



Roman recipes for the classroom

Hypotrimma (cheesy, herby dip)



- ½ tsp lovage seeds
- black pepper
- 3 tsp chopped mint
- cupful raisins
- cupful pine kernels
- cupful cream cheese
- 1 tbsp date syrup
- 1 tbsp honey
- 1 tbsp fish sauce
- 2 tbsp vinegar
- 1 tbsp olive oil
- 1 tbsp defrutum (use grape juice)
- pieces of bread

In a mortar, mix the lovage with the pepper and mint. Add the raisins and pound to a fine paste, add the pine kernels and pound, then add the cheese, date syrup and honey, and blend. Gradually mix in the vinegar, oil and defrutum. Put the paste into a serving bowl and serve with pieces of bread for dipping.

Melon with mint

- 1 melon
- pinch of black pepper
- 3 tsp chopped mint
- 2 dessertspoons runny honey
- 2 dessertspoons vinegar



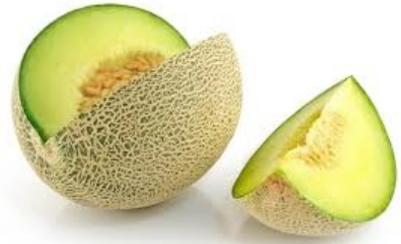
Cut the melon into wedges, remove the rind and then dice into small (5—10mm) pieces. Put in a shallow dish. Combine the mint, honey and vinegar in a bowl and whisk. Pour over the melon and leave for 15 minutes to marinate.



Try these Roman recipes at home!

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Almond and semolina pudding

- 25g peeled almonds
- 250ml milk
- 2 heaped tbsp semolina
- 25g pine kernels
- 50g raisins
- 2 tbsp honey
- black pepper



Put the milk into a pan and warm over a gentle heat. Sprinkle the semolina over the milk and stir continuously until the mixture thickens. Add the pine kernels and raisins and continue to cook gently while stirring. Add the honey. Pour into a serving dish and sprinkle a little black pepper on top.

Ham with figs in pastry

- 300g pastry
- 4 figs
- 1 tbsp honey
- 200—300g pieces of ham/gammon
- black pepper



Set the oven to 180C. Cut the pastry sheet in half so that you have two even rectangles. Place one on a greased baking sheet. Scatter the ham over the pastry, making sure to leave the edges clear. Cut the figs into 1/2cm thick slices and place on top of the ham. Season with black pepper and a drizzle of honey. Take the other sheet of pastry and cut a series of lines into the centre. Place on top of the other piece of pastry and press the edges together to seal. Bake until golden brown (about 20 mins).



All of these recipes are adapted from a recipe book written by a Roman called Apicius