



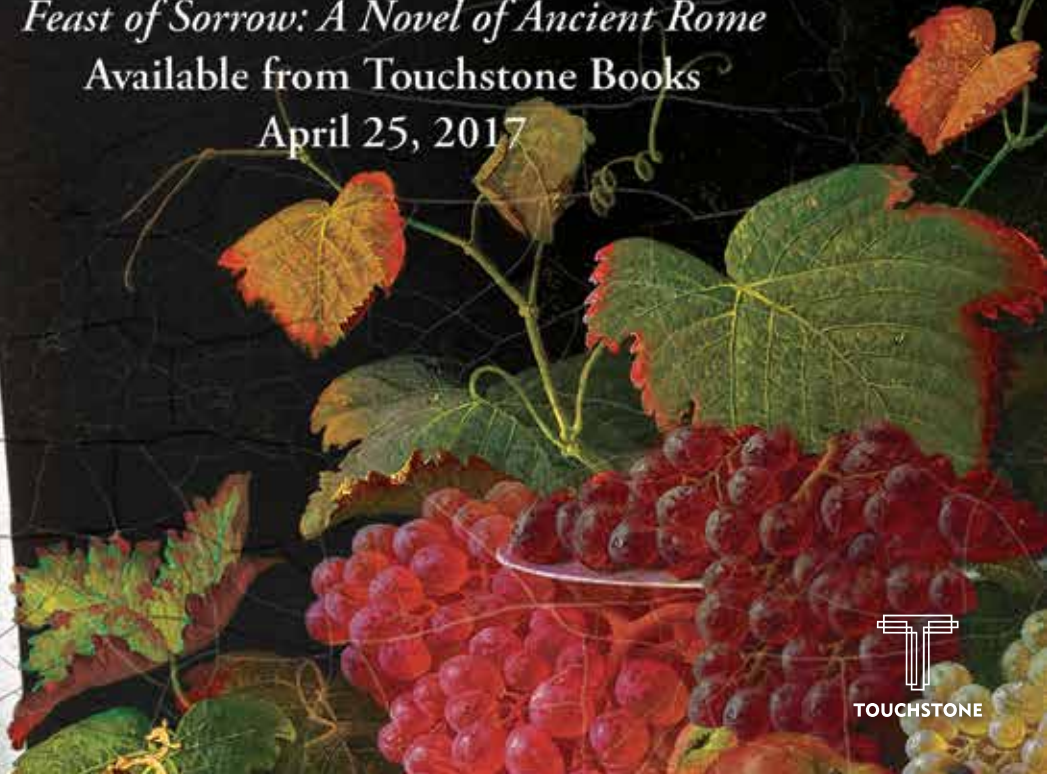
# A TASTE OF FEAST *of* SORROW

RECIPES INSPIRED BY THE ANCIENT  
ROMAN COOKBOOK, APICIUS

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*Feast of Sorrow: A Novel of Ancient Rome*  
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## INTRODUCTION

One of my earliest writing inspirations, Anaïs Nin, once said, “We write to taste life twice, in the moment and in retrospect.” In writing *Feast of Sorrow*, I’ve been fortunate enough to go even further and actually taste the life my characters lived by recreating the recipes from the ancient cookbook, *Apicius*.

Though it is likely that there were other gourmands in Ancient Rome, Marcus Gavius Apicius, the central figure in my novel, is the only one known to us. Historians believe that he lived sometime in the first century C.E., during the time of Caesar Tiberius. It is thought that Apicius was responsible for several different books about cooking, including one on sauces referenced by several ancient chroniclers, but none has survived. However, a cookbook that bears his name was passed down through the eons and, ultimately, it is Apicius’s most important legacy. The oldest known collection of recipes, it is believed to have been compiled in the third or fourth century, long after Apicius lived, though it is likely that some of the recipes were first developed in his kitchen.

One of the first things I learned about ancient Roman cuisine is that it is nothing like the Italian foods we eat today, many of which simply did not exist in Italy during the time of Apicius or were not yet considered edible. For example, lemons did not arrive in Rome until the second century and were not widely cultivated until many centuries later. Tomatoes did not come to Italy from Central America until the 1500s. Pasta was not known until roughly the same time. Wine was common, but it was heavily watered down and spiced, and often clarified with charcoal and lead. It would have tasted very different than the wine we enjoy today.

While *Apicius* is full of ancient delicacies such as roasted peacock, boiled sow vulva, testicles, and other foods we would not commonly eat today, there are many others that are still popular, including tapenade, absinthe, flatbreads, and meatballs. There is even a recipe for Roman milk and egg bread which is nearly identical to what we call French toast. And, contrary to popular belief, *foie gras* was not originally a French delicacy. The dish dates back 2500 years, and Pliny credits Apicius with developing a version using pigs instead of geese by feeding hogs dried figs and giving them an overdose of mulsum (honey wine) before slaughtering them.

I have spent countless hours in the kitchen trying out ancient various recipes. Those who know me well might be surprised by this—I used to be a picky eater and ancient Roman tastes can be very unfamiliar to the modern palate. I’m also not a fish lover, so how on earth could I eat foods loaded with *garum*, the ancient fish sauce that the Romans put in every dish, including the sweet ones? It wasn’t always easy! *Garum* can be quite overpowering but used in very small quantities it functions more like a flavorful salt (though I would still never brave it in a dessert!) But I experimented, and with the help of my husband, who loves to cook, found that there are many ancient Roman foods that are absolutely delicious—and easy to make.

Not all of the recipes included in this booklet are from *Apicius*. A few of the ancient recipes come from Cato, Athenaeus and other contemporaries, though it is probable that a chef in Apicius’s time would have known how to prepare these dishes. Also, though I love to dabble in the kitchen, I am not a professional, so I asked some of my favorite chefs, food historians, cookbook authors and even a couple who own a food truck in Philly(!) to share their interpretations of *Apicius*-inspired recipes.

I’d love to hear from you if you try any of these recipes or want to share your own version of an ancient dish. Just tag your social posts with #FeastOfSorrow.

And if you are part of a book club, having an Apicius themed meal to go with your discussion could be a lot of fun. If my schedule allows, I’d love to join via Skype or Google Voice and answer any questions you might have about *Feast of Sorrow*. Please contact me at [info@crystalking.com](mailto:info@crystalking.com).

BUON APPETITO!

