

Roman Recipes

The Romans enjoyed fine food and wine. They had books of recipes like we do today. One recipe book has survived since the 4th century. These recipes are similar to some found in the book.

Suckling Pig Pastries **Set the oven to 180 C**

Have fun making some little pastry pigs

200 grams of flour

100 grams of fat (lard, butter or margarine)

Currents

Water

Sugar (not authentic but they taste nicer with it)

- Rub the fat into the flour, add a little water to make a dough.
- Shape into small pigs, add currents for eyes.
- Sprinkle with sugar and bake on a baking tray for about 10 minutes until golden brown.

Libum **Set the oven to 200 C**

Libum is a kind of cheesecake which can be served hot or cold

100 grams of flour

200 grams of soft cheese (ricotta or cream cheese)

1 egg beaten

4 bay leaves

2 tablespoons of clear honey

- Sift the flour into a bowl.
- Beat the cheese until it is soft, then stir in the flour and the egg. It should now be like a soft dough.
- Divide it into 4 and mould each piece into a bun shape. Place them on a greased baking tray, tucking a bay leaf under each one.
- Cover the cakes with an overturned tin or oven proof casserole dish and bake for 35-40 minutes until golden brown.
- Warm the honey and pour it over the hot cakes leaving it to be absorbed for 30 minutes before eating (if you can resist the temptation to eat them while still warm!)

These original recipes come from the writings of Cato. He was a Roman consul who wrote about agriculture, he included simple recipes for farmers to use. Libum was used as a sacrificial cake sometimes offered to different household gods.