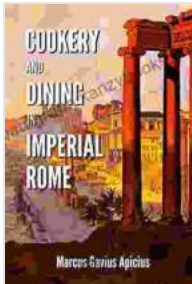


# Cookery and Dining in Imperial Rome: A Culinary Journey Through the Roman Empire



## Cookery and Dining in Imperial Rome: With original illustrations by Kenny Galarza

★★★★☆ 4.5 out of 5

Language	: English
File size	: 4614 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 513 pages
Lending	: Enabled



Cookery and Dining in Imperial Rome is a fascinating exploration of the culinary traditions of the Roman Empire. This comprehensive work delves into the ingredients, recipes, and dining customs of the ancient Romans, offering a glimpse into their daily lives and social practices. Written by renowned food historian Sally Grainger, this book is essential reading for anyone interested in ancient Rome, food history, or culinary arts.

## Ingredients of the Roman Diet

The Roman diet was based on a few staple ingredients: wheat, barley, olives, grapes, and meat. Wheat was the most important grain, and it was used to make bread, pasta, and porridge. Barley was also used to make bread and porridge, but it was considered to be less nutritious than wheat. Olives were a major source of fat, and they were used to make oil, which

was used for cooking, dressing, and preserving food. Grapes were used to make wine, which was the most popular drink in the Roman Empire. Meat was a luxury item, and it was typically eaten only on special occasions.

## **Roman Recipes**

Roman recipes have been preserved in a number of cookbooks, the most famous of which is the *Apicius*. The *Apicius* contains over 500 recipes, which provide a glimpse into the culinary tastes of the ancient Romans. The recipes are often complex and time-consuming to prepare, but they also reveal the Romans' love of rich flavors and textures. Some of the most popular Roman dishes include:

- **Garum:** A fermented fish sauce that was used as a condiment.
- **Moretum:** A spread made from cheese, garlic, and herbs.
- **Patina:** A stew made from meat, vegetables, and spices.
- **Dulcia:** A dessert made from fruit, honey, and nuts.

## **Dining Customs of the Ancient Romans**

The Romans ate their meals in three courses: the appetizer (*gustatio*), the main course (*cena*), and the dessert (*mensae secundae*). The appetizer was typically a light dish, such as a salad or soup. The main course was the most substantial meal of the day, and it typically consisted of meat, vegetables, and bread. The dessert was a sweet dish, such as fruit or cake.

The Romans ate their meals on a reclining couch, and they were served by slaves. The host of the meal would typically recline on the couch with his guests, and the slaves would bring the food and drinks to the table. The

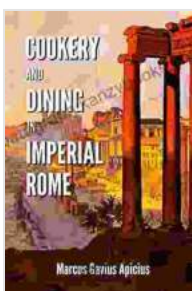
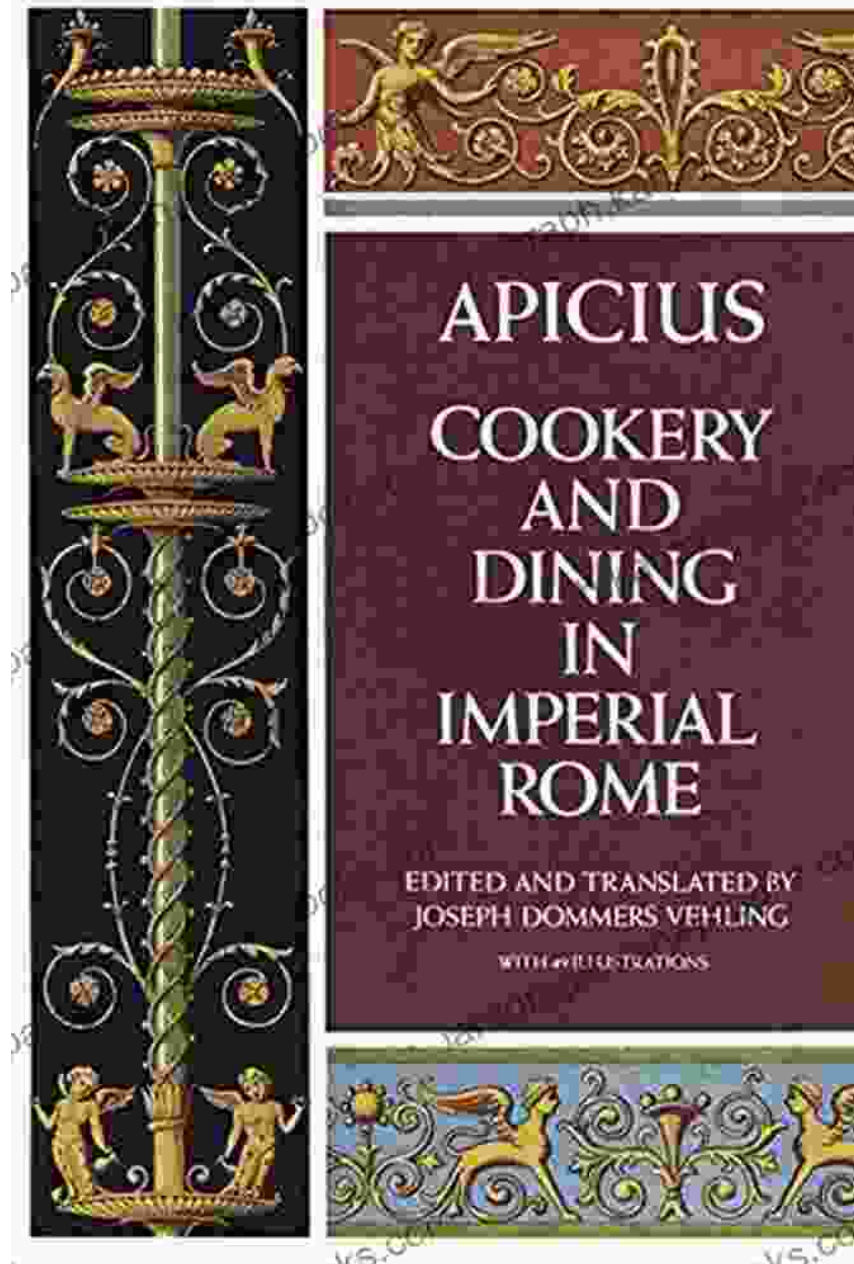
Romans were very social people, and they often used their meals as an opportunity to entertain guests and conduct business.

## **The Legacy of Roman Cuisine**

Roman cuisine had a profound impact on the development of Western cuisine. Many of the ingredients and recipes that we use today can be traced back to the ancient Romans. The Romans also introduced new culinary techniques to the world, such as the use of spices and the art of fermentation. The legacy of Roman cuisine can be seen in the cuisines of many different cultures around the world.

Cookery and Dining in Imperial Rome is a fascinating and informative exploration of the culinary traditions of the Roman Empire. This book is essential reading for anyone interested in ancient Rome, food history, or culinary arts.

**Free Download your copy of Cookery and Dining in Imperial Rome today!**



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