## C O N T E N T S

Introduction.....	2
Glykinai (Sweet Wine Crackers) by Crystal King.....	4
Palathai (Fig Cake) by Crystal King.....	5
Frittata With Pignoli Sauce by Chef Charles Draghi.....	6
Sauce for Mushrooms— <i>Apicius</i> 7.13 by Crystal King.....	7
Mustard Beets— <i>Apicius</i> 3.11.2 by Crystal King.....	7
Cauliflower with Pine Nuts, Golden Raisins, and Colatura by Chef Barbara Lynch.....	8
Spaghetti con Colatura di Alici (spaghetti with anchovy sauce) by Katie Parla.....	9
Umbrian Lentils with Steamed Mussels, Toasted Spices, Almonds and Sweet Apple Vinegar by Chef Michael Pagliarini.....	10
Squid Gnudi in Spiced Broth by Chef Charles Draghi.....	12
Lamb on Skewers with Mint Marmalade by Francine Segan.....	14
Lucretian Patella— <i>Apicius</i> 4.2.25 by Ken Albala.....	15
Roast Pork in Fruit Ragout (Minutal ex praecoquis)— <i>Apicius</i> 4.3.6 by Chris Vacca and Kiki Aranita .....	16
Parthian Chicken— <i>Apicius</i> 6.8.3 by Crystal King.....	17
Chicken in Dill Sauce— <i>Apicius</i> 6.8.1 and 6.8.2 by Crystal King.....	18
Sauce for Duck— <i>Apicius</i> 6.2.1 by Crystal King.....	19
Blood Sausage with Pine Nut Puree and Apician Salad by Chef Patrick Campbell.....	20
Roasted Leg Of Wild Boar by Chef Charles Draghi.....	21
Honey Fritters— <i>Apicius</i> 7.11.6 and Cato 79 by Crystal King.....	23
Home-made Sweets (Honeyed Dates)— <i>Apicius</i> 7.11.1 by Crystal King.....	23
Zabaglione with Plums and Honey by Chef Renae Connolly.....	24
Apicius’ Pear Patina with Honey Fritters by blogger Farrell Monaco.....	26
Vatia’s Fig-Stuffed Pastry Piglets by blogger Farrell Monaco.....	28



## GLYKINAI (SWEET WINE CRACKERS) BY CRYSTAL KING

This is an ancient cracker recipe from Athenaeus, a rhetorician and grammarian who lived in Rome in the 3rd century CE. This recipe is a delightful, snacky cracker that was most likely served at taverns in ancient Greece and Rome. The original recipe doesn't give us much direction, but was likely somewhat similar to the recipe below.

*Glykinai*: "The cakes from Crete made with sweet wine and olive oil." —Athenaeus in *The Deipnosophistae*.

We make this recipe often for parties as it's a great, easy to make snack. This particular version is adapted from *Roman Cookery, Ancient Recipes for Modern Kitchens* by Mark Grant. It's an excellent book, full of very accessible recipes and I highly recommend it if you are interested in great early Italian food.

- 1 ½ cup white flour
- ¼ cup olive oil (you could also use vegetable oil but the flavor would change slightly)
- ⅓ cup white grape juice or very sweet white dessert wine
- 1 egg white

1. Make a well on the counter with the flour and add the olive oil. Combine with your fingers until the dough crumbles.
2. Add the wine or grape juice and knead to a smooth dough. You'll likely need to add a little more wine or flour to reach smoothness. Try not to over knead the dough, however. You don't want it to be tough.
3. Roll the dough into a ball in your hands and place in a plastic bag to rest in the fridge for one hour.
4. Roll dough out as thin as you can. Cut into 1" crackers with a cookie or pastry cutter.
5. Arrange the crackers on an oiled baking sheet or silpat. Brush each cracker with beaten egg white to glaze.
6. Bake for 25 minutes at 190 degrees celsius/380 Fahrenheit. Cool on a wire rack and serve.

These are best enjoyed with a glass of wine.

## PALATHAI (FIG CAKE) BY CRYSTAL KING

This is, without a doubt, one of the easiest ancient recipes you could ever try! These no-bake cakes, developed in early Greek and Roman times, are still popular in Egypt and Turkey. You can find similar fig cakes sold at cheese shops and Whole Foods for astronomical prices. The *Suda Lexicon*, A 10th century encyclopedia chronicles the ancient recipe as:

*Palathai are cakes made of figs. And cakes of palasiai, that is of dried figs that have been squashed.*

- 14-18 oz. dried figs
- 8-10 hazelnuts or walnuts chopped
- 1 tsp ground coriander or ground ginger
- 1 tsp white flour

1. Remove any fig stalks and use a food processor (or blender) until the figs form a sticky paste.
2. Mix your choice of nuts and the fig paste together. Take the paste in your hands and form a dense, round, flattened cake.
3. Mix together the flour and your choice of spice. Dust the outside of the cake with the mixture. Cut into small wedges.

Leftovers wrapped in plastic will keep for a week.



## FRITATTA WITH PIGNOLI SAUCE BY CHEF CHARLES DRAGHI

*Crystal's Note—Erbaluce is a true gem in the crown of Boston restaurants. It's tucked into the heart of Boston and I've been lucky enough to frequent it for the better part of a decade. Chef Draghi's cuisine is heavenly, full of flavor and herbs from his own garden, and you'll not find a single pat of butter in the place. It's Italian and Italian inspired in a way that every Italian friend of mine that has visited has come back lauding the place as one of the most authentic in town. I'm delighted to include three recipes from Chef Draghi in this collection.*

### Ingredients (Frittata):

- 6 large eggs (whites and yolks separated)
- ½ cup chopped parsley
- 2 tablespoons each, chopped: marjoram leaves, catamint flowers (or, mint leaves, plus ½ teaspoon dried lavender flowers,) lovage leaves (or, celery leaves, plus ⅛ teaspoon curry powder, and 1 teaspoon finely-grated lemon zest)
- 1 cup fresh ricotta
- 1 cup chopped wild mushrooms
- 2 tablespoons grated fresh black truffles (optional)
- 3 teaspoons garum (or, quality Thai fish sauce, plus 1 teaspoon water)

### Ingredients (Sauce):

- ½ cup toasted pignoli
- 2 tablespoons acacia honey (or, orange blossom honey)
- 1 tablespoon garum (or, quality Thai fish sauce, plus 1 teaspoon water)
- 1 tablespoon thyme leaves
- 1 cup of walnut oil
- 1 clove of garlic, thinly-sliced
- Black pepper to taste

1. In a small pan, over medium heat, cook the garlic in the walnut oil, until lightly golden, then remove the garlic.
2. Place all of the sauce ingredients, except for the cooked garlic, into a mortar (or, the bowl of a food processor) and grind into a paste. Let sit for at least one hour.
3. In a small sauté pan, toast the mushrooms with a drizzle of the walnut oil, and the cooked garlic chopped finely.
4. Whisk all of the frittata ingredients together, except for the egg yolks, and pour into the sauté pan, over the cooked mushrooms. Cover, and cook over a light heat, until the egg mixture is firm, but still moist in the center (The frittata should jiggle in the center when shaken). Remove the frittata from heat.
5. Stir the raw egg yolks and pour them over the frittata, and let the frittata cool until just warm to the touch.

To serve: Cut into wedges, with the sauce poured over the top. Grated Parmigiano-Reggiano, more grated truffles, or chopped parsley can be added, if desired.

## SAUCE FOR MUSHROOMS—*APICIUS* 7.13 BY CRYSTAL KING

This is a simple but delicious dish. It makes an excellent accompaniment for steak.

### Serves 4

- 1 pound sliced mushrooms (e.g. oyster, cremini, baby portabella, shiitake)
- 1 tablespoon olive oil
- pinch of salt
- 2 tablespoons vincotto (available on Amazon or at specialty Italian shops)
- ½ teaspoon black pepper
- ½ teaspoon ground coriander



1. Add oil to a hot pan. Add mushrooms and a pinch of salt.
2. Cover pan and let it cook for three minutes on medium heat.
3. Add vincotto, pepper and coriander. Stir to combine.
4. Continue cooking for another three minutes. If the mixture looks dry, add a little bit of water and reduce.
5. Serve and enjoy.

