

For the tasting

All of these ingredients are available from large supermarkets

- Pecorino or goat's cheese
- bread, preferably a rye sourdough or similar dark, densely-textured, chewy bread
- herbs: sage, rosemary, thyme, mint
- honey: with comb in if you can get it
- carouenum: you can make your own by reducing red grape juice. Alternatively, you can use red grape juice
- figs: fresh if in season, dried if not.
- pomegranate: if in season
- liquamen: use Thai fish sauce

For the recipes

Obviously quantities will depend on how many pupils are cooking.

Melon and mint

- melons (1 per group)
- mint (1 bunch per group)
- runny honey (1 bottle/pot for whole class)
- white wine vinegar (1 bottle for whole class)
- black pepper in mill

Equipment: chopping board, sharp knives, measuring spoons, whisk, measuring jug, large bowl, small bowl, serving dish.

Hypotrimma

- lovage seeds (available online and in really big supermarkets, otherwise use caraway seeds)
- mint (1 bunch per group)
- raisins (1 bag per class)
- pine kernels (1 bag per class)
- cream cheese (e.g. Philadelphia) (1/2 pot per group)
- date syrup (available from large supermarkets and health food shops) (1 bottle per class)
- runny honey (1 bottle/pot for whole class)
- fish sauce (1 bottle for whole class)
- white wine vinegar (1 bottle for whole class)
- olive oil (1 bottle for whole class)
- grape juice (1 bottle/carton for whole class)
- bread (as above, 1 loaf per whole class)

Equipment: mortar & pestle (ask around staff to see who could loan), measuring spoons, sharp knife, chopping board, serving dish.