

Dormouse and chips?

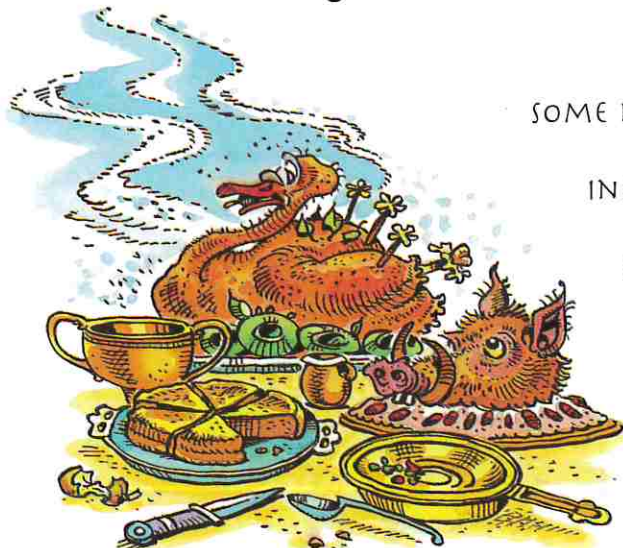
Yes, the Romans did eat dormice! But they certainly didn't have chips.

Why? Because potatoes were not brought into Europe from America until the 1500s. The Romans ate meat, fish and vegetables as we do today and they liked strong flavourings in their food. The Romans usually had three meals a day. As soon as it got light, the

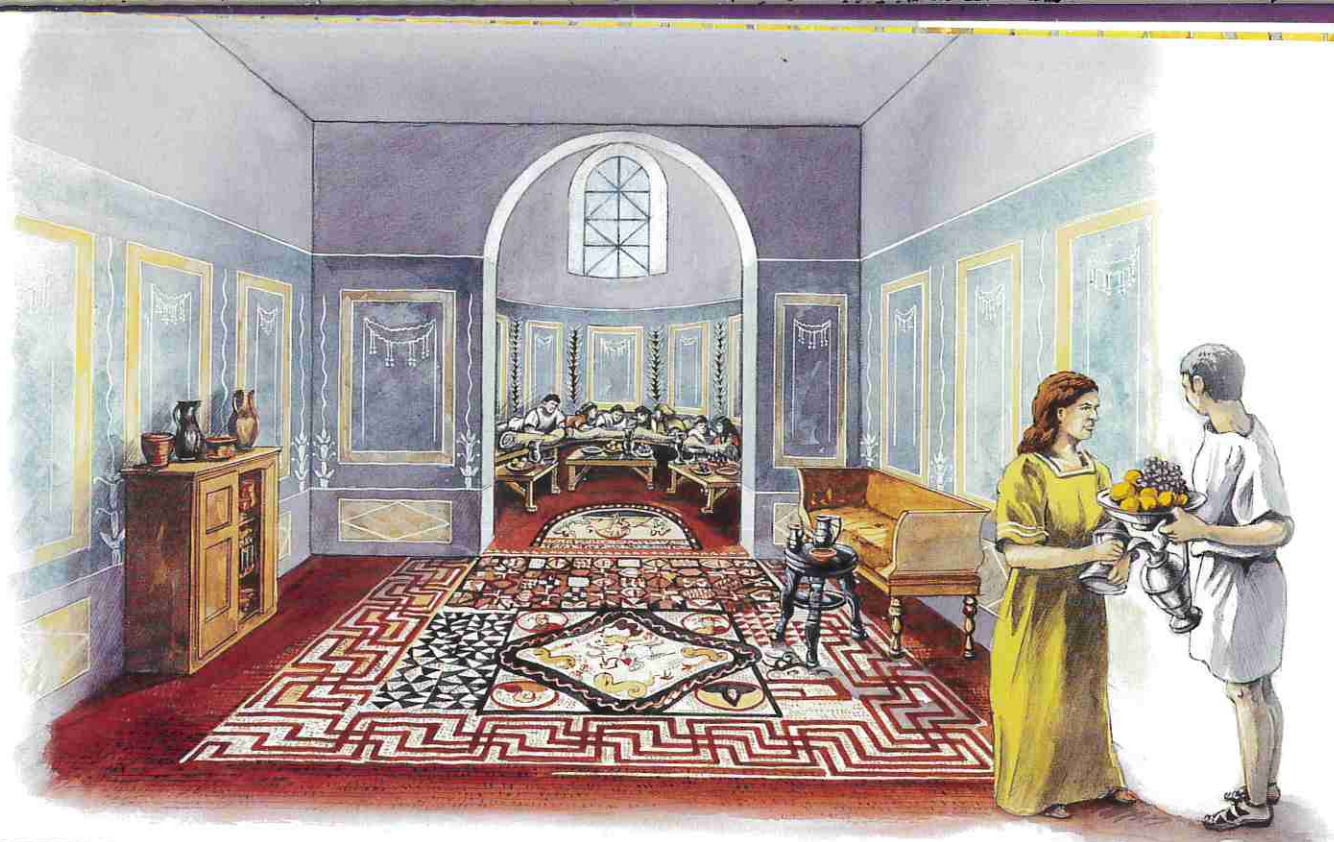
family got up and ate breakfast. This was a meal of bread and fruit called the *ientaculum*. Lunch was a light meal at midday of cold meat, fish, vegetables and bread. They called this meal the *prandium*. The main meal of the day, called the *cena*, began around 4 o'clock. Its courses could go on into the evening.