## MUSTARD BEETS—*APICIUS* 3.11.2 BY CRYSTAL KING

My husband and I make these beets often as a side dish. It goes particularly well with the recipe for Parthian chicken. You may have been making beets this way and not even known that the recipe was at least 2,000 years old. The original recipe simply reads:

*Cook the beets with mustard and serve them in a little oil and vinegar.*

Some translators of the recipe think that the recipe may have been referring to beet greens, which would work equally well.

- 2 large beets
- 1 tablespoon prepared mustard
- 2 tablespoon olive oil
- 1 tablespoon vinegar

Boil the beets, peel them and cut into small cubes. Cover with a a sauce made from the mustard, oil and vinegar.



## CAULIFLOWER WITH PINE NUTS, GOLDEN RAISINS, AND COLATURA BY CHEF BARBARA LYNCH

*Crystal's Note*—Bostonians know the magic of Barbara Lynch's food. She's arguably one of the best Italian chefs in the country and every time I have a chance to eat at one of her restaurants it is always a treat. Note, this dish would also be wonderful with Romanesco, which is Italian cauliflower. If you go to Italy and a dish has cauliflower, it would be Romanesco. It has a gorgeous green fractal pattern. I'm starting to see it showing up in grocery stores and if you can find it, definitely give it a try. (Also make sure you check out Chef Barbara Lynch's new memoir, **Out of Line: A Life of Playing with Fire**, recounting her rise from a hard-knocks South Boston childhood to culinary stardom.)

This recipe can be used as a standalone vegetable side but is also great served with fish or meat. I like to toss it with pasta and finish it with finely grated Parmigiano-Reggiano and fresh chopped parsley.

### Serves 6

- 1/3 cup pine nuts
- 1/2 cup golden raisins
- 2 medium heads cauliflower, cut into florets
- 1 clove garlic, finely chopped
- 1/2 teaspoon red chili flakes
- 1/2 cup sherry vinegar
- 2 tablespoons Colatura
- 6 tablespoons extra-virgin olive oil
- Kosher salt



1. Heat the oven to 350. Spread the pine nuts out on a baking sheet and toast until golden brown, about 7 minutes. Set aside to cool.
2. In a small pot warm the sherry vinegar over medium high heat. Add the golden raisins, cover and remove from the heat. Allow the raisins to macerate for 30 minutes to an hour.
3. In a larger skillet heat the olive oil over medium high heat. Add the cauliflower and cook for 2-3 minutes, then add the garlic and red chili flakes. Sauté until the cauliflower is tender and has some color.
4. Add the colatura, pine nuts and golden raisins, toss well. Season to taste.

## SPAGHETTI CON COLATURA DI ALICI (SPAGHETTI WITH ANCHOVY SAUCE) BY KATIE PARLA

*Crystal's Note*—Katie Parla is a food historian, writer and expert on Italian food and drink. Her blog [www.katieparla.com](http://www.katieparla.com) is one that I've followed for years and her suggestions for the best places to eat in Rome have never failed me. She's also a cookbook author and I highly recommend her book, **Tasting Rome: Fresh Flavors and Forgotten Recipes from an Ancient City**. She chose a dish with an inspired ingredient, the modern version of garum – colatura. I love that the fish sauce is, still, many centuries later, a staple of Italian cooking for many.

This is one of my favorite pasta dishes to whip up when I have almost nothing left in the cupboard but the bare necessities (yes, in Italy, colatura is a standard pantry item for some). I especially enjoy it in the summer because the only part that gets cooked is the pasta! Everything else is “cooked” from the heat of the hot pasta.

### Serves 4 to 6

- Sea salt
- 1 pound spaghetti (I actually prefer spaghettini, which are a bit thicker than standard spaghetti)
- 3 tablespoons extra-virgin olive oil
- 1 garlic clove, peeled and smashed
- 2 tablespoons parsley, freshly and coarsely chopped
- A few drops of Colatura di alici, to taste

1. Bring a large pot of water to a rolling boil over high heat. Salt the water. When the salt has dissolved, add the pasta and cook until al dente.
2. While the pasta cooks, combine the olive oil, garlic, parsley, and colatura in a large bowl. Add some pasta cooking water (a couple of tablespoons is fine) and mix well.
3. Once the pasta is cooked, drain, reserving the cooking water. Add the pasta to the bowl with the oil, garlic, parsley and colatura with the garlic and stir well to coat. If the sauce is too dry, add a bit more cooking water and toss well. Serve immediately.



# UMBRIAN LENTILS WITH STEAMED MUSSELS, TOASTED SPICES, ALMONDS AND SWEET APPLE VINEGAR BY CHEF MICHAEL PAGLIARINI

*Crystal's Note—Chef Pagliarini is the owner of Cambridge's Benedetto and Giulia, restaurants that have quickly shot to fame in the greater Boston area, with reservations often needing to be made months ahead. His handmade pasta is some of the best you'll have outside of Italy. At Benedetto they give particular emphasis on old world grains and legumes, so it was no surprise that Chef Pagliarini was drawn to an Apician lentil dish.*

This recipe combines the sweet, briny taste of freshly steamed mussels with a complex mixture of honey, spices, fermented fish sauce and earthy lentils.

### The Lentils:

- ½ onion
- 1 small carrot
- 1 stalk celery
- ¼ bulb fennel
- 3 oz pancetta

1. Roast the onion, fennel bulb, carrot, celery and pancetta with extra virgin olive oil until well caramelized.
2. Add the lentils and cook for a few minutes in the rendered fat and olive oil. Cover with water and simmer until tender (about 20-30 minutes).
3. Season with salt once the lentils are cooked.
4. Roast the onion, fennel bulb, carrot, celery and pancetta with extra virgin olive oil until well caramelized.
5. Add the lentils and cook for a few minutes in the rendered fat and olive oil. Cover with water and simmer until tender (about 20-30 minutes).
6. Season with salt once the lentils are cooked.

### Spice Mixture:

- 1 tablespoon (whole) black pepper
- 1 teaspoon (whole) cumin
- 1 tablespoon (whole) coriander
- ¼ cup honey

1. Toast the spices in a dry pan until aromatic.
2. Pound them in a mortar until pulverized.
3. Add the honey and vinegar.
4. Toast the spices in a dry pan until aromatic.
5. Pound them in a mortar until pulverized.
6. Add the honey and vinegar.

### Mussels:

- 4lb mussels, rinsed and de-bearded
- 1 shallot, minced
- 2 laurel leaves
- ½ c mixed fresh herbs (parsley, mint, cilantro)
- ¼ c white wine

1. Add the mussels, wine and colatura.
2. Turn the heat up to high, cover and cook just until the mussels open.
3. Chop the onion, fennel bulb, carrot and celery into very large pieces so they can be easily removed once they've given their flavor to the lentil stew.
4. Roast the vegetables and pancetta with extra virgin olive oil on the stove in a heavy bottomed pan until well caramelized.
5. Spoon the lentil stew into warm bowls and arrange the mussels on top.
6. Garnish with toasted, chopped almonds and more fresh parsley and cilantro leaves.
7. Cook the shallots in olive oil until tender, add the laurel, black pepper and a few sprigs of fresh parsley, mint and fresh coriander (cilantro).
8. Add the mussels, wine and colatura.
9. Turn the heat up to high, cover and cook just until the mussels open.
10. Chop the onion, fennel bulb, carrot and celery into very large pieces so they can be easily removed once they've given their flavor to the lentil stew.
11. Roast the vegetables and pancetta with extra virgin olive oil on the stove in a heavy bottomed pan until well caramelized.
12. Spoon the lentil stew into warm bowls and arrange the mussels on top.
13. Garnish with toasted, chopped almonds and more fresh parsley and cilantro leaves.



