



CULINA ROMANA

RIMSKA KUHINJA
ROMAN CUISINE



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Selection of Roman meals from the various ancient authors ..

GUSTUM DE CUCURBITIS

APICIUS, LIBER III, IV, 1.

Gustum de cucurbitis: cucurbitas coctas expressas in patinam compones. Adicies in mortarium piperem, cuminum, silfi modice (id est laseris radicem), rutam medicum, liquamine et aceto temperabis, mittes, defritum modicum ut coloretur, ius exinanies in patinam. Cum ferverit iterum ac tertio, depones et piper minutum asparges.

PREDJELO OD BUNDEVE

Skuvaj bundeve, ocedi vodu i poređaj u šerpu. Stavi u avan biber, kim, malo preliva od raskovnika (a to je koren lasera), malo rutvice, presolac i sirće, stavi malo vina ukuvanog do polovine kako bi dobilo boju, pa ovaj preliv naspi u šerpu. Kad baci treći ključ, skinu sa vatre i pospi istucanim biberom.

APPETIZER OF PUMPKIN

To have the harder ones palatable, do this: Cut the fruit into pieces, boil and squeeze the water out of the boiled fruit and arrange the pieces in a baking dish. Put in the mortar pepper, cumin and silphium, that is, a very little of the laser root and a little rue, season this with stock, measure a little vinegar and mix in a little condensed wine, so that it can be strained and pour this liquid over the fruit in the baking dish; let it boil three times, retire from the fire and sprinkle with very little ground pepper.



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GLOBI

CATO, DE AGRICULTURA, 79.

Globos sic facito. Caseum cum alica ad eundem modum misceto. Inde quantos voles facere facito. In ahenum caldum unguen indito. Singulos aut binos coquito versatoque crebro duabus rudibus, coctos eximito, eos melle unguito, papaver infriato, ita ponito.

OKRUGLICE

Od mekog kravljeg sira i griza napravite kuglice. Pecite ih na maslinovom ulju dok ne dobiju zlatnu boju, potom ih ubacite u med koji je na tihoj vatri. Posle dva do tri minuta uvaljate kuglice u mak, seckane, orahe ili bademe.

GLOBI

Make globi like this. Mix fresh cheese with alica in the same proportions and the same way as for libum dough, using enough to make the desired number of globi. You will decide how much you will want to make. Put lard into a very hot bronze skillet and fry the globi one or two at a time, turning often with the help of two sticks. When they are done, remove them, drizzle them with honey, then sprinkle with poppy seeds and serve.



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CUCUMERES

APICIUS, LIBER III, VI, 2.

*Aliter cucumeres raso: elixabis cum cerebellis
elixis, cumino et melle modico, apii semen,
liquamine et oleo. Ovis obligabis, piper
asparges et inferes.*

KRASTAVCI

*Oljušćeni krastavci, na drugi
način: skuvaj ih sa kuvanim
mozgom, pripremi sa kimom,
malo meda, cemenom celera,
presolcem i uljem Umešaj jaja,
pospi biberom i služi.*

CUCUMBERS

*Peeled cucumbers are stewed
with boiled brains, cumin and a
little honey. Add some celery
seed, stock and oil, bind the gravy
with eggs sprinkle with pepper
and serve.*



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LIBUM

CATO, DE AGRICULTURA, 75.

Libum hoc mundo facito. Casei P. II bene disterat in mortario. Ubi bene distriverit, farinae siligineae libram aut, si voles tenerius esse, selibram similaginis eodem indito permiscetoque cum caseo bene. Ovum unum addito et una permisceto bene. Inde panem facito, folia subdito, in foco caldo sub testu coquito leniter.

LIBUM

U posudu isitnite sir (ovčiji po mogućnosti), dodate jaje i brašno.

Od testa napravite četiri loptice koje razvučete u oblik pljeskavice i napravite ureze nožem. Pokrijete lovorovim lišćem i pečete pokriveno u glinenoj posudi.

LIBUM

Make libum like this. Pound well in a mortar two pounds of cheese.

