

Maza (Greek & Roman Barley Cake)

1 c. barley flour
3.5 oz water
3 tbsp clear honey
2 tbsp olive oil
Preheat oven to 375 degrees

Put the flour in a bowl and mix with honey and olive oil. Add water gradually and mix until you can form a cohesive ball. Chill the dough in the refrigerator for about a half an hour, then roll out on a floured board until it is very thin. Cut into small rounds with a cookie cutter or mug. Place rounds on a cookie sheet and cook for about 15 minutes or until done.

Greek Mint Sauce *Athenaeus* (Can be used on bread or meat)

6 tsp. mint leaves
6 tsp. pickled green peppercorns
6 tsp. safflower
1 tbsp vinegar
3 tbsp olive oil
Salt to taste

Crush all the solids in a mortar and then add the vinegar and oil.

Beets with Mustard Sauce *Apicius*

2 large beets
1 tbsp mustard
2 tbsp olive oil
1 tbsp vinegar

Boil the beets until tender then cover with the mustard, olive oil and vinegar sauce. The sauce will also work on beet greens.

Tisana (Barley Soup) *Aristophanes, Cato, Apicius*

10 oz white barley
4 c. water
2 tbsp olive oil
1 tsp aniseed
1 onion, minced
1 pinch savory
1 pinch chopped fresh cilantro
1 thick slice of prosciutto or ham
Salt and pepper to taste

Combine water and barley (Apicius would crush it) and bring to a boil over a high flame. Add everything but the cilantro and salt and cook until it is creamy. Add cilantro and salt right before serving.

Roman Spice Cake *Apicius*

8 oz spelt flour
1 tsp baking powder
 $\frac{1}{2}$ tsp ground rosemary
4 oz almonds, chopped
1 tsp cinnamon
4 tbsp dessert wine
4 tbsp grape juice
1 tbsp honey
Milk

Preheat oven to 375 degrees. Mix the flour and baking powder and then combine with rosemary, almonds and cinnamon. In a separate container, mix wine, honey and grape juice and then add to the dry ingredients with just enough milk to make it soft but firm. Bake in a 9-inch pan for 30 minutes.

*When this cake got stale the Romans would soak it in milk, fry it in olive oil and then add more honey to it. Because you could never get enough honey!

Meats with Garum *Remember that if you are cooking with fish sauce (garum) don't add extra salt because it's already very salty.

Chicken

Boil a whole chicken and then make a sauce including pepper, cumin, thyme, fennel, mint, rue, vinegar, honey, olive oil, dates and garum to pour over it.

Lamb Stew

Cook together lamb pieces, onion, coriander, pepper, lovage, cumin, olive oil, wine and garum

Patina Apicus

Fruit – (4) peaches, pears, apples, or (2) quinces

Water or wine

3 eggs

1 ½ c. milk

1 tbsp olive oil

Pepper (to taste)

Boil fruit in water or wine. When it's soft, crush it into a pulp. Mix in eggs and milk. Drizzle with oil and sprinkle with pepper. Cook at 350 degrees for approximately 20 minutes.