# SQUID GNUDI IN SPICED BROTH

## BY CHEF CHARLES DRAGHI

For the best vinegar, place 2 cups of quality wine vinegar into a large jar, along with 2 cups of fruity wine. Seal the jar, shake briefly, and place in a dark, warm corner for 2 weeks.

For garum: take 10 whole anchovies, slice lengthwise, and roll in sea salt to cover. Place the anchovies into a jar with 3 cups of water, and 4 tablespoons of sea salt. Seal the jar, and place on a warm shelf for 2-3 months.

### *Ingredients (Gnudi):*

- 10 large, fresh squid tubes, cleaned
- Whites of 2 large eggs
- 5 large lovage leaves (or, celery leaves, plus 1/8 teaspoon curry powder, and 1 teaspoon finely-grated lemon zest)
- 2 teaspoon garum (or, quality Thai fish sauce, and 1 teaspoon water)
- 1 tablespoon fresh marjoram leaves
- 1 teaspoon ground sumac
- 1 tablespoon cat mint flowers (or, 1 teaspoon dried mint, 1 teaspoon dried lavender flowers, and 1 teaspoon fresh oregano leaves)
- Black pepper to taste

### *Ingredients (Broth):*

- 10 sets of squid tentacles
- 2 tablespoon honey
- 2 cups white wine
- 4 cups light fish broth (or, water)
- 2 tablespoons garum (or, quality Thai fish sauce)
- 2 tablespoons white wine vinegar (see above)
- 2 teaspoon each: fennel seeds, coriander seeds, cumin seeds, ground sumac, freshly- grated ginger, freshly-grated garlic, black peppercorns.
- 1 stalk celery, thinly-sliced
- 1 large carrot, thinly-sliced
- 2 fresh bay leaves (or, 4 large dried leaves)
- 3 branches of cat mint (or, 3 branches of mint, plus 1 teaspoon of dried lavender flowers, and 1 tablespoon of fresh oregano leaves)

### *Also, for garnish:*

- 1/2 leek, washed and very thinly-sliced (white part only)
- 2 tablespoon of finely-chopped parsley

### **Gnudi:**

1. In a large mortar (or, food processor, set to pulse) grind the squid tubes, egg whites, herbs, garum, and spices into a thick paste.
2. Using a No. 2 ice cream scoop (or, 2 large soup spoons) make individual dumplings, or gnudi, out of the squid paste, each being roughly the size of a ping-pong ball.
3. Into the simmering broth (see: above) drop each of the gnudi, and let poach until just cooked through, turning once half-way through the cooking process (about 3-5 minutes per side).
4. Place the cooked gnudi into bowls (2 large bowls for a main course, 4 smaller bowls for appetizers) with the sliced leeks. Pour the broth into the bowls to about 1/4 inch of depth.
5. Serve immediately, with chopped parsley on top as a garnish.

### **Broth:**

1. Place all of the ingredients into a sauce pan, and simmer over medium heat for 15 minutes.
2. Strain through a fine mesh sieve, and let stand 10 minutes.
3. Return the broth to a clean pan, pouring so as to leave the sediment behind, and bring back to a simmer in order to poach the gnudi.



## LAMB ON SKEWERS WITH MINT MARMALADE BY FRANCINE SEGAN

Courtesy: *The Philosopher's Kitchen* (Random House)

*Crystal's Note*—Francine Segan is probably familiar to many of you from her many television appearances. I came to know her first through her beautiful and delicious cookbooks. One of the things that I love about her approach is that she has found ways to make ancient dishes more palatable for modern audiences.

This is one of more than 100 sauce recipes for grilled meats listed by the Roman gourmet Apicius. In antiquity ingredients were ground in a mortar to use raw or to incorporate into sauces. Apicius uses this grinding method so often that he is referred to as the “mortar chef.”

You'll love this delicious marmalade with grilled vegetables, fish, or chicken.

- ¼ cup raspberry or other fruit vinegar
- 2 tablespoons golden raisins
- 4 dates, minced
- 1 teaspoon honey
- 2 tablespoons pine nuts
- 2 tablespoons grated aged cheese
- 1 cup fresh mint leaves
- 3 tablespoons extra virgin olive oil
- Salt and freshly milled pepper
- 16 one-inch cubes of leg of lamb, about 1 pound
- 8 small wooden skewers, soaked in water

1. Simmer the vinegar, raisins, dates, and honey in a small sauce pan over medium heat until the raisins are soft, 2 to 3 minutes. Allow to cool to room temperature.
2. Puree this mixture, along with the pine nuts and cheese, in a food processor until smooth. Add the mint leaves and pulse until minced. Slowly add the oil and continue blending until smooth.
3. Toss the lamb cubes with half of the mint marmalade in a large bowl. Cover with plastic, wrap and refrigerate for at least 1 hour and up to 12 hours. Put the remaining marmalade in a small serving bowl, and season with salt and pepper to taste. Cover and refrigerate.
4. Preheat the broiler or grill pan. Liberally sprinkle the lamb with salt and pepper. Place two lamb cubes on a wooden skewer and broil or grill until the lamb reaches desired doneness, about 1 minute per side for medium.
5. Serve with the reserved marmalade on the side.

## LUCRETIAN PATELLA—APICIUS 4.2.25 BY KEN ALBALA

*Crystal's Note*—Ken is a professor of history and the Chair of Food Studies at the University of the Pacific. [www.pacific.edu/foodstudies](http://www.pacific.edu/foodstudies) I had the good fortune to connect with Ken for research I'm doing on my second novel about the Renaissance chef Bartolomeo Scappi. I only wish I had met him when I was researching *Feast of Sorrow*, for he is a fount of knowledge about all things food history. He translated this recipe from the original Latin. Note that fish sauce can be very strong, so you'll need to play with the amount to determine taste. Start with a little bit and add more as needed.

**Patellam Lucretianam.** Cepas pallachanas purgas; viridian earum proices; in patina concides; liquaminis modicum eoleum et aquam. Dum quoquitur salsum crudum in medium ponis, at ubi cum salso prope cocta fuerit melle cocleare asparges, aceti et defruti pusillum, gustas, si fatuum fuerit liquamen adicies; si salsum, mellis modicum, et coronam bubulam aspergis et bulliat.

**Lucretian Patella.** Clean pallachan onions and discard the green parts, chop and put in a pan with some fish sauce, oil and water. Then cook the sauce and place the raw fish in the middle, and when it's cooked through in the sauce, add a spoonful of honey, a little vinegar and reduced grape must, taste it and if bland add fish sauce, if too salty add a bit of honey and sprinkle with savory and boil.



Explanation: You can use any fish you like with this sauce, either whole or fileted—which makes it easier to eat. I would use seabass or branzino. The dish appears to be named for the Roman materialist philosopher/poet Lucretius though he has never been associated with food outside of this text. Presumably a bulbous green onion is called for as pallachan, though any delicate young onion should suffice. Liquamen or garum was the universal Roman salty flavoring, well approximated by a Southeast Asian fish sauce like nuoc mam or nam pla. The reduced grape must was a sweet seasoning Romans loved, a sweet dessert wine is an adequate substitute, though do try reducing grape juice by one half. The oil should be olive and the vinegar should be wine based, though it doesn't specify white or red, either will be tasty. The savory can be bought in dried form. Interestingly, Apicius, or whoever wrote this recipe, has you season to taste, very good advice. The sweetness of the sauce may seem a little odd, but the flavors of salt, sweet and sour do work very nicely and if you shut your eyes, it would be easy to imagine this dish served in an Asian restaurant today.



