

Roman Food



Romans are famous for eating just about anything!

Most people ate things like bread and grains, cheese, meat, fish, eggs, olives, fruits and vegetables. They drank wine, water and beer. But there were also some much stranger ingredients! For example, how do you fancy these for dinner tonight?

- Dormice
- Sea urchins
- Flamingo tongues
- Lambs brains
- Pig wombs
- Snails
- Giraffes and ostriches
- And a popular sauce made from salted rotten fish guts!

Thankfully the more unusual foods were only available to the rich who ate them at feasts. Ordinary people would have eaten much more normal food. But no pizza! Although Italy is famous for pizza nowadays, it wasn't invented until the 1800's, and tomatoes didn't arrive in Europe until the 1500's when they were imported from America.

Here's a Roman recipe that you can make in cooking class. Don't worry, there's no rotten fish guts sauce in this one!



Roman Food

Globuli (Sweet Fried Curd Cheese)



Curd cheese is similar to cream cheese. You could use Quark which is commonly available in supermarkets.

Ingredients

500g curd cheese (Quark or cream cheese)

170g dry semolina

Some honey

Olive oil for frying

Instructions

1. Mix the curd cheese and semolina together into a dough.
2. With wet hands, form the mixture into dumplings.
3. Quickly fry dumplings in olive oil for a few minutes.
4. Drain and roll in honey.
5. Enjoy!