

Cenula Apud Sylviam

Green et Black Olives

Pseudo-Stuffed Dormice with Optional Honey and Poppy Seed Garnish

Fish -Pickle- Mild- from *Roman Cookery* by John Edwards

Fish-pickle Cheese hors D'oeuvres- from *Roman Cookery* by John Edwards

Baked Ham in Pastry- from *Roman Cookery* by John Edwards

Panis Zinziberi- from *Sweet Revenge* by Diane Mott Davidson

Cream Puffs with Date & Raisin Filling- from *Joy of Cooking* by Irma Raumbauer



Menu for Trimalchio's Feast reprinted from
John Edward's *The Roman Cookery of Apicius*

Trimalchio's Feast

Gustatio (Hors d'oeuvres)

White and black olives	Damsons and pomegranate seeds
Dormice sprinkled with honey and poppy seeds	Beccaficos in spiced egg yolk
Grilled sausages	Honeyed wine

Fercula (Prepared dishes)

Foods of the Zodiac served on a round plate (on the sign of the Ram, chick-peas; on the Bull, beef; on the Twins, kidneys; on the Crab, a crown of myrtle; on the Lion, African figs; on the Virgin, a sterile sow's womb; on the Balance, scales supporting tarts and honey cakes; on the Scorpion, a scorpion fish; on the Archer, an eyefish; on the Goat's horns, a lobster; on the Waterbearer, a goose; on the Fishes, two red mullets) served with bread and surrounding:

Roasted fattened fowls, sow bellies, and hare
Roast whole wild boar with dates, suckled by piglets made of cakes and stuffed with live thrushes
Boiled whole pig stuffed with sausage and black puddings

The *fercula* served with Falernian wine 100 years old

Mensae secundae (Dessert)

Fruits and cakes	Quince-apples and pork disguised as fowls and fish
Boned, fattened chickens and goose eggs	Oysters and scallops
Pastries stuffed with raisins and nuts	Snails

Petronius, *Satyricon*.

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Appendix of Recipes

I. "*Glires: Mice*: stuff the mice with minced pork, mouse meat from all parts of the mouse ground with pepper, pine kernels, laser and *garum*. Sew the mouse up and put on a tile on the stove. Or roast in a portable oven" (Apicius 408, Faas, 290). Edwards suggests replacing laser with either ginger or fennel though it is still used in Indian sauces and called heeng (xxiv). Ground items were mashed with a pestle in a mortar.

II. "*Lucaniae: Lucanian sausages*: Pepper is ground with cumin, savory, rue, parsley, condiments, bay berries, and *garum*. Finely ground meat is mixed in, then ground again together with the other ground ingredients. Mix with *garum*, peppercorns, and plenty of fat, and pine nuts; fill a casing stretched extremely thin, and thus it is hung in smoke" (Apicius 61, Giacosa 182). Edwards suggests replacing rue (very bitter) with rosemary or leaving it out (xxv).

III. "*Pernam...Deinde farinam oleo...*: Ham in Pastry: ... 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" (Apicius 290, Giacosa 96). This casing can be used for other than the original ham and I think it could be used on the quail substitution for figpeckers.

IV. "*Pullus farsilis: Stuffed Chicken*: Gut the chicken from the neck, as for chicken with *garum* sauce. Grind pepper, lovage, ginger, ground meat, boiled spelt, brain cooked in broth. Break eggs and add, mixing everything to a uniform consistency. Mix with *garum* and put in a bit of oil, peppercorns, abundant pine nuts. Make a stuffing [of these ingredients] and fill the chicken or suckling pig, leaving some space. Use the same procedure with a capon, boning it before cooking it" (Apicius 250, Giacosa 103-4). Faas suggests using celery leaves or parsley in place of lovage (151).

V. "*Sumen Plenum (Stuffed Sow's Belly)* Grind pepper, caraway, and salted sea urchin. [Fill the belly,] sew it together, and cook. [This dish] should be eaten with fish-pickle and mustard" (Apicius VII-II, 2, Edwards, 148). This is tripe.

VI. "*Ius album in assum leporem*: Clear sauce for roasted hare: Pepper, lovage, cumin, celery seeds, yolk of a hard-boiled egg. Grind, gather up, and make a ball of this. In a pot cook *garum*, wine, oil, a bit of vinegar, chopped onion; then add the ball of condiments and stir with oregano or savory. If necessary, thicken with starch" (Apicius 387, Giacosa 114-5).

VII. "*Aliter ius in mullos assos*: Another sauce for grilled red mullet: rue, mint, coriander, fennel, all fresh, pepper, lovage, honey, *garum* and a little oil" (Apicius 456, Faas, 333).

VIII. "*Farcimina: Sausage*: Grind eggs and brains, pine nuts, pepper, *garum*, and a bit of silphium, and fill a casing with this. Boil, then roast and serve" (Apicius 62, Giacosa, 183).