## ROAST PORK IN FRUIT RAGOUT (MINUTAL EX PRAECOQUIS)—*APICIUS* 4.3.6 BY CHRIS VACCA AND KIKI ARANITA

*Crystal's Note—I ran across an article about Chris and Kiki and their adventures in cooking Apicius—from their food truck, Poi Dog Snack Shop. What a treat for those of you in Philly who are able to pop out for lunch and have a taste of Apicius before your next meeting!*

We take a number of liberties with this dish and believe the original implies pieces of pork that are simmered in a fruit sauce. Our version adds garlic to the recipe, but otherwise melds Apicius' list of ingredients with a Filipino method of cooking crispy-skinned lechon. We own a Hawaiian and Filipino-inspired food truck and soon to be restaurant, so it is unavoidable that we cook this way.

### Ingredients:

- Pork belly (about a 4 lb piece, skin on)
- 1 cup dried dates (halved or roughly chopped)
- 1 cup dried apricots, (halved or roughly chopped)
- 1.5 cups dried figs (halved or roughly chopped)
- olive oil or melted lard
- 1 bottle of wine (we used a Primitivo)
- ¼ cup red wine vinegar
- 3 tablespoons honey
- ¼ cup port wine
- 12 cloves garlic
- 1 tsp cumin
- 1 tsp allspice
- 1 tbsp fresh dill, finely chopped
- 1 tbsp fresh celery leaf, finely chopped
- 3 tbsp fish sauce (we used Delfino brand Colatura)
- kosher salt and ground black pepper
- kitchen twine
- roasting pan and rack
- immersion blender



1. Score the skin of the pork belly, rub both sides with salt and pepper, fill middle of slab with as much chopped dried fruit as possible and 4 cloves of garlic, roughly chopped, then tie up tightly in a roll, porchetta-style, with kitchen twine.
2. Leave uncovered in refrigerator overnight.
3. Roast uncovered on a rack inside roasting pan at 275 degrees for at least 5 hours, basting with olive oil or lard every 30 minutes.

### To make the sauce:

1. Take remaining dried fruit and simmer with 1 chopped shallot, bottle of wine, red wine vinegar, 8 cloves garlic, port wine, honey, cumin, allspice, dill, celery leaf and fish sauce for 30-45 minutes. Use immersion blender to blend. Salt and pepper to taste.
2. When pork is done, remove from oven and slice, serve with sauce spooned over top.

## PARTHIAN CHICKEN—*APICIUS* 6.8.3 BY CRYSTAL KING

Parthia was part of ancient Persia, now in a region of north-eastern Iran. Much to my delight, it turns out that the Parthians really knew how to make chicken. Hands down this is one of the best chicken dishes I've ever had. It's juicy and tender with a perfectly crispy crust. The original recipe calls for a spice called silphium (also called laser), which went extinct in the first century. Emperor Nero is rumored to have had the last sprig. Asafoetida powder or resin, common to Middle Eastern cooking, is believed to be the closest approximation to the taste. It may also be called hing in Indian cooking shops. If you can't find any of those, just substitute garlic. These also make for fantastic wings and have been a big hit at parties I've had.

This recipe was adapted from *Apicius* 6.8.3 by the acclaimed food historian and chef Sally Grainger, who also translated the Apicius cookbook. The recipe can be found in her companion book, *Cooking Apicius: Roman Recipes for Today*. I've made a few suggestions and comments to the recipe.

*Pullum Parthicum: pullum aperies a nauis et in quadrato ornas. teres piper, ligusticum, carei modicum. suffunde liquamen. uino temperas. componis in Cumana pullum et condituram super pullum facies. laser et uinum interdas. dissolues et in pullum mittis simul et coques. piper aspersum inferes.*

- 1 medium chicken
- ½ tsp lovage (celery or ajwain seeds can substitute)
- 1 tsp of caraway seed
- ½ to ¾ tsp of asafoetida powder (or 8 finely minced garlic cloves)
- 250 ml (1 cup) medium sweet white wine (I use the Greek Kourtaki Samos Muscat wine)
- 1 tbsp olive oil
- dash of pepper



1. 3 tbsp fish sauce (look for Thai Nam Pla or Vietnamese Nuoc Nam Mhi which are the closest recipes to the ancient Roman garum, a fish sauce that was used in almost all ancient Roman dishes)
2. Prepare chicken and place in an oven dish.
3. Dry-roast seeds and asafoetida until they give off their aroma. Grind them to a powder with the pepper. (If using garlic instead of asafoetida, add it to the liquid mixture later).
4. Mix the spices, wine, olive oil and fish sauce. Pour over the chicken.
5. Put it in the oven and roast as normal until crispy and well done and the juices run clear. Baste the chicken often during cooking.



## CHICKEN IN DILL SAUCE—*APICIUS* 6.8.1 AND 6.8.2 BY CRYSTAL KING

Vincotto is a reduced wine syrup, available online or in Italian specialty food stores. You can, instead, as Ken Albala suggests in an earlier recipe, try to reduce grape juice down by half if you like.

### 4 servings

- 4 chicken thighs
- 2 tablespoon date sauce
- 2 tablespoon chopped fresh dill
- 2 tablespoon chopped fresh mint
- ½ teaspoon asafoetida (or substitute two cloves of garlic)
- 1 tablespoon sherry vinegar
- 1 teaspoon dried mustard
- 1 tablespoon honey
- 2 teaspoon vincotto
- 1 tablespoon olive oil
- 1 teaspoon colatura or fish sauce (Thai Nam Pla or Vietnamese Nuoc Nam Mhi)



1. Preheat oven to 425°F
2. Dry roast the asafoetida in a pan until it is fragrant, 1-2 minutes.
3. Mix all ingredients together well.
4. Pour over chicken and baste well.
5. Tent with foil and cook for 50 minutes.
6. Remove the foil and cook for 10 more minutes. Baste 1-2x during the remaining cooking time. Keep an eye on the dish at this point. You want a crisp caramelization on the top of the chicken but because of the sauce's sugar content, it can burn easily.

## SAUCE FOR DUCK—*APICIUS* 6.2.1 BY CRYSTAL KING

This is a wonderfully flavorful sauce, which, according to the original recipe, is also good with crane, partridge, turtle-dove, wood-pigeon, dove and “various other birds.” We’ll stick with the duck. My husband and I often sous vide the duck and add the sauce afterward, but it is equally delicious (and faster) to sear the breast.

### 4 servings

- 1 teaspoon pepper
- 1 teaspoon ajwain or celery seed
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon asafoetida (or 2 cloves garlic)
- 2 tablespoons honey
- 2 cups of sweet wine (I use the Greek Kourtaki Samos Muscat wine)
- 2 teaspoons sherry vinegar
- 2 tablespoons vincotto
- 2 teaspoons colatura
- 1 tsp cornstarch
- 2 lb duck breast
- A few sprigs of fresh dill
- A few sprigs of fresh oregano

1. Combine all ingredients from the pepper to the colatura. Whisk together and set in a small saucepan over low-medium heat.
2. Bundle together the tops of the sprigs of dill and oregano with string to create a bouquet.
3. Score the skin side of the duck and salt and pepper both sides.
4. Add the duck to a cold pan, skin side down, and bring the pan to medium-high heat. Add the bouquet to the melted duck fat, swirling it around to flavor the fat and the meat. Sear off the duck fat, 3-4 minutes once the pan is hot. Flip it over and give it the same time on the other side. This should render the duck medium rare. Let it rest for a few minutes.
5. Remove the bouquet from the duck fat and add it to the sauce to impart a little more flavor. After a minute or so, remove and discard.
6. Add cornstarch to the sauce to thicken.
7. Pour over the duck and serve.



