

Ancient Recipes

“Sad creatures are we! In sum, poor man is naught.
We’ll all end up like this, in Orcus’ hands,
So let’s enjoy life while we can. {...}
Trimalchio said: ‘Come on, let’s tuck in; this is the dinner menu.’”

Petronius, *The Saryricon*, trans. P.G. Walsh (New York: Oxford University Press, 1997) 35.

Conditum Paradoxum (Spiced Wine)

Reference: Apicius I,I

The Romans traditionally served a honeyed wine as an aperitif with the first course at dinner. This was known as mulsum. It was a simple mixture of honey and wine in a ratio dependant on personal taste. This recipe is something finer: a special spiced wine or conditum, a distant ancestor of modern aperitifs such as the Martini.

1 BOTTLE (70 CL) MEDIUM-DRY WHITE WINE

6 OZ (3/4 CUP/ 170 G) CLEAR HONEY

1/2 TEASPOON GROUND BLACK PEPPER

1 BAY LEAF

PINCH SAFFRON POWDER OR STRANDS OF SAFFRON

PINCH MASTIC (OPTIONAL)

1 FRESH DATE, THE STONE ROASTED FOR 10 MINUTES AND THE FLESH SOAKED IN A LITTLE
WINE

Put 5 fl oz (2/3 cup/ 150 ml) of the wine in a saucepan with honey and bring it to a boil. Skim if

necessary. Repeat and remove from the heat. Add the seasonings to the wine while it is hot: this speeds up the flavoring process. When it is cold, add the rest of the wine and allow to stand overnight. To serve, strain through a fine sieve or muslin. Makes six glasses.

Honey-Glazed Shrimp

Reference: various sources.

The Greeks served this as a first course with a crusty loaf and a simple salad.

8 OZ (225 G) COOKED, PEELED SHRIMPS
1 TABLESPOON (15 ML) OLIVE OIL
2 TABLESPOONS (30 ML) FISH SAUCE
1 TABLESPOON (30 G) CLEAR HONEY
2 TEASPOONS CHOPPED FRESH OREGANO
BLACK PEPPER

If using frozen shrimps, ensure that they are well defrosted and drained. Place the oil, fish sauce and honey in a sauce pan and add the shrimps. Sauté them gently in the cooking liquor for 2 or 3 minutes until they are tender. Remove them with a perforated spoon and keep warm. Continue to cook out the liquor until it has reduced by half. Add the chopped oregano and pour the sauce over the shrimps. Sprinkle with freshly ground black pepper. Serves two.

Savory Cheesecake

Libum means ‘cake’. Libare means ‘to offer to the gods’. It was sometimes a sacrificial cake such as was offered to household spirits in the early years of Roman history; it was sometimes a farmhouse cake, served hot; it was sometimes a delicate honeyed cake that was served at the very end of an elaborate Roman dinner. The poet Ovid gave tantalizing descriptions of libum, and described its origins through history into mythology with the discovery of honey by the god Bacchus. It is possible that these cakes were included in Cato’s farming book for religious reasons- to appease the gods, or to ensure the farm’s fertility. It seems that ancient writers associated libum with honey, although Cato did not, and his is the only actual recipe we have.

1 LB (450 G) FETA CHEESE

4 OZ (1 CUP/ 120 G) PLAIN ALL-PURPOSE FLOUR
1 EGG
2-3 BAY LEAVES

This is ideally made in a food processor. Break up the feta and place in the bowl. Process for 30 seconds until the mixture is smooth. Add the sifted flour and egg and process for a few seconds until you have a soft dough. Mould into a loaf and shape into a slightly flattened circle. Score the top with 3 lines that divide the loaf into 6. Heat the oven to 425 degrees F (220 degrees C/ gas mark 7). Place 2-3 fresh bay leaves under the leaf, cover with your alternative cover and bake for 25 to 30 minutes. Serve while still hot as an accompaniment to meal. Serves four.

Roast Duck with Hazelnuts

Reference: Apicius 6,5,2

Two unusual herbs are called for in this ancient recipe. Safflower is often known as fake saffron: the powder sold today as saffron is more than likely adulterated with saffron. Under its real name, safflower is best known to us as a recently developed cooking oil. Calamint, still used in southern Europe as a culinary herb, is hard to find elsewhere; the closely related catmint is rather commoner and thus used in this recipe (the Latin name Nepeta may, it seems, be used for either).