When it is thoroughly macerated, add a pound of wheat flour and knead well with the cheese or, if you want a more delicate cake,

use half a pound of fine flour.

Add an egg and knead again carefully. Form a loaf, put it on a bed of leaves and bake it

slowly on a warm hearth under a clay pot.



MEASURES USED IN THE RECIPES

<i>Accetabulum</i>	1/4 heminae - 0,068 l
<i>Calix</i>	čaša
<i>Cochleare</i>	1/4 cyathi - 0,0114 l
<i>Congius</i>	1/8 amphorae - 3,283 l
<i>Culleus</i>	20 amphorae - 525,28 l
<i>Cyathus</i>	1/12 sextarii - 0,0456 l
<i>Dragma</i>	4,36 gr
<i>Libra (pondus)</i>	12 unciae - 327,45 gr
<i>Modius</i>	32 heminae - 8,768 l
<i>Quadrans</i>	3 unciae - 81,75 gr
<i>Quadrantal - amphora</i>	1/20 cullei - 26,264 l
<i>Quartarius</i>	1/4 sextarii - 0,1368 l
<i>Scripulus</i>	1/24 unciae - 1,136 gr
<i>Semimodius</i>	1/2 modii - 4,384 l
<i>Semis</i>	1/2 librae - 163,72 gr
<i>Semuncia</i>	1/2 unciae - 13,63 gr
<i>Sextarius</i>	1/16 modii - 0,547 l
<i>Uncia</i>	1/12 librae - 27,27 gr
<i>Urna</i>	1/2 amphora - 13 l



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PATINA OD KRUŠAKA

Patina od krušaka: obarene kruške kojima je izvađena sredina istucaj sa biberom, kimom, medom, prošekom, presolcem, malo ulja. Stavi jaja da bi napravio patinu, pospi biberom i služi.

PATINA DE PIRIS APICIUS, LIBER IV, II, 35.

Patina de piris: pira elixa et purgata e medio teres cum pipere, cumino, melle, passo, liquamine, oleo modico. Ovis missis patinam facies, piper super aspargis et inferes.

PATINA PEAR

Mesh cooked and peeled pears (without core) together with pepper, cumin, honey, passum, Liquamen and a bit of oil. Add eggs and put into a casserole. Cook approximately 30 minutes on small to moderate heat. Serve with a bitt of pepper sprinkled on the soufflee.



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PISA

APICIUS, LIBER V, III, 1.

Pisum coques. Cum despumaverit, porrum, coriandrum et cuminum supra mittis. Teres piper, ligusticum, (careum hoc est carvita) careum, anethum, ocimum viridem, suffundis liquamen, vino et liquamine temperabis, facies ut ferveat. Cum ferbuerit, agitabis. Si quid defuerit, mittis et inferes.

GRAŠAK

Skuvaj grašak. Kad baci penu, stavi na grašak praziluk, kori-jander i kim. Istucaj biber, majčinu dušicu, divlji kumin, mirođiju, zeleni bosiljak, dolij presolca, pomešaj sa vinom i pusti da zavri. Kad proključa, promešaj. Dodaj ako nešto nedostaje, pa iznesi.

PEAS

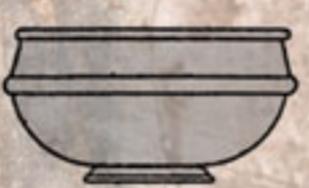
Cook the peas, when simmered, lay leeks, coriander and cumin on top. Crush pepper, lovage, cumin, dill and green basilica, wine and broth to taste, make it boil; when done stir well, put in what perchance should be missing and serve.



