delicate.

Also works with reduced red wine, as originally called for. We were working to avoid alcohol in some dishes and the replacement for juice and vinegar was very similar in this recipe.

## **Roasted Chicken**

36 lb. Chicken Thighs and Legs

Put pieces in a single layer in enough roasting pans.

Sprinkle chicken with salt and pepper.

Roast at 375 degrees Fahrenheit, turning so they brown evenly until cooked through, between 30 and 45 minutes.

To serve, plate cooked chicken and pour sauce over.

## Pollos cum Iure - Chicken With Plum/Prune Sauce

(Serves about 100)

Apicius, Book VI, Chapter V, Recipe 1:

“Sauce for Various Birds. Pepper, grilled cumin, lovage, mint, stoned raisins or damsons, a little honey; blend with myrtle wine, vinegar, fish sauce, and oil. Heat up and stir with celery and savory.”

**Modern Redaction** - Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim al-Fassi

### Ingredients:

40 pitted Prunes  
warm Water to cover  
4 ½ cups Red Wine  
6 TBSP Red Wine Vinegar  
6 TBSP Tiparos (brand) Thai Fish Sauce  
6 TBSP Olive Oil  
2 TBSP Honey  
3 sprigs Mint  
1/2 tsp Cumin Seeds  
1/8 tsp. ground Black Pepper  
3 sprigs Savory Herb  
1 cup prune juice

### Method:

Soak prunes in lukewarm water.  
Plunge fresh plums in boiling water.  
Drain and chop prunes, saving liquid.  
Put all ingredients in saucepan, bring to boil and simmer 20 min., stirring, and mashing prunes and plums occasionally.

Taste and adjust seasonings.

## Pullus Vardanus - Chicken à la Varus

(serves about 100)

Pullus Vardanus (from Apicius' *De Re Coquinaria*)

“Pullus Vardanus: pullum coques iure hoc: liquamine, oleo, vino, <cui mittis> fasciculum porri, coriandri, satureiae. cum coctus fuerit, teres piper, nucleos cyathos duos et ius de suo sibi suffundis et fasciculos proicies. lac temperas, et reexinanes [in] mortarium supra pullum, ut ferveat. obligas eundem albamentis ovorum tritis, ponis in lance et iure supra scripto perfundis. hoc ius candidum appellatur.”

### Translation

“Chicken à la Varus: Cook the chicken in this stock: broth, oil, wine, a bunch of leeks, coriander, saturey; when done, crush pepper, nuts with 2 glasses of water and the juice of the chicken. Retire the bunches of greens, add milk to taste. The things crushed in the mortar add to the chicken and cook it together: thicken the sauce with beaten whites of egg and pour the sauce over the chicken. This is called ‘white sauce.’ “

Though based on the work of the Roman fourth-century CE gastronome, Apicius this recipe also employs a description given in a poem by the first-century CE poet, Martial.

**Modern Redaction** - <http://www.celtnet.org.uk/recipes>

### Ingredients:

9 TBSP Nam Pla  
3 TBSP olive oil  
 $\frac{3}{4}$  cup Chablis  
1 pound finely chopped pine nuts  
whites of three hard boiled eggs  
 $\frac{3}{4}$  cup milk  
 $\frac{3}{4}$  cup reserved liquid from cooking chicken.

### Method:

Mix all ingredients except the chickens cooking liquid.  
Pulse in a blender

Pour in to a sauce pan and add in reserved liquid from roasted chicken slowly bring to a low simmer stirring constantly until it thickens.

## **Aliter in Struthione Elixo - Sauce for boiled ostrich**

Apicius, Book 6, I-2:

“Sauce for boiled ostrich. Use pepper, lovage, thyme or savory, honey, mustard, vinegar, stock, and olive oil.”

**Modern Redaction** - <http://www.celtnet.org.uk/recipes>

### Ingredients:

4 tblsp honey  
2 tblsp rd wine vinegar  
3-4 tblsp olive oil  
2 sprigs of mint  
2 stalks savory  
2 tsp wholegrain mustard  
½ cup chicken drippings

### Method:

Mix all ingredients and bring to simmer.

## **Aliter cucumeres - Cucumber with Fennel Seed**

(Serves over 100)

Aliter cucumeres (from Apicius' *De Re Coquinaria*):

“Aliter cucumeres: piper, puleium, mel vel passum, liquamen et acetum. interdum et silfi accedit.”

### **Translation:**

“Cucumbers, pepper, pennyroyal, honey or condensed must, broth and vinegar; once in a while one adds silphium.”

**Also... from Pliny, Natural History:** p. 135 Roman Cookery

“When scraped and cooked in olive oil, vinegar and honey, cucumbers are without doubt more delicious.”

**Modern Redaction - <http://www.celtnet.org.uk/recipes>**

This recipe departs from Apicius' original recipe somewhat in using fennel seeds. Silphium is extinct – asafetida is an expensive and apparently not-quite-the-same substitute. Pennyroyal was omitted for its toxicity/abortifacient issues. If you want to get closer to the original omit the fennel seed and add a tiny drop of asafoetida.

### **Ingredients:**

40 cucumbers sliced diagonally  
24 sprigs of mint, finely chopped  
1 ½ cups honey  
1 4/5 liter vegetable stock  
1 1/5 liter white wine vinegar  
12 tsp fennel seeds  
black pepper

### **Method:**

Slice the cucumbers into a pot. Season with a twist of black pepper and the mint and add the honey along with the stock and the vinegar. Bring this to the boil, cover and simmer gently for a few minutes.