6 OZ (1 1/2 CUPS/ 170 G) HAZELNUTS
2 TEASPOONS CHOPPED FRESH OR 1 1/2 TEASPOONS DRIED MINT
2 TEASPOONS CHOPPED FRESH LOVAGE OR CELERY LEAF
2 TEASPOONS CHOPPED FRESH PARSLEY
1 TEASPOON CHOPPED FRESH CATMINT OR CALAMINT
(IF NOT AVAILABLE, INCREASE THE MINT)
2 TEASPOONS (60 G) CLEAR HONEY
10 FL OZ (1 1/4 CUPS/ 280 ML) RED WINE
2 TABLESPOONS (30 ML) OLIVE OIL
2 TABLESPOONS (30 ML) RED WINE VINEGAR
5 FL OZ (2/3 CUP/ 150 ML) FISH SAUCE
1 TEASPOON GROUND BLACK PEPPER
PINCH SAFFRON POWDER OR STRANDS
3 LB (1.5 KG) DUCK, CHICKEN OR OTHER BIRD
SALT

Roast hazelnuts for 10 minutes in the oven at 350 degrees F (180 degrees C/ gas mark 4). Pound or process them to a fine crumb. Add them to a saucepan with all the other ingredients for the sauce and bring them slowly to a boil. Place the bird in a roasting pan and season well with salt and pepper. Cut into the breast and leg and open the incisions before pouring the sauce into the bird. Roast in the normal way in a pre-heated oven at 400 degrees F (200 degrees C/ gas mark 6) for about 1 1/2 hours. While cooking, repeatedly baste the bird to ensure that the skin is well covered in the nut mixture. As the wine reduces slightly the sauce will form a crust the breast, which needs to be maintained once it has formed. Serves four.

Delian Sweets

Reference: Athenaeus 645b, Apicius 7, II, 6

To be served with dried figs and walnuts on the side, as the Delians seemed to have them accompanying the sweets as a separates offering to Iris, goddess of Dawn.

6 FL OZ (3/4 CUP/ 170 ML) WATER
2 OZ (1/2 CUP/ 60 G) PLAIN ALL-PURPOSE FLOUR
OLIVE OIL FOR DEEP-FRYING
2 TABLESPOONS (60 G) HONEY
POPPY SEEDS OR FRESHLY GROUND BLACK PEPPER

Bring the water to a boil and add the sifted flour. Beat vigorously as if you were making choux paste. Cook out for a few minutes and turn out onto a large plate, or a marble slab if you have one. Allow to cool completely. Heat the olive oil in a deep-fryer. Cut the paste into cubes: it will be firm but still a little sticky. Test the oil for temperature with a little of the mixture: if it rises and colors, the oil is ready. Drop the cubes into the oil two or three at a time. Cook for three to four minutes until golden-brown and lift out on to the kitchen paper. While they are still warm, dribble warmed honey over the fritters and sprinkle them with either poppy seeds or freshly ground pepper. Makes about fifteen.

All recipes published from The Classical Cookbook by Andrew Dalby and Sally Granger (London: British Museum Press, 2000) with the permission of the British Museum Press. For more information, please contact: Marketing Manager, British Museum Press, 46 Bloomsbury Street, London WC1B 3QQ.

Summary of Ph.D Dissertation in Classics

*Cicero's Concordia: The Promotion of a Political Concept
in the Late Roman Republic*

Mark A. Temelini (December 2001)

Classics Program, Department of
History, Supervisor: Prof. T. Wade Richardson.

The aim of this dissertation is to explain the meaning of *concordia* by surveying the historical context in which it emerged. The thesis concentrates on the period 63-43 B.C. because it is in this crucial period that the concept achieves its most articulate and influential defence by the Roman orator, statesman, and philosopher, Marcus Tullius Cicero. My intention is to review the important writings and speeches of Cicero and to situate them in the political struggles in which he was implicated.

By placing the concept of *concordia* in this political context, a clearer picture emerges than is available in the current literature about how Cicero promoted, defended, and skillfully redefined the concept of *concordia* in order to achieve his political aims. What emerges are three identifiable meanings of the concept of *concordia*. The first is the longstanding conventional Roman republican idea of *concordia* as unity, friendship, and agreement. The second is what Cicero called the *concordia ordinum*, an innovative idea of *concordia* as a harmony or coalition of the two Roman orders of the senate and equites. The third is the idea of *concordia* as a *consensus omnium bonorum* - what Cicero called *concordia civium* or *concordia civitatis*. This idea represents an important shift in the thinking of the Roman orator who began to see the survival of the republic as depending on a consensus that went beyond the coalition of the senate and equites.

Summaries of Current Masters Theses 2002

*Porphyre Contre les Chrétiens: l'analyse critique
du Livre de Daniel dans son contexte historique*

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Département d'Histoire.