CALATHUS



PULTARIUS



CALIX



ACRATOPHORUM



GALEOLA



ACETABULUM



PAROPSIS



PATINA



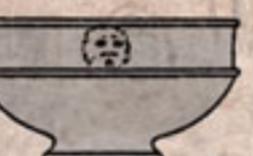
PATINA



PATELLA



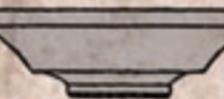
PATELLA



MORTARIUM



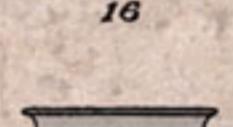
PATERA



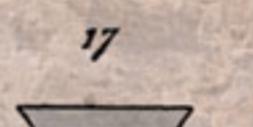
CALIX



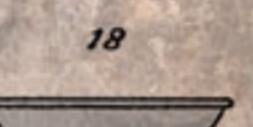
CALIX



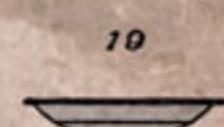
CATINUS



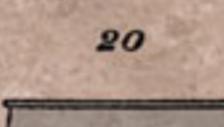
CATILLUS



LANCULA



LANCULA



TYMPANUM



LEBES



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ASSATURAM APICIUS, LIBER VII, V, 1-2.

*Assaturam: assam a furno simplicem salis plurimo conspersam cum melle inferes.
Aliter assaturas: myrtae siccae bacam extenteratam cum cumino, pipere, mel, liquamen, defrito et oleo teres, et fervefactum amulas. Carnem elixam sale subassatam perfundis, piper aspargis et inferes.*

PRASETINA

Pečenje: meso se jednostano ispeče u pećnici i služi se posuto sa dosta soli i meda.

Pečenje na drugi način: istucane bobice suve mirte sa kimom, biberom, medom, presolcem, vinom ukuvanim do polovine i uljem izmrvi i kad bude vruće poveži sa brašnom. Kuvano meso doprži pa prelij ovim umakom, pospi biberom i služi.

PORK

Simply put the meats to be roasted in the oven, generously sprinkled with salt, and serve it glazed wit honey.

Crush dry myrtle berries with cumin and pepper, adding honey also broth, reduced must and oil. Heat and bind with roux. Pour this over the roast that is medium done, with salt; sprinkle with pepper and serve.



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PARĆANSKO PILE

Parćansko pile: pile iseci od trtice i na četvoro ga namesti. Istucaj biber, majčinu dušicu, malo divlje kumine. Dolij presolca, pomešaj sa vinom. Stavi u zemljjanu posudu pile i preko njega prelij umak. Rastopi svež raskovnik u mlakoj vodi, stavi s piletom i pusti da se kuva. Pospi sa biberom i služi.

PULLO APICIUS, LIBER VI, VIII, 2.

Pullum Parthicum: pullum aperies a navi et in quadrato ornas, teres piper, ligisticum, carei modicum. Suffunde liquamen. Vino temperas. Componis in cumana pullum et condituram super pullum facies. Laser (et) vivum in tepida dissolvis, et in pullum mittis simul, et coques. Piper aspersum inferes.

PARTHIAN CHICKEN

Dress the chicken carefully and quarter it. Crush pepper, lovage and a little caraway moistened with broth, and add wine to taste. After frying place the chicken in an earthen dish pour the season over it, add laser and wine. Let it assimilate with the seasoning and braise the chicken to a point. When done sprinkle with pepper and serve.



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COCHLEAS

APICIUS, LIBER VII, XVI, 4.

Aliter cochleas: viventes in lac silagineum infundes. Ubi pastae fuerint, coques.

PUŽEVI

Puževi na drugi način: žive ih stavi u mleko pomešano sa mekim belim brašnom. Kada se ugoje, skuvaj ih.

SNAILS

The live snails are sprinkled with milk mixed with the finest wheat flour, when fat and nice and plump they are cooked.



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REPA ILI ROTKVICA U MEDU I VINU

*Repe ili rotkvice se obare, pa ocede.
Zatim istucaj dosta kima, malo
manje rutvice, parćanski raskovnik,
med, sirće, presolac, vino ukuvano
do polovine i umereno ulja.
Pusti da proključa, pa služi.*

RAPAS SIVE NAPOS APICIUS, LIBER III, XII, 1.

