

LAGANUM (ROMAN FLAT BREAD)

YOU WILL NEED:

100G OF SPELT FLOUR (AND MORE FOR DUSTING)
WATER

METHOD:

- PREPARE A WORK SURFACE BY SPRINKLING OVER SOME FLOUR.
- SIEVE 100G OF FLOUR INTO A BOWL AND ADD JUST ENOUGH WATER TO FORM A DOUGH. KNEAD THIS BY HAND, ADDING MORE FLOUR AS NECESSARY, UNTIL IT IS NEITHER TOO WET NOR DRY.
- DIVIDE THE BALL OF DOUGH INTO FOUR EQUAL PIECES. ROLL THESE ONE AT A TIME UNTIL THEY ARE FLAT, DISC-SHAPED, AND UNIFORMLY THIN.

ADD A DROP OF OIL TO A FRYING PAN, AND WHEN IT IS HOT ENOUGH, PLACE A LAGANUM IN. AS IT COOKS, IT WILL START TO PUFF-UP IN PLACES. WHEN DARK SPOTS START TO FORM ON THE UNDERSIDE, FLIP IT OVER. EACH SIDE SHOULD TAKE ABOUT A MINUTE TO COOK.

MORETUM (ROMAN CHEESE SPREAD)

YOU WILL NEED:

- 1 CLOVE OF GARLIC
 - 1/2 OF A CELERY STICK (WITH ITS LEAVES)
 - A SMALL BUNCH OF FLAT-LEAF PARSLEY
 - 1 TBSP OF CORIANDER SEEDS
 - A PINCH OF SALT
 - SOME CHEESE (FETA/GOATS CHEESE/RICOTTA)
 - 1 TSP EXTRA VIRGIN OLIVE OIL
- A SPLASH OF VINEGAR

UTENSILS NEEDED: PESTLE AND MORTAR

METHOD:

PEEL THE GARLIC, ADD TO THE MORTAR AND MASH IT UNTIL SMOOTH

ADD THE SALT, CHEESE AND CELERY TO THE MIX AND MASH IT UP, MIXING THEM WELL

TO THIS PASTE, ADD THE CORIANDER SEEDS, PARSLEY, OIL, AND VINEGAR AND COMBINE (TIP: ADD THE PARSLEY IN SMALL BATCHES, AS IT BREAKS DOWN BETTER AND IS LESS MESSY)

ONCE WELL MIXED, SPREAD YOUR MIXTURE ON BREAD AND ENJOY YOUR ROMAN SNACK!

HONEY MELONS

YOU WILL NEED:

½ HONEYDEW MELON, PEELED AND DICED

½ WATERMELON, PEELED AND STONED

500 ML SWEET GRAPE JUICE OR A LITTLE HONEY

1 TBSP MINCED PARSLEY

½ TSP FRESHLY GROUND PEPPER

A PINCH OF SALT

METHOD:

COOKED THE DICED AND PEEL MELONS IN A PAN
TOGETHER WITH THE SPICES AND HERBS UNTIL
DONE

SERVE HOT.