IX. "*Botellum sic facies*: Small sausage; Take the yolks of six hard-boiled eggs, chopped pine nuts, onion, and sliced leeks, and mix with blood [and forcemeats]. Add ground pepper and fill the intestine with the stuffing. Cook in stock and wine" (Apicius, II, III, 2, Edwards, 26).

X. "*Vitulinam sive bubulam...*: Veal or beef with leeks [or] quinces or onions or colcasia: *Garum*, pepper, silphium, and a bit of oil" (Apicius 354, Giacosa, 91). Giacosa comments that "As often the case in *De re coquinaria*, the principal ingredients are cited in the title, but the text contains the ingredients for the condiment alone (91).

XI. "*Aliter dulcia: Sweets*: Take the finest wheat flour and cook it in boiling water until a stiff paste results. Spread this upon a platter [to cool]. When cold, cut it into the shape of sweetcakes and fry these in the best olive oil. Remove [them from the pan]. Pour honey over them, sprinkle with pepper and serve. The result is even better if [the wheat flour is cooked] not in water, but in milk" (Apicius VII, XI, 6, Edwards, 174). Edwards also comments that "Apicius used the word 'pepper' loosely. In the first century A.D., cinnamon and nutmeg were thought by the Romans to have common points of origin with pepper" (172). I myself was intrigued by a recipe for

gingerbread (not Apician) that I tried recently- it really does have pepper in it and it was delicious!
XII. "*Placentum sic facito*...Cato instructs the chef to use 4lbs. of flour (*farina*) and 2lbs. of *aliciae*.... from this kneaded mixture of flour, *aliciae*, and water the chef is now to make *tracta*"(Cato in Solomon, 542-3). This versatile dough was either made in sheets, dried, then layered or used in fancy pastries. Layered it might have worked similar to phyllo and it was also used as a thickening agent, by adding broken bits to a sauce.

XIII. "*Embractum baianum: Ostreas minutes sfondylos*: Baian sauce: Into a pot put small oysters, mussels, jellyfish, chopped roasted pine nuts, rue, celery, pepper, coriander, cumin, *passum*, *garum*, dates and oil" (Apicius 433, Giacosa, 129). These would all have been local since Trimalchio is supposed to have lived near Baiae.

XIV. "*Cochleas Lacte Pastas*: Snails fed with milk: Take the snails and wipe them off with a sponge. Remove the membranes so that the snails may emerge [from their shells]. For one day, put them in a vessel with milk and salt, and then for a few days afterwards, only with milk. Cleanse them of their dross every hour. When the snails have become too large for their shells, fry them in olive oil. Add a little wine sauce and serve. Similarly, snails can be fattened on meat" (Apicius, VII, XVI, 1, Edwards, 182).

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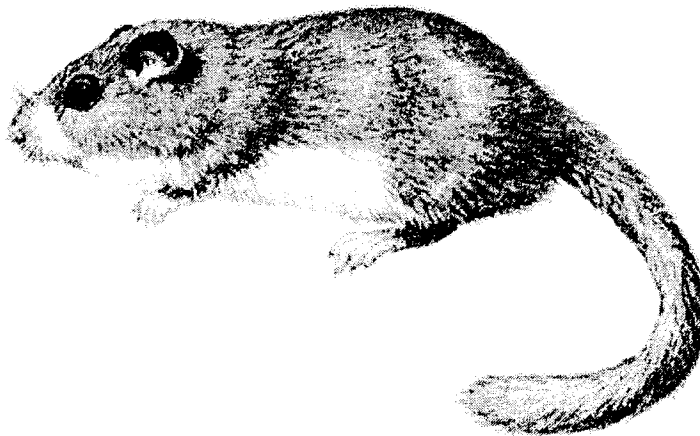
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Dormouse





Door-Prize Gingerbread



Baking spray that includes flour (to be used to prepare pans)

2 2/3 cups all-purpose flour (high altitude: add 1/4 cup plus 2 tablespoons)

2 teaspoons baking soda

2 teaspoons ground ginger

1/2 teaspoon ground cinnamon

1/4 teaspoon freshly grated nutmeg

1/4 teaspoon ground cloves

1/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

4 sticks (1 pound) unsalted butter

2 cups unsulfured molasses

2 large eggs

2 cups sugar

1 1/2 cups boiling springwater

1 1/2 cups sour cream

1 teaspoon freshly grated gingerroot

3 tablespoons orange juice (high altitude: add 3 tablespoons)

Preheat oven to 350°F. Take out three 4-cup nonstick castle molds and baking spray.

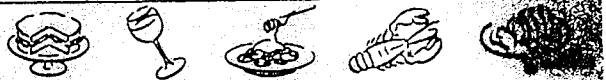
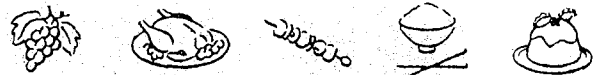


not spray pans until just before batter is to go into the oven.

