

# Greco-Roman Feast: Menu with Recipes

*Shelby Brown*

THE ARCHER SCHOOL FOR GIRLS

LOS ANGELES, CALIFORNIA

## CENA ROMANA: "AB OVO USQUE AD MALA" (The Roman Dinner: "From the Egg to the Apples")

### Gustatio (Appetizers)

*Ova in vino* EGGS (POACHED) IN WINE

*Olivae* OLIVES

*Caseus cum recenti fico* CHEESE WITH FRESH FIG

*Placenta* QUICHE

Heat oven to 425 F

1 lb. Feta

4 oz. All purpose flour

1 Egg

2–3 Bay leaves

"Baking brick" or tile (for the brick you may substitute an inverted casserole dish)

Break up the feta and mix in a bowl until smooth. Add sifted flour and egg and process until dough forms. Mold into a slightly flattened circle. Score with three lines dividing the loaf into six pieces. Place the loaf on top of the bay leaves in an oiled baking tray and cover with the lightly oiled baking brick. Bake 45–50 minutes at 425 degrees F until golden brown on the outside and creamy on the inside.

(Dalby and Grainger 1996: 93–94)

### Prima Mensa (Main Course)

*Lenticula* LENTILS

6 oz. Lentils

1 tbsp. Red wine vinegar

Juice of half lemon or 2 tsp. sumach

1 Slice lemon

1 tbsp. Olive oil

2 tsp. Ground coriander seeds

A handful of fresh coriander leaves

Sea salt

4 oz. Cool water

Boil the lentils in a pint of water for 30 minutes. Drain off the water, add vinegar, lemon juice, olive oil, and the coriander seeds. Add the 4 oz. of cool water. Salt to taste. Simmer with the lid on for 20 minutes. Before serving, chop the coriander leaves finely and sprinkle on the lentils.

(Grant 1999: 138)

*Asparagi* ASPARAGUS

1 lb. Asparagus

1 tbsp. Olive oil

1 tsp. Sea salt

Scrape any tough skin off the asparagus and cut off the ends. Steam until tender. Heat the olive oil in a frying pan, add the salt, and toss the asparagus briefly before serving with the oil, salt, and juices from frying.

(Grant 1999: 142)

*Oxyporium* TANGY SALAD

1 oz. Lovage or celery leaves

½ tsp. Raisins

½ tsp. Dried mint

1 tsp. Ground white pepper

2 tbsp. Clear white honey

1 tbsp. Red wine vinegar

Sea salt (optional)

Finely chop the lovage leaves and raisins, then combine in a small bowl with the other ingredients. If you wish, salt can be added to taste, but with its sharpness the sauce can stand on its own without salt. Stir and serve with a green salad.

(Grant 1999: 134)

*Amia* BAKED FISH IN VINE LEAVES

1 Large fish (herring, mackerel, tuna for an oilier fish to eat with bread; cod, haddock, plaice for a less oily fish)

1 tbsp. Olive oil

Coarse salt

1 tbsp. Finely ground marjoram

20–25 Vine leaves

Clean and wash the fish well. Brush with olive oil, marjoram, salt. Wrap in vine leaves and cover with tin foil. Place on a

## LESSON PLANS

baking tray and bake for one hour at 300 degrees F.  
(Grant 1999: 130)

*Serve with fine Falernian wine.*

**Secunda Mensa** (*Dessert and Fruit Course*)

**Dulcia** SWEET PASTRIES WITH NUTS & HONEY  
(like modern Greek *baclava*)

**Libum** CHEESECAKE

1 cup All purpose flour  
8 oz. Ricotta  
1 Egg  
4 Bay leaves  
4 oz. Clear honey  
“Baking brick” or tile (for the brick you may substitute an inverted casserole dish)

Sift the flour. Beat the cheese and egg together and stir into the flour. Divide the dough into 4 buns and place each bun on top of a bay leaf in an oiled baking dish. Cover with the lightly oiled baking brick. Bake 35–40 minutes at 425 degrees F until the buns are golden brown. Warm the honey in a pan and set the warm buns in the pan for 30 minutes to absorb the honey.

(Dalby and Grainger: 1996: 93)

**Mala** Apples

**Pira** Pears

**Fici recentes** Fresh figs

*Serve with sweet red wine.*

**We promise not to feed you dormice or liquamen!**

The Romans ate dormice only rarely, but they used *liquamen* as a sauce all the time. Here are the recipes we *won't* use:

Glaze dormice in honey and roll them in poppyseeds, then bake!

Mix together fish intestines, gills, fish juice, blood, and teaspoons of dried herbs, including coriander, oregano, and mint. Line the bottom of a 9" x 13" glass container with this mixture, then add a layer of whole small fish, and then a layer of salt. Each layer should be 2 fingers high. Repeat the three layers until the container is filled. Place the container for two days uncovered in direct sunlight. If flies come, cover the mixture some of the time until it starts to dry out. Mix the contents daily for 20 days, still leaving the container in the sun. After 20 days, test the sauce; it should be salty and piquant. Leave it longer in the sun as needed to suit personal taste.