*Rapas sive napos elixatos exprimes, deinde
teres cuminum plurimum, rutam minus, laser
Parthicum, mel, acetum, liquamen, defritum et
oleum modice. Fervere facies et inferes.*

BEET OR RADISH IN HONEY AND WINE

*Turnips are cooked soft, the water is
squeezed out; then crush a good amount
of cumin and a little rue, add Parthian
laser or vinegar, stock, condensed wine
and oil heat moderately and serve.*



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SALA KATTABIA APICIUS, LIBER IV, 1, 2.

Aliter sala cattabia Apicana: adicies in mortario apii semen, puleium aridum, mentam aridam, gingiber, coriandrum viridem, uvam passam enucleatam, mel, acetum oleum et vinum. Conteres. Adicies in caccabulo panis Picentini frustra, interpones pulpas pulli, glandulas haedinas, caseum Vestinum, nucleos pineos, cucumeres, cepas aridas minute concisas. Ius supra perfundes. Insuper nivem sub hora asparges et inferes.

SALA KATABIJA

Sala katabija na drugi način, po Apicijevom receptu: stavi u avan seme celera, suvu metvicu, suvu nanu, đumbir, zeleni korijander, suvo grožđe bez koštica, med, sirće, ulje i vino, pa istucaj. Stavi u lonac komade picenskog hleba, naizmenično sa pilećim mesom, srneće brizle, vestinski sir, pinjole, krastavce, suvi luk sitno iseckan, pa prelij sve umakom. Pokrij snegom do služenja

SALA KATTABIA

Put in the mortar celery seed, dry pennyroyal, dry mint, ginger, fresh coriander, seedless raisins, honey, vinegar, oil and wine; crush it together in order to make a dressing of it. Now Place 3 pieces of Picentian bread in a mould, interlined with pieces of cooked chicken, cooked sweetbreads of calf or lamb, cheese, pignolia nuts, cucumbers (pickles), finely chopped dry onions (shallots) covering the whole with jellified broth. Bury the mould in snow up to the rim; unmould, sprinkle with the above dressing and serve.



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SAVILLUM

CATO, DE AGRICULTURA, 84.

Savillum hoc modo facito. Farinae selibram, casei P. II S una commisceto quasi libum, mellis P. et ovum unum. Catinum fictile oleo unguito. Ubi omnia bene commiscueris, in catinum indito, catinum testo operito. Videto ut bene percoquas medium, ubi altissimum erit. Ubi coctum erit, catinum eximoto, papaver infriato, sub testum subde paulisper, postea eximoto. Ita pone cum catillo et lingula.

SAVILLUM

Izmrvite sir, dodate brašno, jaje i med i umesite testo. Oblikujete hlepčice za urezima odozgo. Pred kraj pečenja premažite ih medom i pospite makom.

SAVILLUM

Make a dough of flour, cheese and egg. Bake on nan oiled tray. It would be ideal to bake them in a clay pot with a cover. When they are done, pour honey over them and sprinkle with poppy.



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LENTICULAM DE CASTANEIS APICIUS, LIBER V, II, 2.

Lenticulam de castaneis: accipies caccabum novum, et castaneas purgatas diligenter mittis. Adicies aquam et nitrum modice, facies ut coquatur. Cum coquitur, mittis in mortario piper, cuminum semen coriandri, mentam, rutam, laseris radicem, puleium, fricabis. Suffundis acetum, mel, liquamen, aceto temperabis, et super castaneas coctas refundis. Adicies oleum, facies ut ferueat. Cum bene fribuerit, tudiclabis (ut in mortario teres). Gustas, si quid deest, addes. Cum in boletar miseris, addes oleum viridem.

SOČIVO SA KESTENJEM

Sočivo sa kestenjem: Skuvaj sočivo. Uzmi nov lonac i stavi pažljivo očišćeno kestenje. Dodaj vodu i malo soda bikarbone, pusti da proključa. Kad uzavre stavi u avan biber, kim, seme korijandera, nanu, rutvicu, koren raskovnika, mentu, pa isitni. Dolij sirčeta, meda, presolca, pomešaj sa sirčetom, pa izlij preko kuvanog kestenja. Dolij ulje i pusti da proključa. Kad se dobro ukuva izmrvi tučkom, probaj pa ako nešto nedostaje, dodaj. Kad budeš iznosio u poslužavniku dodaj maslinovo ulje.

