

AN AFTERNOON OF ROMAN FOOD

SOFT BOILED EGGS IN PINE NUT SAUCE

ROAST TUNA

FRIED VEAL ESCALOPE WITH RAISINS

PARSNIPS WITH CORIANDER

STUFFED DATES

NUT TART

SOFT-BOILED EGGS IN PINE-NUT SAUCE

In ovis hapolis: piper, ligustcum, nucleos infusos. Suffundes mel, acetum; liquamine temperabis.

For soft-boiled eggs: pepper, soaked pine nuts. Add honey and vinegar and mix with garum. (Apicius, 329)

for 4 small eggs

200g pine nuts

2 teaspoons ground pepper

1 teaspoon honey

4 tablespoons *garum* or anchovy paste

Soak the pine nuts overnight in water. Then drain and grind them finely in the blender or pound them in a large mortar. Add the pepper, honey and *garum*. Heat the sauce in a bain-marie. Meanwhile put the eggs into a pan of cold water and bring to the boil. Let them cook for 3½ minutes, then take them off the heat, plunge them into cold water and peel them carefully. The outer edge of the egg white must be firm, but it must be soft inside. Put the eggs, left whole, into a deep serving bowl and pour over the sauce. Serve.

This recipe can be adapted easily to other eggs, such as quail's eggs. In that case keep an eye on the cooking-time: a quail's egg will be firm in 1 minute.

Found at <http://www.press.uchicago.edu/Misc/Chicago/233472.html> *

ROAST TUNA

Ius in cordula assa: piper, ligustcum, mentam, cepam, aceti modicum et oleum.

Sauce for roast tuna: pepper, lovage, mint, onion, a little vinegar, and oil. (Apicius, 435)

for the vinaigrette

3 tablespoons strong vinegar
2 tablespoons *garum*, or vinegar with anchovy paste
9 tablespoons olive oil
4 finely chopped shallots
1 teaspoon pepper
1 teaspoon lovage seeds
25g fresh mint

Put all of the vinaigrette ingredients into a jar and shake well to blend them together.

Brush your tuna fillets with oil, pepper and salt, then grill them on one side over a hot barbecue. Turn them and brush the roasted side with the vinaigrette. Repeat. The tuna flesh should be pink inside so don't let it overcook. Serve with the remains of the vinaigrette.

Found at <http://www.press.uchicago.edu/Misc/Chicago/233472.html> *

FRIED VEAL ESCALOPE WITH RAISINS

Vitella fricta: piper, ligusticum, apii semen, cuminum, origanum, cepam siccam, uvam passam, mel, acetum, vinum, liquamen, oleum, defritum.

Fried veal: pepper, lovage, celery seed, cumin, oregano, dried onion, raisins, honey, vinegar, wine garum, oil, defrutum. (Apicius, 335)

for the sauce

¼ teaspoon cumin
½ teaspoon celery seed
1 teaspoon peppercorns
½ teaspoon dried oregano
1 tablespoon lovage
1 tablespoon dried onion
1 teaspoon *defrutum*
1 teaspoon honey
2 tablespoons white raisins
300ml dry white wine
1 dash vinegar
1 dash *garum*

Pound the cumin and the celery seed in powder, then grind the peppercorns. Mix all the ingredients together and leave the raisins to macerate for at least a few hours and up to a day. Beat the veal fillets with a rolling-pin or meat-tenderizer, until they are flattened. For Roman authenticity, the escalopes should be cut into small pieces or strips after frying—they didn't use knives at table. Sprinkle with salt and pepper, then fry briefly on both sides in a hot pan with a little olive oil. Remove the veal from the pan. Put the sauce mixture, let it reduce, then pour it over veal and serve immediately.

