

# Buxton Roman Society

Easy Roman recipes with widely available ingredients. Enjoy!

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## **Catillus Ornatus (Spiced fritters)**

The fritters make an excellent accompaniment to vegetable purees.

### **Ingredients**

1 lettuce (strong flavoured)  
150ml/5 fl oz red wine  
30g/1 oz lard or vegetable fat  
300 g/10 oz white **spelt** flour  
Black pepper  
Olive oil for frying

Mash the lettuce in a blender (drain off the juice), then add the wine and vegetable fat.

When the lettuce is mainly juice, add the flour and continue to blend until a soft dough has been made.

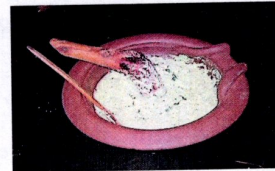
Season with plenty of black pepper.

Working on a board sprinkled with flour, flatten the dough until it is as thin as possible. If possible, try not to use a rolling pin as this can lead to holes in the dough.

Dust the top of the dough with flour. Then using a pastry cutter, cut out the fritters.

Heat three tablespoons of olive oil in a frying pan and fry the fritters, turning often so they are evenly brown on both sides. Drain the fritters on kitchen paper when cooked. Use more oil per batch.

Grind black pepper over the fritters before serving.



## **Moretum (Garlic and herb Pâté)**

200g/7oz feta cheese  
4 cloves of garlic  
3 celery stalks  
large bunch of fresh coriander leaves  
small bunch of fresh rue leaves (opt.)  
2 tbsp olive oil  
4 tbsp white wine vinegar  
Sea salt

Put the cloves of garlic on a baking tray and grill for 5 minutes. Turn them over a few times to ensure even cooking.

Leave to cool for a few minutes and then squeeze out the garlic flesh from the skins.

Roughly chop the celery, cheese and herbs and put them in a blender with the garlic and blend until smooth.

Add the wine vinegar and olive oil and blend.

Serve as an accompaniment, with fresh, crusty bread.



#### **Cecina (chickpea pancake)**

A snack often served at the Roman baths and still popular in Italy today. It is great eaten by the slice as a snack, as a light lunch in accompaniment to cooked greens or a platter of Tuscan meats and cheeses. It is one of the most popular Tuscan street foods

- ¾ lb Chickpea flour
- 3 cups cold water
- 2 tablespoons olive oil
- Salt
- Black pepper
- 2 tablespoons olive oil

Place the flour in a bowl and make a well in the centre. Add the water slowly, stirring till a thinnish, lump free, batter is achieved. When you have added all the water add the oil and the salt. Heat a heavy cast iron pan (10-12") and add olive oil to the centre of the pan (about 1 spoonful) Take a ladle of mixture and pour it slowly into the centre of the pan till the bottom is covered to a depth of about ¼ inch Let this cook on one side slowly, until the mixture appears cooked through. Then turn up the heat and turn the pancake over. After about five minutes of low heat the pancake should be cooked. It should be crisp on the outside and soft in the centre. Sprinkle it with ground black pepper and cut it up into slices before serving



#### **Libum (sweet cheesecake)**

Libum was a sacrificial cake sometimes offered to household spirits during Rome's early history. The recipe below comes from the Roman consul Cato's agricultural writings

- 1 cup. ricotta/feta/goat's cheese
- 1 cup of fine plain flour
- 1 Egg beaten
- 15 bay leaves
- ½ cup. clear honey

Sift the flour in a mixing bowl.  
Beat the cheese until soft, stir into the flour.  
Add the beaten egg to the flour/cheese mixture, forming a soft dough  
Divide the dough into four and shape each piece into a bun. Roll to about 1" thick, after resting it for a while.  
Place on a greased baking tray with bay leaves underneath.  
Heat oven to 350 F (gas 4) 180C. Bake for 35-40 minutes until golden brown.  
Warm the honey, pour onto a flat plate, remove the bay leaves, and place the buns in the honey and rest till the honey is absorbed (or put warmed honey in a dish, and dip pieces of the libum in)  
Makes 4 servings.



#### **Sesamides (sesame wafers)**

- 100g/3 oz sesame seeds
- 50 g/2 oz spelt flour
- 1 tbsp olive oil
- 2 tbsp honey
- 3 tbsp water

Spread the sesame seeds on a baking tray and toast them under the grill for 3 minutes, shaking frequently. Leave under the grill until they are a golden brown. If the seeds jump about and make a popping sound, this is natural.

- Mix all the ingredients together in a large mixing bowl and work into a firm pastry.
- Gather the pastry into a ball and place in a plastic bag for an hour.
- After the hour, roll the pastry out thinly on a lightly floured board.
- Using a 5 cm/ 2" pastry cutter, cut out discs and place them on a greased baking tray.
- Bake in a pre-heated oven at 190°C/380°F/Gas mark 5 for 10 minutes.
- Cool on a wire rack and serve.



#### **Honey & Cinnamon biscuits**

- 175gr wholemeal spelt flour
- 1/2 tsp baking powder
- 2 tsp ground cinnamon
- 100 gr honey
- 100gr sunflower oil

Mix all ingredients together  
Place spoonfuls on oiled baking trays leaving space for expansion.  
Makes about 14 biscuits

Bake in pre-heated oven 8-12 mins  
Oven 190 c (170c for fan oven) , Gas mark 5, 375 F.