



The ancient Roman consular road “AB REGIO AD CAPUAM”, which we will call Annia Popilia, as it began under the consul Popilio and ended during the subsequent consulate of Annio, connected the federated city of Reggio Calabria to Capua and from here, through the Appia , with which it intersected, in Rome.

It was built by the Romans to transport wood supplies (with which to build ships) for foodstuffs (in particular cheese, wheat and legumes) and to allow armies to travel to Sicily and, from there, to the East.

The cuisine of the past was very simple, based on cereals, legumes, various types cheese and fruit. With the conquest of the East, it acquired particular flavors and aromas that to us today may seem like a mix between oriental and medieval cuisine.

What we know today about the cuisine during Roman times comes mainly from the recipe book of Apicius, a well-known gastronome of the Imperial age, who wrote: “**De re coquinaria**” from where we can get the greatest knowledge on ancient Roman cuisine.

The main ingredient of Roman cuisine was "garum" a brine used, probably, instead of salt, very expensive and difficult to find.

Pepper, cumin and “ligustico” honey were the most used spices and the "main dishes" were based on meat, mainly pork. A feature of ancient Roman cuisine was the combination of contrasting flavors such as sweet with spicy or sweet with savoury.

Surely in our days the recipes of the famous chef Apicius would not have much success while for the Romans of the time they were extremely refined and appetizing.

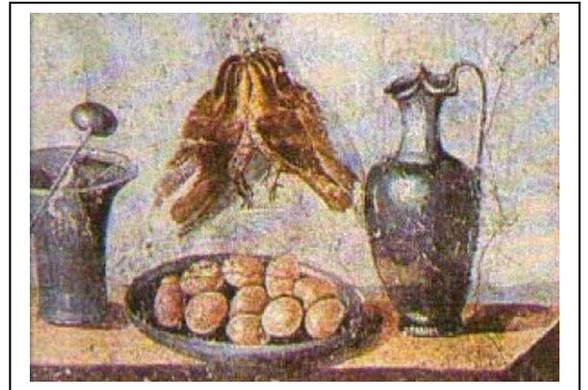
Thanks to his work, the "**De re Coquinaria**", we still have the majority of recipes from ancient Rome. Like that of tyropatina, a milk and egg-based pudding that we will try to make.

The ingredients are few and simple; we certainly always have them in the kitchen. Milk, eggs, honey and pepper.

*Tyropatinam (in Latin)*

**“Accipies lac, quod aduersus patinam aestimabis, tempera lac cum melle quasi ad lactantia, ova quinque ad sextarius mittis, si ad heminam, ova tria. in lacte dissulvis ita ut unum corpus facias, in Cumana colas et igni lento coques.**

**Cum duxerit ad se, piper aspargis et inferes.**

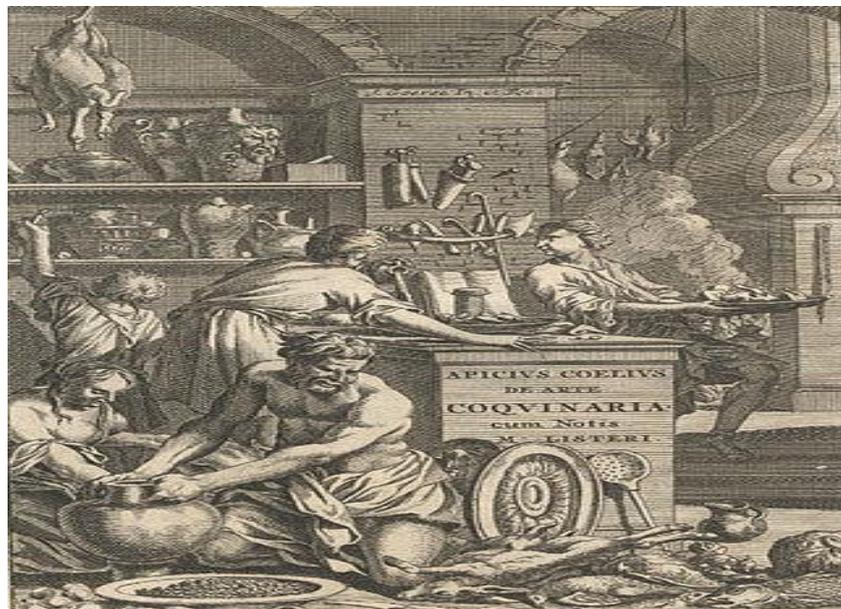


Tyropatina (translation)

Take milk in proportion to the pan, melt the milk with honey as to make lactantia, put 5 eggs for a sextary of milk (542ml) or 3 for 1 hemin of milk (271ml).

Dissolve in the milk to form a single body, pour into a Cumana (low bowl with lid) and cook over low heat.

When it is set, sprinkle with pepper and serve.



## An ancient cookbook

Structure of the work

Manuscript from about 900BC , discovered in the monastery of Fulda in Germany and purchased in 1929 by the New York Academy of Medicine.

The work is divided into ten books with Greek titles

- I. Epimeles (The expert in the kitchen),
- II. Sarcoptes (The minced meat)
- III. Cepuros (Vegetables)
- IV. Pandecter (Pandette)
- V. Ospreon (Of legumes)
- VI. Aeropetes (The birds)
- VII. Polyteles (Delicious food)
- VIII. Tetrapus (Quadrupeds)
- IX. Thalassa (The sea)
- X. Halieus (The fisherman)

Our interpretation of the ancient recipe

"ANCIENT ROME" cheese flan by Students and Culinary teacher of Ipalb Tur in Villa San Giovanni

INGREDIENTS typical of the area:

2/6 SPOONS OF HONEY

5 EGGS

250 GR OF WHITE CHEESE

100 GR OF RICOTTA

50 GR OF GOAT cheese

100 GR OF FETA

20 GR OF BUTTER (MELTED)

600 ML OF MILK

PEPPER AS NEEDED.

PREPARATION :

Mix the honey and eggs with a fork until the honey is mixed. Incorporate the white cheese, goat cheese, feta and dilute with the milk and melted butter.

Finally filter to eliminate any lumps and / or air bubbles.

Bake in a medium oven (130 °), in a pan greased with oil, for 1h / 1h 30m.

At the end of cooking, leave to cool for 30 min. and place on a plate sprinkling with black peppercorns.