Spoon the cooked cucumbers onto a plate, sprinkle with fennel seed and a twist of black pepper before serving.

## **Erebinthoi Knakosymmigeis - Chickpeas in Saffron Sauce**

(Serves about 80)

*Piloxenus*, The Dinner, quoted in *Anthenaeus* (circa 170-239 CE), The Partying Professors:

“And then chick-peas marinated in saffron, plump in their tender youth.”

Modern Redaction - p. 149, Roman Cookery and Gruffydd

### Ingredients:

A couple generous pinches of Saffron  
a few Tb. Warm Water  
7 pounds dried Chickpeas  
2 cups Olive Oil  
Salt to taste, as garbanzos already salted  
2 TBSP. ground Cumin Seed  
2 TBSP. chopped cilantro  
2 tsp. ground Black Pepper

### Method:

Allow chick peas to soak over night in cool water, drain and cook in salted water till tender

Crumble saffron threads in a tablespoon or two of warm water. Let stand about 15 minutes.

Put chickpeas in a pot with olive oil and a little water, stir well, and heat on medium fire, adjusting heat as needed so they don't burn.

Add saffron, cumin, and salt to taste.

Stir and simmer until warm through.

Taste and adjust seasonings, adding more cumin as needed.

Garnish with cilantro when ready to serve.

## Savillum - Roman cheese cake

### **Original:**

*Cato the Censor, de Agricultura:*

“Make a savillum thus: Mix 1/2 libra of flour and 2 1/2 librae of cheese, as is done for libum. Add 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. 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 underneath the testo for a moment, and then remove. Serve it thus with a plate and spoon.

### **Modern Redaction** - *The Classical Cookbook* and Quentus

#### Ingredients:

15 ounce container whole milk ricotta  
2 8-ounce packages cream cheese, softened  
half cup unbleached flour  
quarter cup whole wheat flour (or substitute all flour for a gluten-free baking mix, as we did)  
3 eggs  
half cup honey

#### Topping:

one third cup honey  
3 tablespoons poppy seeds

#### Method:

(Makes ~ 48 mini muffin-tin-sized cheese cakes or 1 large spring pan – watch cook times.)

Sift flours together. Blend cheeses and mix well until no large lumps remain.

Add flour, eggs, and honey, and beat until smooth. Pour into two lightly greased 8-inch pie pans.

Bake at 350° F for 30-35 minutes, or until lightly browned.

In a small saucepan, heat the topping ingredients over low heat to thin the honey out. Drizzle the topping over cooked pies and return to oven for 3-5 minutes.

Be very careful removing them from the oven, as the honey becomes very thin and liquid, and can easily run off the top of the pie.

Serve warm.

## **Pira Conditiva in Sapa – Pears Preserved in Wine**

Cato, *On Agriculture*:

‘Plaint or grant giant pears, pear named after Anicius that ripen in late autumn (these will be good preserved in sapa), pears from Tarentum, must pears, melon pears, and so on for as many other varieties as possible’

**Modern Redaction** - Roman Cookery, p. 113

### Ingredients:

4 pears  
60 ml/2 fl. oz sapa

### Method:

Peel and cut the pears in half. Remove the stalks and core. Steam gently for 20 minutes or until soft. Place in a serving dish, pour over the *sapa*, and allow to marinate for at least an hour, spooning the *sapa* onto the pears from time to time. Serve with cake or biscuits.

## **Sapa – Reduced Wine Sauce**

Pliny, *Natural History*:

‘But siraem, which those other people call hepsema, but which we Romans call sapa, an artificial rather than a natural product, calls for must reduced to a third part of its original volume.’

**Modern Redaction** - Roman Cookery, p. 33

### Ingredients:

Red wine or  
Red grape juice

### Method:

Pour into a saucepan and boil vigorously whilst stirring until one-third remains. Leave to cool and decant into a sterilized bottle.

## Enkhytoi - Honey cakes

Athenaeus, *The Partying Professors*:

‘Menander makes mention of the flat cakes called “moulded” in his Heracles the Imposter: “It is not possible to make those Lydian recipes nor the sort of dishes you usually beat into on mass – honey, fine flour, eggs.”’

**Modern Redaction** - p. 150 Roman Cookery

### Ingredients:

3 eggs  
200g clear honey (day of feast = 5oz)  
50 g white flour (day of feast = 1/3 c.)

### Method:

Beat eggs until stiff, gradually adding the honey as you do so. Fold in the sifted flour, pour into an oiled casserole dish and place in a oven pre-heated to 330 degrees Farenheit for 1 hour serve warm with honey.

### **Our notes:**

These rise incredibly (3-4 times their initial volume) and then fall – it is what is supposed to happen, just allow for room in the oven for that. The final product is a chewy, dense cake that is hard to cut without deforming. The above recipe makes 8-10 cupcake-sized cakes (filling the cups w/ 1/4 or 1/3 c. of batter each). Make sure the tins are well greased. Serving warm is important – they get tough when they cool.

**Resources:**

Various Latin/English online dictionaries and translators.

Roman Cookery by Mark Grant.

The Classical Cookbook by Andrew Dalby and Sally Grainger.

<http://www.celtnet.org.uk/recipes> - a great place to start for all kinds of recipe searches, though sometimes the translations or redactions are off, but a good starting place for more research.

Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim al-Fassi's recipes from a 2003 Mists  
Principality Bardic Greco-Roman Feast. <http://home.earthlink.net/~lilinah/directory.html>