# BLOOD SAUSAGE WITH PINE NUT PUREE AND APICIAN SALAD

## BY CHEF PATRICK CAMPBELL

*Crystal's Note*—Chef Campbell has been delighting diners in Boston for years, most notably at No. 9 Park and Café ArtScience. This recipe is definitely for the more adventurous chef! Blood sausage can be found in the Apicius cookbook (2.3.2) but, strangely, the ancient recipe also includes hard-boiled egg yolks. For this version, he went with a more modern blood sausage recipe, with an accompanying pine nut puree and a salad vinaigrette of which Apicius himself would have been proud.

### For the blood sausage

- 2 lbs. ground pork
- 2 lbs. pork fatback
- 1 cup fresh pigs blood
- 1 onion
- 1 egg
- ¼ cup heavy cream
- 20 grams (approx. 3 ½ tsp) sea salt
- 5 grams (a little less than 3 tsp) black pepper
- 1 tablespoons cornmeal
- Pinch nutmeg
- Pinch cinnamon
- Pinch mace
- Pinch clove
- hog casings

*All of the hard spices should be toasted and ground into a powder. They should, combined, equal about 2 teaspoons.*



1. To make the sausage, roughly chop the onion and pork fat, add to a pot and cover with water. Salt liberally and simmer for ten minutes until tender. Let cool completely and pulse in a food processor to result in a coarse paste.
2. In a stand mixer fitted with the paddle attachment, mix ground pork, fatback and onion mixture on low until well incorporated.
3. Add sea salt, corn meal and spices. Once mixed, slowly incorporate the egg, pigs blood and cream until well combined.
4. Using a sausage stuffer, stuff the hog casings that have been soaked and rinsed in cold water. You can either form links or leave in large string. Carefully pierce the sausage casing about every half inch of the sausage and poach in very gently simmering water to 160 degrees, remove from water and allow to cool overnight.

### For the Pine Nut Puree

- 1 cup pine nuts
- 1 clove garlic with the germ removed
- 1 tablespoon preserved lemon
- ½ cup grated pecorino romano
- salt and pepper
- extra virgin olive oil

1. Put the nuts in a small sauce pot and add olive oil until it reaches half way up the nuts. Toast on medium until light golden brown.
2. Season with salt and pepper, add garlic clove and bring off the heat.
3. Once the oil has cooled for 2 mins cover the nut mixture with water and bring back to the heat. Boil until the nuts have softened and the water has reduced by half.
4. Puree in a high speed blender with preserved lemon and pecorino, season with salt and pepper and let cool.

### For the Apician Salad

- Assorted chicory leaves such endive, puntarella, frisée, radicchio, or escarole, picked through, thoroughly washed and dried.
- 1 large artichoke cleaned to the heart and place in acidulated water
- (water with a small amount of vinegar or lemon added)
- picked herbs such as dill, fennel, parsley, marjoram
- anchovy fillets
- 3 tablespoons extra virgin olive oil
- 1 tablespoon aged sherry vinegar
- 2 tablespoon colatura or fish sauce (Thai Nam Pla or Vietnamese Nuoc Nam Mhi)
- First clean all the greens and pick the herbs and set aside.
- To make the vinaigrette combine all the ingredients, whisk, and set aside.

1. Sear the sausage in a heavy pan and place in a pre-heated oven 375° until hot in the middle (approx 8 minutes).
2. Smear a plate with the pine nut puree and place the sausage on top of the puree.
3. Dress the greens, herbs, and toss with the artichoke that has been shaved on a mandoline and lightly dress and arrange in a neat pile in the middle of the plate.
4. Top with anchovy fillets and serve.



## ROASTED LEG OF WILD BOAR BY CHEF CHARLES DRAGHI

For the best vinegar, place 2 cups of quality red wine vinegar into a large jar, along with 2 cups of fruity red wine. Seal the jar, shake briefly, and place in a dark, warm corner for 2 weeks.

For garum: take 10 whole anchovies, slice lengthwise, and roll in sea salt to cover. Place the anchovies into a jar with 3 cups of water, and 4 tablespoons of sea salt. Seal the jar, and place on a warm shelf for 2-3 months.

### *Ingredients:*

- 1 wild boar hind leg, hoof and fur removed. (Or, 1 whole heirloom pork shoulder.)
- 1 tablespoon caraway seeds
- 1 teaspoon cumin seeds
- 1 tablespoon celery seeds
- 3 tablespoons ground juniper berries
- 3 tablespoons cracked black pepper
- 1 tablespoon freshly grated ginger
- 2 tablespoons each (chopped): oregano, thyme, cat mint flowers (or, 1 tablespoon dried mint, and 1 tablespoon dried lavender flowers.)
- 6 tablespoons buckwheat honey
- 4 tablespoons red wine vinegar
- 2 tablespoons garum (or, 2 tablespoons quality Thai fish sauce, plus 2 teaspoons water)

1. In a mortar (or, in a spice/coffee grinder) grind all of the spices and herbs into a fine mixture.
2. Stir in the garum, 2 tablespoons of the vinegar, and 2 tablespoons of the honey.
3. Rub the spice mixture all over the boar leg, wrap the leg in plastic wrap, and let sit in a fridge overnight (put a plate under the leg, in case the marinade leaks).
4. Place the boar leg into a roasting pan, and put in a 500° oven for 15-20 minutes.
5. Turn the oven down to 350°, and roast for about another hour, or until the leg is hot in the center (145° on a meat thermometer).
6. As an option, you can add a 1" dice of carrots, celery, potatoes, and onion into the pan with the boar at this point.
7. Remove the boar from the oven when done, and let rest for 10-15 minutes.
8. Add the remaining vinegar, and 2 tablespoons of honey to the roasting pan, and stir to make a pan sauce.
9. Slice the boar leg thinly and arrange on a platter. Pour the pan sauce over the meat, and drizzle the remaining honey over the top.
10. Serve, garnished with chopped parsley, herb sprigs, and a side of fresh stone fruits.

## HONEY FRITTERS—*APICIUS* 7.11.6 AND *CATO* 79 BY CRYSTAL KING

The Apicius cookbook has a simple fried dough recipe that calls for the cook to combine coarse wheat flour (or semolina) with water or milk over heat until it's a thick porridge. That mixture is spread out on a sheet, cut into pieces then fried in oil, drenched in honey then sprinkled with pepper. However, the ancient Roman Cato, in his treatise, *On Agriculture*, has a tastier recipe.