LENTILS WITH CHESTNUTS

Carefully shell and peel the chestnuts. Boil them in water with a pinch of baking soda in an earthenware pot. Drain when cooked. Meanwhile, put in a blender jar the pepper, the cumin, the coriander seeds, the mint, the rue, the garlic and the pennyroyal. Process all these herbs and spices with the teaspoon of honey, 1 tablespoon vinegar and (if you don't want to use nuoc-nam) 4 anchovy fillets dissolved in $\frac{1}{2}$ cup oil. Put the mixture in the earthenware pot with the chestnuts, and let the flavors blend over low heat. When all the liquid has absorbed, put the chestnuts in a food processor and process until the mixture becomes a purée. Taste, and if something is missing, add it and turn the processor again. At the end, put the chestnut purée in a deep serving dish and dress with 3 tablespoons of green olive oil.



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PERNAE APICIUS, LIBER VII, IX, 1.

Pernam, ubi eam cum caricis plurimis elixeris et tribus lauri foliis, detracta cute tessellatim incidis et melle complebis. Deinde farinam oleo subactum contexes et ei corium reddis ut, cum farina cocta fuerit, eximas furno ut est et inferes.

ŠUNKA

Šunku je potrebno skuvati sa mnogo suvih smokava i tri lovorova lista, a potom na koži načinjene ureze napuniti medom. Testom, od brašna i ulja, oblepiti šunku i staviti je da se peče dok ne dobije koru. Potom služiti

HAM

The ham should be braised with a good number of figs and some three laurel leaves; the skin is then pulled off and cut into square pieces; these are macerated with honey. Thereupon make dough crumbs of flour and oil lay the dough over or around the ham, stud the top with the pieces of the skin so that they will be baked with the dough bake slowly and when done, retire from the oven and serve.



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IUS DIABOTANON IN PISCE FRIXO APICIUS, LIBER X, I, 1.

Ius diabotanon in pisce frixo: piscem quemlibet curas, lavas, friges. Teres piper, cuminum coriandri semen, laseris radicem, origanum, rutam, fricabis, suffundes acetum, adicies caryotam, mel, defritum, oleum, liquamen, temperabis, refundes in caccabum, facies ut ferveat, cum ferbuerit, piscem frictum perfundes, piper asparges et inferes.

UMAK OD TRAVA ZA PRŽENU RIBU

Očisti bilo koju ribu, operi je i isprži. Istucaj biber, kim, seme korijandera, koren raskovnika, mravinac, rutvicu, dolij sirćeta, dodaj kariotsku urmu, med, vino ukuvano do polovine, ulje i presolac, muti, prelij u lonac i pusti da proključa. Kad uzavri, prelij preko pržene ribe, pospi biberom i služi.

SAUCE OF HERBS FOR FRIED FISH

Use any kind of fish. Prepare clean, salt, turn in flour, salt and fry it. Crush pepper, cumin, coriander seed, laser root, origany, and rue, all crushed fine, moistened with vinegar, date wine, honey, reduced must, oil, and broth. Pour in a sauce pan, place on fire, when simmering pour over the fried fish, sprinkle with pepper and serve.



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DULCIA DOMESTICA APICIUS, LIBER VII, XI, 1.

Dulcia domestica: palmulas vel dactilos excepto semine, nuce vel nucleis vel piper tritum infercies. Sales foris contingis, frigis in melle cocto, et inferes.

DOMAĆA POSLASTICA URME

Domaće poslastice: velike ili male urme očisti od koštica, pa napuni orasima ili pinjolama ili tucanim biberom. Posoli spolja i prži u ukuvanom medu, pa posluži.

DOMESTIC DELICACY

Take a box of good-quality dates (they should not be sticky, and the skin should not come off easily). Pit them by making a cut on one side. Fill the cavity with walnut meats, pine nuts or even ground black pepper. Add some salt, fry in honey and serve.





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