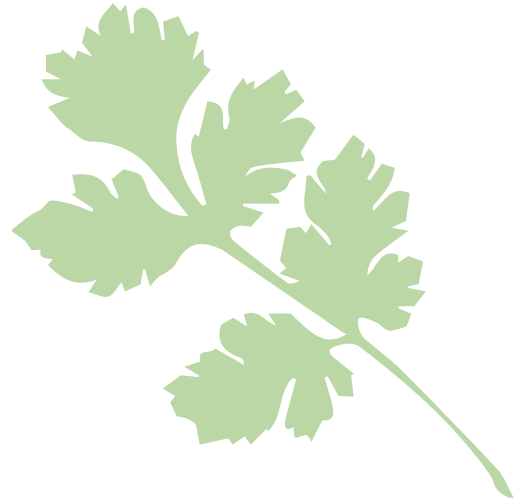




## ROMAN RECIPES - MORETUM (ROMAN CHEESE SPREAD)

### You will need:

- 1 clove of garlic
- 1/2 of a celery stick (with leaves)
- A small bunch of flat leaf parsley
- 1 tbsp of coriander seeds
- A pinch of salt
- Some cheese (feta/goats cheese/ricotta)
- 1 tsp extra virgin olive oil
- A splash of vinegar



### Utensils Needed:

Pestle and mortar

### Method:

Peel the garlic add to the mortar and mash it until smooth

Add the salt, cheese and celery to the mix and mash it up, mixing them well.

To this paste add the coriander seeds, parsley, oil and vinegar and combine (tip: add the parsley in small batches as it breaks down better and is less messy)

Once well mixed, spread your mixture on bread and enjoy your Roman snack!



## ROMAN RECIPES - WILD BOAR STEW

### You will need:

- 1kg wild boar meat (or pork), cubed
- 4 carrots, roughly sliced
- 1/2 cabbage, shredded
- 200g baby onions
- 2 tbsp fresh thyme leaves
- 2 tbsp fresh parsley chopped
- 2 bay leaves
- 10 juniper berries, crushed
- 10 tbsp olive oil
- 800ml stock or apple juice (heather ale or mead if you are a grown up)
- 2 tbsp honey
- 200g pearl barley



### Method:

The day before you want to make the stew, place the meat in a dish with the liquid, juniper berries and herbs. Place in the fridge and allow to marinade over night.

The following day drain the meat (but reserve the liquid). Add the oil to a large saucepan or casserole dish, then add the vegetables and meat and fry until the meat has browned.

Add the reserved liquid, bring to a boil then add the honey and pearl barley. Boil vigorously until the volume has reduced by a third. Reduce the heat, half cover the casserole and allow to simmer gently for about two and a half hours, until the meat is completely tender.

At this stage remove the meat, turn the heat to high and boil vigorously until the sauce thickens. Return the meat to the pot, allow to re-heat for 10 minutes and serve in bowls with a good hunk of bread or nettle pudding.

If you need more help you can watch a video of the recipe here:  
<https://www.youtube.com/watch?v=N8OGnOX-xfs&t=5s>



## ROMAN RECIPES - SPICED COOKIES (MUSTACEI)

### You will need:

Roman ingredient (Latin)	Translation	Modern ingredient	Amount
Farina siliginea	wheat flour	flour	4 cups (500 g)
mustum	must	grape juice or sweet wine	1 ½ cups (300ml)
anesum	anise	anise seeds	2 tablespoons
cuminum	cumin	cumin seeds	2 tablespoons
adeps	lard	butter or margarine	½ cup (100g)
caseus	cheese	grated cheese	1/3 cup (50g)
folium	leaves	bay leaves	around 20

### Method:

Preheat oven to 350°F /180° C

Grind the anise and cumin seeds.

Mix the flour with the juice

Stir in the anise and cumin, butter, and cheese.

Shape the mixture into about 20 small balls, flatten the tops and press a bay leaf onto each.

Arrange the cookies on an oven tray, bay leaf down

Bake for half an hour.

For a spicier flavour, add poppy seed, cinnamon or ginger as desired

If you need more help you can watch a video of the recipe here:

<https://www.youtube.com/watch?v=XhtQ7mXKwTU&t=12s>