*Mix the cheese and spelt in the same way, sufficient to make the number desired. Pour lard into a hot copper vessel, and fry one or two at a time, turning them frequently with two rods, and remove when done. Spread with honey, sprinkle with poppy-seed, and serve.*

Simply put, take equal parts ricotta or other soft cheese and flour (you can use any type of flour that is to your liking), form it into dough balls, then fry in oil. Let cool, roll in honey and sprinkle in poppy seeds. These are extra good if sprinkled with pepper and if you substitute poppy seeds for toasted sesame seeds. To get a sense of proportion, a half cup of ricotta and a half cup of flour will make approximately six 1" fritters.

## HOME-MADE SWEETS (HONEYED DATES)—*APICIUS* 7.11.1 BY CRYSTAL KING

The instructions for this dish need very few refinements. The original recipe reads:

*Take the stone from palm dates or ordinary dates and stuff them with nuts or pine nuts or ground pepper. Roll in salt, fry them in cooked honey and serve.*



These are very simple and healthy treats to make and would make good appetizers for a party.

Take a few large dried dates and de-stone them. Stuff them with pine nuts, walnuts or roasted hazelnuts.

Sprinkle just a scant bit of salt and pepper on a flat surface and roll the stuffed dates in the mixture. Note that you are going for a tiny bit of flavor here, not a coating of the dates. Less is more.

Frying them in honey is something you can certainly do...just put a little bit of honey in a small pan and fry the dates in the honey for 2-3 minutes, turning them. Let cool before eating.

The previous method of frying them in honey makes them very sticky, however. A better bet is to lightly coat the dates in honey and place them on a baking pan and bake them in the oven at 325 degrees for 10-12 minutes. Let cool before eating.



## ZABAGLIONE WITH PLUMS AND HONEY - BY CHEF RENAE CONNOLLY

*Crystal's Note— Renae is the pastry chef at Benedetto in Cambridge, MA and is one of the most talented and creative individuals working in food today. The Apicius cookbook has many recipes for patina, or what was essentially an early custard. The Italian love for custard endured and transformed into zabaglione in the Renaissance (most notably in Bartolomeo Scappi's cookbook...he's the protagonist of the next book I'm working on!). Chef Connolly harkens back to the early sweet flavors most popular with the ancient Romans, plums and honey. Don't be deterred by the metric proportions here...a scale can be purchased for very little money and your recipes will be much more accurate. Acquiring honey comb is a wonderful reason to adventure out to your local farmer's market or beekeeper.*

I originally thought that a dough would be fun, but modern baking is just really different. If it were summer I would add some candied sunflower petals. It's simple, but delicious. The gelatin is optional, with it the custard is more stable and "mousse" like. It can be left out for a softer and more sauce like custard.

*Yield 1 quart. Serves 4-6*

- 125 grams Marsala
- 125 grams heavy cream
- 10 grams vanilla extract
- 100 grams egg yolks
- 80 grams muscovado sugar
- 5 grams gelatin sheets (optional)
- 400 grams heavy cream, whipped to soft peak
- Pinch salt
- 2-4 oz local Honey comb
- 3 ripe plums
- 113 grams or a ¼ lb shelled sunflower seeds
- 1 bunch fresh tarragon, basil or sweet cicely (chef's choice)

1. Fill a medium sized pot half way full of water and bring to a simmer on the stove.
2. If using gelatin, place in ice water to bloom and set aside.
3. Scale the wine, yolks, sugar, and 125 g of cream into a mixing bowl and whisk smooth. Place the bowl over the pot of steaming water and whisk.
4. While the mixture is cooking, whip the 400 g of cream to soft peaks. Cover and keep cool.
5. When the custard has reached 82 degrees Celsius and appears to be thick, remove from the pot and place on the counter on top of a towel. Be careful of the steam that will escape when you move the bowl. Turn the burner off before lifting the bowl.
6. Remove the gelatin from the ice water and squeeze to remove any access water.
7. Add the gelatin along with the salt and vanilla extract to the hot mixture and whisk in.
8. Strain the custard through a fine sieve into a mixing bowl. Place the bowl over a bowl of ice and whisk til the mixture is slightly warm.
9. Switch to a rubber spatula and in three separate additions, gently fold in the soft whipped cream.
10. Pour or scoop the custard into six four-ounce dessert bowls or into a large bowl to be served family style.
11. Chill in the refrigerator for 2-4 hours.
12. Before serving, lightly drizzle the sunflower seeds with olive oil and sprinkle with salt. Toast in a 325 degree oven until golden brown. Allow the seeds to cool before sprinkling on top of the zabaglione. When ready to serve arrange small chunks of honey comb, 3-4 chunks per person on top of the sabayon. Cut the plums and add heaping piles to each bowl. Serve and enjoy.



## APICIUS' PEAR PATINA WITH HONEY FRITTERS

### BY BLOGGER FARRELL MONACO

*The Apician recipes from De Re Coquinaria were interwoven into the story, into Apicius' plots with Thrasius, and were featured prominently in the kitchens and on the dining room tables throughout most of the novel. It was this delightful aspect of King's novel that I had missed the most after I had put it down, so much so that...I decided that I was going to try to revisit these characters again by recreating some of the recipes that were made in Thrasius' kitchen. This recipe for 'Patina of Pears' is one of them. – Farrell Monaco, Tavola Mediterranea*

#### For the Apicius' Pear Patina:

- 9 large, ripe pears
- ¼ cup of sweet wine, or ¼ cup of white wine sweetened with 1 tbsp of honey
- 1 tbsp of honey
- 1 tsbp olive oil
- 1 tsp of fresh cracked pepper
- 6 eggs
- ½ tsp of cumin
- ½ tsp of fish sauce (liquamen, garum, nuoc mam or nam pla)

#### For the Honey Fritters/Globi:

- 3½ cups of whole wheat flour
- 3½ cups of ricotta
- 3 eggs
- Honey
- Poppy seeds or fresh cracked pepper
- Vegetable oil, olive oil or lard
- 3 tsbp fish sauce (we used Delfino brand Colatura)

#### To make the Honey Fritters/Globi:

1. Place the flour, ricotta and eggs into a large mixing bowl and mix it together using your hand or a food mixer. Let it stand for 30 minutes.
2. Fill a medium-sized pot or sauce pan to a two-inch depth with either lard, olive oil or vegetable oil and heat it for 10-15 minutes on medium. You're dealing with hot oil on the stove at this point so use caution!
3. You can test that the oil is hot enough by dropping a small teaspoon of fritter dough into it. If it bubbles and boils.... you're ready to go!
4. Lower the oil to Medium-Low heat. Using a teaspoon or the smallest ice-cream scoop in your kitchen, begin forming small balls of dough from the globi mixture and drop them gently, one by one, into the frying oil. You should be able to fry 10 or more at a time. It can take anywhere from 5-10 minutes per batch to brown the balls. This recipe produces about 40 balls of globi so be patient and fry them all until they are a dark golden brown. Note: Keeping oil on a medium to low temperature means that the inside of the ball will cook as fully as the outside.
5. Line several plates or serving dishes with cotton or paper towels and spoon your fully fired globi onto them, batch by batch, so that they can cool and that excess oil on the balls can be soaked up as well.
6. Once they are all fried, they can be arranged in any fashion that you like, dressed with warm honey, and sprinkled with poppy seeds or black pepper.
7. You can serve these globi on the same dish with the patina or beside it. Whichever you choose to do, it's always nice to have a side dish of warm honey on hand to dip the fritters in.

