

APICIUS

A CRITICAL EDITION
WITH AN INTRODUCTION AND
AN ENGLISH TRANSLATION OF
THE LATIN RECIPE TEXT *APICIUS*

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with illustrations
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PROSPECT BOOKS
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Biblioteca Apostolica Vaticana, Urbino Latinus 1146, fol. 2^v; contents of Book I, recipes 19–28. (Reproduced with permission.)

BOOK SEVEN OF THE SAME, 'LUXURY DISHES', BEGINS

1. Sterile wombs, crackling, beef tripe, ribs, trotters. 2. Udders. 3. Fig-fattened liver. 4. *Ofellae*. 5. Grills or roasts. 6. Sauces for boiled meat and meat morsels. 7. Stomach. 8. Testicles and kidneys. 9. Ham. 10. Liver and lights. 11. Home-made sweets and curds. 12. Bulbs. 13. Ash-tree fungi or mushrooms. 14. Truffles. 15. Sauce for taro. 16. Snails. 17. Eggs.

7.1. STERILE WOMBS, CRACKLING, BEEF TRIPE,¹ RIBS AND TROTTERS.

7.1.1. **Sterile wombs:** *laser* from Cyrenaica or Parthia; serve it flavoured with vinegar and *liquamen*.

7.1.2. **Sauce for sterile womb:** pepper, celery seed, dry mint, *laser* root, honey, vinegar and *liquamen*.

7.1.3. **Sterile wombs:** serve with pepper, *liquamen*, Parthian *laser*.

7.1.4. **Sterile wombs:** serve with pepper, *liquamen*, and a little spiced wine.

7.1.5. **Crackling, beef tripe, ribs, trotters:** serve with pepper, *liquamen* and *laser*.

7.1.6. **To make roast womb:**² roll the womb in bran after you have put it in brine and then cook it.³

7.2. UDDER.

7.2.1. Boil the udder, bind it with reeds, sprinkle with salt and put it in the oven or on the gridiron. Roast it a little. Pound pepper, lovage, *liquamen*, pure wine, and *passum*, thicken with starch and pour over the udder.

true stomach of a ruminant, also called *omasum* or *psalterium*.

² We have translated this term as 'roasted' but it usually occurs in relation to browning nuts or seeds and in this case may refer to the womb being grilled or pan-fried.

³ The Latin appears to say that the womb is rolled in bran and then soaked in brine, which is totally illogical and a waste – the bran would simply wash off. The brine would act as a cleansing agent prior to the application of the bran, which would presumably form a crust if it was roasted. In the translation we have reversed the order in which the instructions occur, taking *postea* as the equivalent of *postquam*, even though it rather tortures the Latin to do so. It is quite possible that the cook could write or speak nothing but tortured Latin! See also 7.7.2, and the Introduction, p. 91.

THE TEXTS

the cooking, lift it out and hang in the smoke to give it colour, and then finish boiling it so that it may be cooked. Then add *liquamen*, wine and a little oil, cut it open with a knife and serve with *liquamen* and lovage.¹

7.7.2. **To make roast stomach:** roll the stomach in bran after you have put it in brine and then cook it.²

7.8. TESTICLES AND KIDNEYS.

You make roasted testicles in this way:³ they are opened up in two parts and stretched out, and ground pepper, pine nuts, finely chopped coriander and pounded fennel seed are sprinkled on them. Then the testicles are closed up again and sewn together and wrapped in caul, and in this state they are fried in oil and *liquamen* and then roasted in a *clibanus* or on a gridiron.

7.9. HAM.

7.9.1. Boil the ham with plenty of dried figs and 3 bay leaves, remove the skin, score the meat in a grid pattern and fill the cuts with honey. Then coat it with a dough made with oil and give it a covering, so that when the dough is cooked you take it out of the oven and serve it as it is.

7.9.2. **Cooked ham:** simply cook it in some water with figs. The normal way of serving this is with pieces of dry bread and *caroenum* or spiced wine. It is better with sweet wine cakes.⁴

7.9.3. **Cured shoulder of pork with sweet wine cakes:** boil the shoulder of pork with 2 lb. of barley and 25 figs. When it is boiled, bone the joint and crisp the fat with honey on a red-hot frying-pan. It is better if you coat it in honey and

¹ The end of the recipe is confused: it may be that the '*liquamen*, wine and a little oil' are added to the cooking liquor; and the second amount of *liquamen* with the lovage is a dressing. Alternatively, the '*liquamen*, wine and a little oil' are a simple *oenogarum*, as an alternative to the second amount of *liquamen* and lovage.

² See 7.1.6, *uuluam ut tostam facies*, where the same instruction is used. See also the Introduction, p. 91.

³ *lumbus* and *renes* both have the general meaning of 'loins' (cf. Adams, *Pelagonius* pp. 379-81), but it is *renes* which means 'kidney'. The question then is what is meant by *lumbus*. It can also refer to the sexual organs and it is therefore likely that pork or lamb testicles are intended, though thankfully it seems that the recipe can be used with kidneys as well.

⁴ See Cato, *De agricultura* 121: a mixture of flour, must, anise, cumin, lard, cheese and grated laurel bark. The must has to act as a fermenting agent. See the Glossary for Picentine bread, where flour and must is allowed to ferment for nine days.