Sift together the flour, baking soda, spices, salt, and pepper. Melt the butter with the molasses, and set it aside to cool.

Using the paddle attachment of an electric mixer, beat the eggs with the sugar until they are very thick and almost white. Add the butter mixture and beat on low speed, just until combined. Add the flour-spice mixture, and beat on low speed, just until combined. Using a rubber spatula, scrape the sides of the bowl and the paddle attachment, and stir well, making sure all the ingredients are well combined. Add the boiling water, sour cream, gingerroot, and orange juice, and beat 3 minutes. Scrape down the sides of the bowl and the paddle attachment, making sure all the ingredients are well incorporated.

Spray the 3 castle molds with the baking spray until every surface inside the molds is completely covered. Immediately pour the batter into the molds, dividing it evenly. Bake for 25 to 30 minutes, and check with a toothpick to see if the gingerbread is done. If necessary, allow another 5 to 10 minutes for the gingerbreads to bake, until a toothpick inserted into the middle of each gingerbread comes out clean. (You may



also bake the gingerbreads on convect, checking after 25 minutes.)

Cool the gingerbreads on racks for 20 minutes. Carefully invert them to unmold on greased racks. Cool completely, then carefully slide onto serving plates. Decorate as desired, and serve with best-quality vanilla ice cream.

MAKES 3 GINGERBREADS; EACH GINGERBREAD MAKES 4 TO 6 SERVINGS

SPECIAL INGREDIENTS

Mild Fish-pickle

both as a seasoning, a relish, and used like a paté.

1 lb. washed, canned unsalted sardines
1 lb. unsalted anchovies
2 t. white wine
1 T. vinegar
½ t. mustard seed
½ t. oregano
1 t. bay seed (or lovage)
1 T. olive oil
½ t. honey
pinch of basil
¼ t. thyme

In a mixing bowl, thoroughly combine all ingredients. This fish-pickle may be stored in the refrigerator in a glass jar for up to 2 weeks, and should then be replaced.

1 lb. washed, canned unsalted sardines
1 lb. unsalted anchovies
2 t. white wine
1 T. vinegar
½ t. mustard seed
½ t. oregano
1 t. bay seed (or lovage)
1 T. olive oil
½ t. honey
pinch of basil
¼ t. thyme

Hot Fish-pickle

both as a seasoning, a relish, and used like a paté.

1 lb. washed, canned unsalted sardines
1 lb. unsalted anchovies
1 T. white wine
1 T. vinegar
1 T. olive oil
1 t. of garlic, crushed
¼ t. pepper
2 t. parsley
1 t. rosemary, ground
¼ t. sage

In a mixing bowl, thoroughly combine all ingredients. This fish-pickle may be stored in the refrigerator in a glass jar for up to 2 weeks, and should then be replaced.

1 lb. washed, canned unsalted sardines
1 lb. unsalted anchovies
1 T. white wine
1 T. vinegar
1 T. olive oil
1 t. of garlic, crushed
¼ t. pepper
2 t. parsley
1 t. rosemary, ground
¼ t. sage
1 t. of finely chopped basil
pinch of basil

In a mixing bowl, thoroughly combine all ingredients. This fish-pickle may be stored in the refrigerator in a glass jar for up to 2 weeks, and should then be replaced.

Baked Ham

4-5 lb. ham
1 c. figs
3 laurel or bay leaves
½ c. liquid honey

Place the ham in a pan and half cover with water. Bring to a boil and simmer for 1 hour. Drain and discard the water. Add figs, laurel leaves, and fresh water. Simmer for a further 2-3 hours. Take ham from the pot, cool it, and remove the skin. Score ham deeply, and dredge the incisions with liquid honey.

Pastry:
2½ c. flour
½ t. baking powder
1 c. shortening
1 raw egg
water
½ t. cider vinegar or lemon juice

Make the pastry as directed below, roll it out and pull it around the ham. Smooth the ends for a pleasing appearance.

Bake in a 350° F oven for 15 minutes or until puffed and brown.

For the pastry, mix flour and baking powder. Cut the shortening into the mixture. In a bowl, mix the egg and add sufficient water to it to make a stiff dough of liquid. Add vinegar or lemon juice. Blend the wet and dry ingredients with a fork, then cool the dough in the refrigerator for 1 hour before using with the ham.

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The Gourmet

Fish-pickle Cheese Hors D'oeuvres

1 c. mild white farmer's cheese
2 T. honey
2 T. mild fish-pickle (see p. 2)
½ t. ground pepper

Coarsely grate the cheese, then combine with honey, fish-pickle, and coarsely ground pepper. Alternatively, combine the grated cheese with 3 t. olive oil, 1 t. coriander, and 2 T. honey.

Chill before serving as appetizers. Very good with thin, crisp breads. Delicious and easily made for parties. They mate wonderfully well with Spiced Wine Apicius or dry white wines.