#### To make the Pear Patina:

1. Core 8 of the pears and slice them. Boil them until they soften somewhat, but not too soft as to turn to sauce. Mix the spices, wine, olive oil and fish sauce. Pour over the chicken.
2. Remove the pears, strain and cool them for a few minutes. Once cooled, place the stewed pears into a mortar or a mixing bowl and mash them together with the pepper, cumin, honey, fish sauce and olive oil..
3. Add the sweet wine or dessert wine into the mixture which will be a substitute for passum: a sweet Roman raisin wine. If you have made your own passum, by all means use it in this recipe!
4. Lastly, beat the eggs and add them into the mixture.
5. Preheat your oven to 350 F / 175 C.
6. Take your remaining un-stewed pear and core it and slice it. Using a mandolin or a very sharp knife, cut or shave paper-thin sections from each slice of pear.
7. Coat the inside of your pudding steamer or casserole dish with a very light coating of olive oil. Wipe it on lightly with a rag or towel; do not pour the oil in and slosh it around. Keep it light.
8. Line the inside lateral edges of your pudding steamer or casserole dish with the paper-thin slices of pear. Place them as evenly as possible. They should be delicate and moist enough to stick to the inside of the pot and stay in place.
9. Gently spoon in the pear patina mixture into your steamer or pot gradually filling it and covering the pear slices that line the side.
10. Place the lid on and bake for 1 hour or until the mixture no longer 'jiggles' and is solid or gelatinous in nature. Check your patina at the 30-minute mark and remove the lid if the mixture is still too wet or sloshy. You can check this by gently shaking it and looking at the center of the top of the patina. This area will bake fully last.
11. While the patina is baking, begin preparing and frying your honey fritters. Return to the next step below once your fritter dough is sitting or they've been fully fried and are cooling.
12. Once the patina is fully baked, remove it and let it cool to room temperature. You can choose to let it cool fully overnight in the fridge before turning it over or you can let it cool to room temperature and serve it the same day.
13. To present the patina, place the serving dish over the top of the steamer or pot and quickly turn it over. It should fall out of the pot with ease. If your pear slices did not adhere to the side of the patina perfectly, don't worry. You can gently stick them back on to the side of the patina as they'll still have some moisture and flexibility to them.
14. Garnish the top of the patina however you see fit using what you have on hand in your fridge, your cupboards or in your garden: flowers; herbs, cracked pepper, pomegranate seeds, pear zest, etc. The choices are endless but somewhat limited as you should be using ancient Roman resources.
15. Once the honey fritters are done, surround the base of the patina with the fritters and serve!



## VATIA'S FIG-STUFFED PASTRY PIGLETS BY BLOGGER FARRELL MONACO

*Seriously, who wouldn't "squeeee" and the sight of a pastry piglet complete with little pastry piggy ears and snouts? I certainly did when the image came to mind. So, I decided to recreate this recipe, just for fun, as I could literally picture the little pastry piggy in my head as Vatia presented it to Thrasius. – Farrell Monaco, Tavola Mediterranea*

### For the Tracta, or Pastry, Dough:

- 2 cups whole wheat flour
- 1 cup barley flour  
(or another cup of whole wheat if you cannot find barley flour)
- 1 cup of tepid water
- 2 tbsp olive oil

### For the Pork Filling:

- 1lb pork tenderloin
- 10 dried figs
- ½ cup of honey
- Salt and pepper to taste



### To make the Pork Filling:

1. Preheat the oven to 400 F/200 C.
2. Tear two large pieces of parchment paper and place the pork tenderloin between the sheets.
3. Using your meat tenderizer (mallet) begin to flatten the tenderloin like you are making a scaloppini or a cutlet. Try to tenderize and flatten the meat until it's approximately 1cm thick.
4. Place the figs into the mortar basin and pulverize them fully with the pestle or mixer. Once the figs are fully diced, add them to the honey and stir it all together to make a paste. Add a pinch of salt and cracked pepper if you desire.
5. Using a spoon or a basting brush, cover the top of the pork scaloppini with the fig paste.
6. Cut the scaloppini into 3 relatively even pieces. Think about how each piece will roll into a small roulade when you are cutting and try to select sections of the cutlet that you can cut somewhat evenly.
7. Remove the chilled pastry from the fridge and begin to roll it out on a flour-dusted surface. Flip the tracta sheet over as you work and flour the surface so that it does not stick to the board or counter top. You will be trying to achieve a thickness that is like sheet lasagna or a thin pie crust. Once you've rolled the tracta out evenly, the creativity begins!
8. Place a small dish of water beside you as you work and remember to wash your hands after handling the raw pork if you're going to touch anything else in the kitchen such as faucets, fridge handles or drawer-pulls during the rolling process.
9. Roll your first pork roulade and don't worry if some of the paste spills out. Place the roulade, seam up, on the pastry sheet giving it a clearance of two inches on each side as well as the top and bottom of the roulade. You can cut excess pastry away using this guide.
10. Pull the pastry from the sides of the roulade and seal it together on top of the roulade using some water on your finger to seal the seam.
11. Tuck the ends in (at the top and the bottom), using your finger and some water, almost like you're wrapping a tiny present.
12. Roll the roulade over so the seam of the pastry is facing down. It's time to add the features to you piglet! Grab a small section of pastry dough from your reserve and roll it into a thick tube (a bit thicker than a standard straw) using the palm of your hand. Cut a small section of the tube off and, wetting a small area on the piggy's 'face', affix it as the nose. You can use a tooth pick or another pointed object to make the nostrils, mouth and eyes/eyelids. Cut another small section from the tube of dough and then cut that section on an angle to make two small triangles. These are your piglet's ears. Using some water on your fingertips, affix the ears to the head and give them a small bend to make them look more realistic. Create another tube of dough from your sheet, this one much smaller than the last, as this will be our piggy's curlicue tail. Curl the tube into a spiral and affix this to the piggy's lower back using water on the dough surface to hold it. Set your finished piggy aside on a dry surface.
13. Repeat two more times to make the other two piglets. Don't worry, you'll get better at it as you go along.
14. Once all 3 piglets are ready to be roasted, place them onto a non-stick baking tray and bake them at the temperature indicated in step 1 for 30 minutes.
15. Remove the piglets from the oven after 30 minutes and let them stand for a few minutes before serving.

### To make the Tracta Dough:

1. Combine the whole wheat flour and barley flour together. Place the oil and water together in one vessel and slowly work the wet into the dry ingredients using your hands and good old-fashioned elbow-grease. If you're out of elbow grease, you can also use your electric mixer.
2. If your dough is on the drier or wetter side, don't be afraid to add more flour or water. The coarseness of flour differs all over the world so make your dough as firm as you can based on the ratios required.
3. Once the dough has formed a firm ball, place it in the fridge and chill the dough for a few hours or overnight if you have the time.



## LOOKING FOR MORE?

If you have enjoyed these recipes and want to expand your knowledge of ancient cooking even further, I have a few recommendations for you.

The best adaptation of the Apicius cookbook is *Apicius, A Critical Edition with an Introduction and English Translation*, translated by Christopher Grocock and Sally Grainger. Sally Grainger's companion cookbook, *Cooking with Apicius*, offers wonderful modern interpretations of the original recipes. Other cookbooks that I have enjoyed cooking ancient Roman recipes from include: *The Philosopher's Kitchen* by Francine Segan; *The Classical Cookbook* by Andrew Dalby; *A Taste of Ancient Rome* by Ilaria Gozzini Giacosa and Anna Herklotz; and *Roman Cookery* by Mark Grant.

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