

The final week of the course is a treat for all the students' hard work: a practical session exploring the wonders of Roman food and cookery. There are two plan-and resource-sets depending on whether you have access to kitchen facilities, or whether you will be classroom-based for this session.

Option 1: Kitchen-based

You will need the ingredients on kitchen_shopping.pdf, and the recipes can be found on kitchen_recipes.pdf. The session should start off with a tour of the ingredients, drawing attention to the fact that the following common ingredients are not available to the Roman cook:

- sugar
- potatoes
- tomatoes

These recipes are tried and tested (by adults and children alike), but you will need a good hour for the session.

Option 2: Classroom-based

You will need to have the items listed in classroom_shopping.pdf in order to do the tasting and to make the recipes listed in classroom_recipes.pdf.

Slide 1

Intro slide

Slide 2



Roman food quiz: which ingredients did the Romans have?

- *cheese* – YES, in fact the English word 'cheese' comes from the Latin 'caseum'
- *tomatoes* – NO, this plant is native to the Americas and was only brought over to Europe in the 15th and 16th centuries
- *dormice* – YES, they're cute but they were considered a delicacy
- *sugar* – NO, the processes to refine sugar from cane or beet were not invented
- *pumpkin* - YES
- *sweetcorn* – NO, again, this was brought over from the Americas
- *acorns* – YES, but only if you were very desperate! Not really everyday food, most often eaten in times of famine.
- *pasta* – NOT REALLY, as this was a 14th century invention, but they did make types of dough which they would then boil or fry
- *wheat* – YES, and lots of other grains too, like barley and rye, which could be milled into flour and made into bread
- *potatoes* – NO, another plant native to the Americas
- *honey* – YES, and this was the main source of sweetness
- *milk* – YES, and from different animals, e.g. sheep, goats

Slides 3-10

The foods to be tasted. Taste each food along with the relevant slide.

bread: would be more like a heavy sourdough than the industrially-produced white sliced loaf we're used to today.

herbs: an interesting link between modern and ancient times, as many of the herbs used today were used by the Romans.

honey: source of sweetness.

caroenum: However, the Romans also used boiled-down grape juice or wine (known as *caroenum* or *defrutum*) to sweeten their dishes.

cheese: again, made from sheep and goat milk, too

figs: a staple fruit that grows well in hot climates, and is useful because they can be dried to last (remember – no refrigeration, freezing or canning)

pomegranate: another fruit that grows well in the Mediterranean climate. It was also seen as a symbol of fertility.

liquamen: a liquid made from leaving salted fish to ferment in the sun. Very smelly! Our nearest modern equivalent is Thai fish sauce.

Cookery session



Split the pupils into groups of 2-4 and give them a recipe card (classroom_recipes.pdf) and the requisite ingredients. The equipment needed for each recipe is also included in classroom_shopping.pdf.

There is also a sheet of recipes for children to take and try at home (home_recipes.pdf)