



DID YOU KNOW?
The Romans liked to eat almost lying down on couches around a low table.



ROMAN BURGER RECIPE

ASK A GROWN-UP TO HELP YOU MAKE THESE DELICIOUS ROMAN BURGERS FROM A 1,500 YEAR OLD RECIPE!

LOL!
What was the Roman Emperor's favourite food?
Caesar salad!

There are plenty of Roman dishes we still find delicious today and the way we make them hasn't changed much over the centuries. Although we don't know much about what people ate before Roman times, we have a very handy source for the Romans – the famous cookbook 'Apicius', a compilation of recipes written by lots of different people.

In this book there is a recipe – 'Isicia Omentata' – which looks a lot like a modern burger. The recipe uses minced pork – a popular meat in Roman Britain – flavoured with pepper, coriander, pine kernels and garum (a salty fish sauce). This 'burger' would have been a much more luxurious offering than those we're used to today, and it would have been served as part of a feast.

To find out more about Roman burgers visit our blog: blog.english-heritage.org.uk/roman-burger/

RECIPE FOR 4 'ROMAN BURGERS'

- 500g minced meat
- 60g pine kernels
- 3 tsp. Garum (a salty fish sauce, this can be substituted for fish based sauces found in supermarket, or regular salt if preferred)
- Ground pepper
- A handful of coriander
- Juniper berries (optional)

METHOD

- Grind up the pine kernels, and then mix in with the minced meat and other ingredients. Shape the mixture into patties. Cook over a medium heat or BBQ for five minutes on each side. Serve plain or in a flat bread bun and munch. Yum!



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