Found at <http://www.press.uchicago.edu/Misc/Chicago/233472.html> *

PARSNIPS WITH CORIANDER

ALITER SPHONDYLOS. Parsnips. Grind cumin and rue. Mix with stock, some boiled wine, olive oil, fresh coriander and chives. Serve the boiled parsnips in place of saltfish. (Apicius, Book 3, XX-4)

2 bunches parsnips, peeled and coarsely chopped
2 tsp cumin
sprig of rue, finely chopped
1 chicken stock cube in 150 ml water
2 tblsp olive oil
handful of fresh coriander
handful of fresh chives

Parboil and drain parsnips. Heat stock, oil and cumin and add parsnips. Add chopped fresh herbs and heat through before serving.

Other parsnip recipes for comparison (them Romans apparently went for parsnips):

XX-2. ALITER. Parsnips. Boil with salt, oil, unmixed wine, chopped fresh coriander and whole peppercorns.

XX-3. ALITER. Parsnips. Pour over the boiled parsnips a thick sauce made from these ingredients: grind celery seed, rue, honey, pepper, raisin wine, stock and a little olive oil. Thicken with starch, sprinkle with pepper and serve.

XX-5. ALITER. Take boiled parsnips, half cook and then stew in olive oil, stock and pepper. Colour them with a little raisin wine, thicken with starch and serve.

XX-7. ALITER. Take boiled parsnips and remove the fibers growing from them. Pound them and then mix the pulp with boiled spelt, eggs, pepper and stock. Make a stuffing of this mixture by adding nuts and pepper. Roast the parsnip stuffing in skin and serve with wine sauce.

Found at <http://www.3owls.org/sca/cook/roman.htm>

NUT TART

Patina versatilis vice dulcis: nucleos pineos, nuces fractas et purgatas, attorrebis eas, teres cum melle, pipere, liquamine, lacte, ovis, modico mero et oleo, versas in discum.

Try patina as dessert: roast pine nuts, peeled and chopped nuts. Add honey, pepper, garum, milk, eggs, a little undiluted wine, and oil. Pour on to a plate. (Apicius, 136)

400g crushed nuts—almonds, walnuts or pistachios
200g pine nuts
100g honey
100ml dessert wine
4 eggs
100ml full-fat sheep's milk
1 teaspoon salt or *garum*
pepper

Preheat the oven to 240°C/475°F/Gas 9.

Place the chopped nuts and the whole pine nuts in an oven dish and roast until they have turned golden. Reduce the oven temperature to 200°C/400°F/Gas 6. Mix the honey and the wine in a pan and bring to the boil, then cook until the wine has evaporated. Add the nuts and pine nuts to the honey and leave it to cool. Beat the eggs with the milk, salt or *garum* and pepper. Then stir the honey and nut mixture into the eggs. Oil an oven dish and pour in the nut mixture. Seal the tin with silver foil and place it in roasting tin filled about a third deep with water. Bake for about 25 minutes until the pudding is firm. Take it out and when it is cold put it into the fridge to chill. To serve, tip the tart on to a plate and pour over some boiled honey.

Found at <http://www.press.uchicago.edu/Misc/Chicago/233472.html> *

STUFFED DATES

DULCIA DOMESICA. Homemade sweets. Take palms or dates, with the stones removed, and stuff them with nuts or nut kernels and ground pepper. Salt the dates on top and bottom and fry in cooked honey, and serve. (Apicius, Book Seven, XI-I)

25g pine nuts
25g walnuts
20 fresh pitted dates
salt
5 tbsp honey

Crush the pine nuts and walnuts separately. Carefully slit the dates, and fill half of them with pine nuts, and the other half with walnuts. Salt lightly. Heat the honey in a pan, add the dates, and cook gently for a few minutes.

Found at <http://www.3owls.org/sca/cook/roman.htm>

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[Around the Roman Table: Food and Feasting in Ancient Rome](#)

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Translated by Shaun Whiteside

© 2003, 384 pages, 28 halftones, 29 line drawings

Paper \$18.00 ISBN: 0-226-23347-2

[For sale in Canada and the USA only.]

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