

Roman three course menu



Enjoy your meal!

These 3 recipes come from the only surviving Roman cookbook, *De re coquinaria* or *About the art of cooking*. The ingredients used in the 3 recipes were available in Roman The Hague, either locally grown or imported. The original cookbook does not contain measurements. These have been added on by experience.

Boiled eggs in pine nut sauce

Ingredients

- 10 eggs
- 100g pine nuts
- 2 tsp peppercorns
- 3 tbsp honey
- 3 tbsp vinegar
- 1 tsp garum (or fishsauce)
- 1 tsp lovage (or Maggi)



To prepare

Soak the pine nuts in fresh water overnight. Grind the peppercorns and the pine nuts in a mortar. Add the fish sauce to it. Then stir the honey, vinegar and lovage together. Add this mixture to the pine nuts until the thickness of a sauce. Boil the eggs for 5 minutes and cut them in half. Place the half eggs on a platter and pour the sauce over them.

Did you know?

Garum is a Roman fish sauce made from dried, rotting fish. It was used instead of salt in almost all recipes. The sauce was notorious for its enormous stench. It is somewhat comparable to Asian fish sauce today.

Roman soup

Ingredients

- 1 whole chicken
- 2,5 l water
- 1 oxheart cabbage
- 2 onions
- ½ bunch of celery
- 1 cup pearl barley
- 1 cup lentils
- 150 g mushrooms
- A bit of garum (or fish sauce)
- 1 tbsp honey
- Fresh pepper to the taste



To prepare

Bring the water and the chicken to the boil and let the chicken cook in about an hour. Remove the chicken from the water and cut the meat into pieces. Keep the meat aside. While stirring, add the lentils and pearl barley to the water and cook until tender. Chop the cabbage, celery, onions and mushrooms and add them to the soup together with the chicken. Let the soup simmer gently and season with the fish sauce, honey and pepper.

6 Main dish

Did you know?

The Romans took over the soup eating from the Germanic people. Soup was especially popular with the soldiers. This is evident from the pottery that has been found. At first flat plates, but later a lot of deep plates and bowls, perfect for eating soup.

Nut pie

Ingredients

- 200 g pine nuts
- 400 g mixed nuts (walnuts, almonds and hazlenuts)
- 100 g honey
- 4 eggs
- 1 dl red wine
- 1 dl full fat milk
- A bit of garum (or fish sauce)
- Fresh pepper to the taste
- Olive oil to grease the baking tin



To prepare

Roast the pine nuts. Let them cool and grind them. Also grind the other nuts and add them to the pine nuts. Mix the honey and wine in a saucepan and bring to the boil, stirring, until the wine has evaporated. Stir the nut mix into the honey and let it cool. Beat the eggs with the milk, the fish sauce and some pepper. Add the honey-nut mixture to the eggs and gently stir everything together. Grease a small baking tin with olive oil and pour in the mixture.

Bake the dish at 175 degrees for 25 minutes, until the eggs have set. Let the cake cool and cut it from the baking tin.

Did you know?

A Roman dessert often consisted of fruit and nuts. Pine nuts and almonds were exported to the Dutch coastal area, but walnut trees grew very well locally.