THE MOST POPULAR SAUCE WAS LIQUAMEN. IT WAS MADE FROM THE INSIDES OF FISH, WHICH WERE DRIED IN THE SUN, THEN POUNDED UP!



SOME ROMAN FEASTS INCLUDED ROAST SWANS!



Looking through to the dining room at Lullingstone

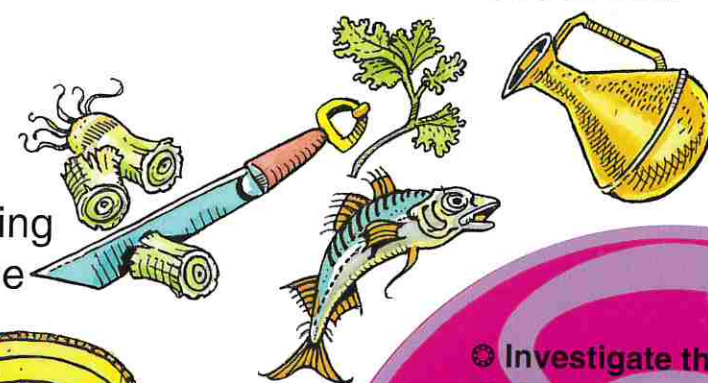


DORMICE FOR EATING WERE KEPT IN A POT AND FATTENED UP ON NUTS. DON'T TRY IT TODAY – DORMICE ARE A PROTECTED SPECIES!

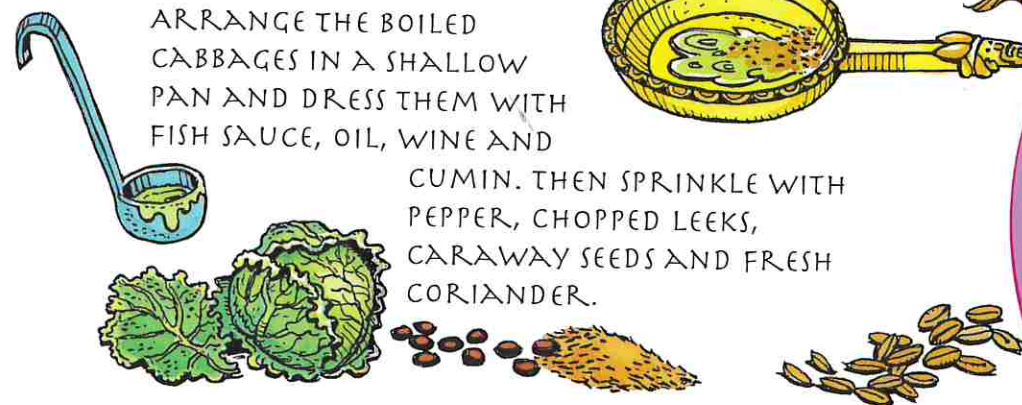
The Latin word for a dining room is *triclinium*. The word means three seats. This is because the main meal of the day was served on low tables in front of three low benches. Diners reclined on these to eat.

A Roman recipe book

A real Roman recipe book written by Apicius still exists. To show how many different sorts of flavouring the Romans liked, here is the recipe for boiled cabbage:



ARRANGE THE BOILED CABBAGES IN A SHALLOW PAN AND DRESS THEM WITH FISH SAUCE, OIL, WINE AND CUMIN. THEN SPRINKLE WITH PEPPER, CHOPPED LEEKS, CARAWAY SEEDS AND FRESH CORIANDER.



Investigate the dining room at Lullingstone Roman Villa.

Print out some real Roman recipes and try them out.

MAKE YOUR OWN ROMAN SWEETS

MATERIALS
WHOLE DATES
KNIFE
CHOPPED NUTS
SALT
RUNNY HONEY



Make a small cut and take the stone out of each date.



Fill each date with nuts or pine kernels. Then roll in salt.



Pour over some delicious runny honey – and dig in!