Directrice: Prof. Elizabeth Digeser

L'apologiste païen Porphyre de Tyre rédigea *Contre les Chrétiens* (en quinze tomes) à une période où le paganisme était grandement menacé par le christianisme montant. Lors d'une crise devant mener aux Grandes Persécutions (303-313 ap. J.C.), un ouvrage comme le sien évoque ce sentiment. Porphyre, dans le douzième volume, attaqua les fondements du christianisme que l'on retrouve en partie, selon les exégèses, dans le *Livre de Daniel*. Le philosophe néo-platonicien a su y démontrer l'étendue de ses connaissances par une solide critique philosophique qui lui vaudra l'anéantissement de son oeuvre par des décrets impériaux. Ainsi, il ne nous reste de ses écrits sur Daniel que quelques fragments en latin dans un ouvrage de Saint-Jérôme l'ayant paraphrasé. De plus, les motivations de Porphyre sont demeurées jusqu'à ce jour inexplorées par les spécialistes. Afin de réaliser cette étude, il m'a donc fallu, dans un premier temps, dater *Contre les Chrétiens*. Ensuite, j'ai procédé à la reconstitution des fragments appartenant au Livre XII. Finalement, j'ai interprété l'œuvre dans son contexte historique.

Monsters at the Edges of the Earth: Geographical Imagination and

*Identity under the Roman Empire.**Félix Racine*

History Department.

Supervisor: Prof. Elizabeth Digeser.

Following the Greek tradition, Roman geographers peopled the edges of the earth with various monsters and cannibals. This thesis analyzes the role they played in the Roman world-view, by focusing on two groups of texts: the *Natural History* of Pliny the Elder (ca. 20-79 AD) and its later imitators on one side, some apocryphal Acts of the Apostles and related texts on the other (ca. 400-600 AD). For Pliny, echoing imperial ideology, they exemplify the undesirable character of what is outside the Empire. The Christian stories break down this perception of the world by representing them in contact with Christians and even converting to Christianity.

Helpful Websites For Researching The Ancient World

American Academy in Rome

<http://www.aarome.org/>

American School for Classical Studies at Athens

<http://www.ascsa.org/>

Ancient Medicine/Medicina Antiqua

Resource for the study of Greco-Roman medicine and medical thought from Mycenaean times until the fall of the Roman Empire.

<http://www.ea.pvt.k12.pa.us/medant/>

Année Philologique

Invaluable research tool.

<http://www.aph.cnrs.fr/>

Beazley Archive

A research unit of Oxford's Faculty of Literae Humaniores. Includes an online display of the contents of Sir John Beazley's archive of ancient Greek and Roman art, which are housed in the Ashmolean Museum.

www.beazley.ox.ac.uk/BeazleyAdmin/Script2/default.htm

Bryn Mawr Classical Review

<http://ccat.sas.upenn.edu/bmcr/>

Cambridge Classics External Gateway to Humanities Resources

Provides access to internet resources of general interest to classical scholars, including links to materials on philosophy, ancient science, linguistics, drama and art.

<http://www.classics.cam.ac.uk/Faculty/links.html>

Classical Atlas Project

Overview of the project which is producing the Barrington Atlas of the Greek and Roman World.

http://www.unc.edu/depts/cl_atlas/

Classical Myth: The Ancient Sources

Includes images, texts, and timelines for the Olympians and the ancient Greeks.

<http://web.uvic.ca/grs/bowman/myth/>

Classics and Mediterranean Archaeology

Links to resources of interest to classicists and Mediterranean archaeologists.

<http://rome.classics.lsa.umich.edu/welcome.html>

Classical Drama Sites

<http://www.webcom.com/shownet/medea/cldrama.html>

Diotima

Materials for the study of women and gender in the ancient world.

<http://www.stoa.org/diotima>

Gnomon Online

<http://www.gnomon.ku-eichstaett.de/Gnomon/Gnomon.html>

Internet Classics Archive

Offers hundreds of works of classical literature in translation, mainly Greco-Roman but with some Chinese and Persian texts also.

<http://classics.mit.edu/>

Musee du Louvre Treasures:

Greek Roman Etruscan Online Medieval and Classical Library

Collection of important literary works of Classical and Medieval civilization.

<http://www.paris.org./Musees/Louvre/Treasures/GreekRoman/>

Perseus Project

Detailed searchable library of texts, translations, art, and archaeology of Ancient Greece and Rome.
www.perseus.tufts.edu/

Pomoerium

Resources for studies in classics including bibliographies and recent publications.
<http://pomoerium.com/>

Resources for Greek and Latin Classics

From the Library of Congress.
<http://lcweb.loc.gov/global/classics/classics.html>

Roman Law Project

<http://www.jura.uni-sb.de/Rechtsgeschichte/Ius.Romanum/english.html>

Suda On Line

Byzantine Lexicography
<http://www.stoa.org/sol/>

Textkit

Free downloadable Greek and Latin grammar learning tools.
<http://www.textkit.com/>

Thesaurus Linguae Graecae (TLG)

Research center at the University of California, Irvine dedicated to creating a digital library of the entire corpus of Greek literature from Homer to the present era.
<http://www.tlg.uci.edu/>