



Recipes for Roman Banquet

by Rose Williams

❖ GUSTATIO ❖

Boiled Egg Salad

Slice the eggs in rounds. Add sliced cucumbers, almonds, and pears and drizzle with honey-lemon dressing made to these measurements: 6 tbsp olive oil, 3 tbsp lemon juice, 1 tbsp honey.

❖ PRIMA MENSA ❖

Chicken Romano

4 chicken breast halves
½ tsp. Pepper, divided
2 cloves garlic, halved
1 cup chicken broth

½ cup dry white wine
⅔ cup milk
2 tsp. Arrowroot(or cornstarch)
tsp finely chopped chives

Spray non-stick skillet with cooking spray.

Heat to medium hot; add chicken and sprinkle with ¼ tsp pepper. Cook, until brown on both sides. Reduce temperature to low. Add garlic; continue cooking until chicken is tender. Remove chicken, leaving garlic in pan. Add chicken broth and wine; bring to boil; boil 5 minutes; reduce temperature to low. Combine milk and arrowroot; slowly add to pan liquids. Sprinkle with ¼ tsp. Pepper and stir until thickened, about 2 minutes. Return chicken to pan and sprinkle with chives, spooning sauce over chicken. Simmer until heated through. Can be served over rice or pasta.

Fried Carrots

Cut carrots into rings like coins; marinate 15 minutes in a mixture of ½ apple juice, ½ water, cinnamon and allspice for flavoring (amount of spices depends on the number of servings needed). Drain on paper towels and fry in olive oil.

Herbed Green Beans

1 lb fresh green beans
½ cup chicken stock or bouillon
2 tsp dried basil

2 garlic cloves, minced
1 tsp cornstarch

Rinse and trim beans. Steam or boil until crisp-tender – 7-8 minutes

While beans cook, combine remaining ingredients in a small saucepan. Bring to a boil, reduce heat and simmer 2 to 3 minutes, until thickened.

Or combine in a glass dish and microwave on high for 2 to 3 minutes, stirring at 30 second intervals.

Pour sauce over beans and serve.

❖ SECUNDA MENSA ❖

Mixed Nuts and Fried Apricots

Serve bowls of sliced almonds and chestnuts along with halved walnuts and the apricots below.

Fried Apricots: This one is tricky, mainly because of the “frying in honey” part.

Amounts depend on number of people to be served.

Dried apricots

Salt

Walnut pieces

Honey

DEEP stove-top cooking dish, preferably glass

Wash apricots, and place a walnut piece inside each.

Roll apricots lightly in salt.

On medium fire, bring honey almost to the boiling stage, just where it begins to have small rising bubbles.

Drop the apricots in the honey for about a minute; take them out and cool them on foil.

❖ MULSUM ❖

1 quart fresh grape juice

½ cup honey

1 cup water

½ cup apple juice

Beat honey and apple juice together and pour into grape juice and water mixture. If the mixture is still too rich for modern tastes, add a little more water and chill.