



Cookery and Dining in Imperial Rome

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Oldest known cookbook in existence offers readers a clear picture of what foods Romans ate and how they prepared them. Actual recipes — from fig fed pork and salt fish balls in wine sauce to pumpkin Alexander style, nut custard turnovers, and rose pie.

49 illustrations.

Cookery and Dining in Imperial Rome Details

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From Reader Review Cookery and Dining in Imperial Rome for online ebook

Holly says

Edwards has converted some of the recipes from Apicius into modern terms and measurements, so it's fun and easy to cook them. For some reason, however, he instructs readers to substitute a kind of spicy tuna salad for the ubiquitous ingredient "liquamen". A closer replacement would be Thai or Vietnamese fish sauce.

Jane Williams says

A really good look at Apicius and the ingredients he used, followed by a selection of recipes and how to interpret them.

Cindy says

I am an avid cookbook collector for many decades and this book was one of the first cookbooks I bought with my then allowance *yes, I started young , lol* . I have always been keenly interested in the history of food and the larger picture of cultures shaped by their tastes in cuisine. This book did not disappoint, written as it was by one of the world's first recognized culinarians. Dormice in honey, need I say more?

Heather Domin says

I've been meaning to download the Vehling translation for a while now - I've read so many complaints about it, I wanted to see for myself. The pompous introduction isn't boding well. Edit: 3 stars for the actual recipes, but I'm very glad I have other translations.

Gretchen says

Beautiful book. Not totally sure about the accuracy of its information since it's almost 100 years old at this point, but still, quite gorgeous.

Barb says

Not the best translation out there--the Flowers/Rosenbaum is superior--but not bad.

Christopher Newton says

A curiosity I found at the library book sale. It's the only cookbook, I believe, that has come down from the ancient world and quite interesting to poke around in. Any one for sea scorpion with turnips? Or how about a nice boiled ostrich?

Onírca says

Interesantísimo libro de cocina escrito en el siglo I d. C. por el romano Marco Gavio Apicio. Muchas de las recetas que contiene hablan de la importantísima salsa "garum" o "liquamen", uno de los productos más renombrados derivados de la industria pesquera que comenzó a entrar en auge en el siglo V a. C. en la Península Ibérica.

Lizy says

So, I've been really excited about reading this book. I've always been fascinated by really old cookbooks, and Apicius is flatout ancient. I was kind of surprised to find that most of the recipes weren't that outlandish or outdated, though. Besides the herbs and sauces not brunt readily available, the recipes seemed pretty similar to modern ones.

Italo Italophiles says

The Ancient Roman cookbook attributed to Apicius, *De Re Coquinaria* is presented in an English translation together with a treatise on Cookery and Dining in Imperial Rome. The editors are skilled cooks in their own right, which makes their book, which is in the public domain, one of the more intelligible printings of Apicius's book of recipes.

The *Apicii Librii*, The Apicius Books, are actually the ten chapters of the Ancient Roman chef's recipe collection. Included in this edition is a chapter of notes collected by a student of Apicius. Manuscripts, books written by hand, of Apicius's cookbook were copied over and over again through the centuries, from roughly 100 B.C., during the reigns of Augustus Caesar and Tiberius Caesar, to the late 1400s.

In the late 1400s, the only surviving cookbook from the Ancient Roman era was printed using the newly invented printing press. It has been in print ever since. While not the first European cookbook to be printed on a press, which was Platina's cookbook in 1474, Apicius's is the oldest European cookery book in existence, and its early printed editions are rare and highly valued. It is possibly the oldest cookery book in the world.

There are ten chapters (roughly 500 recipes) in Apicius's cookbook. The editors include the notes from a Goth (the original meaning!) student of Apicius's called Vinidarius. Vinidarius includes with his 31 recipes more instructions for cooking and serving the dishes than Apicius does. Vinidarius also lists Apicius's recommendation for what should be included in every well-stocked kitchen in the form of spices, seeds, dried herbs and legumes, liquids ingredients, nuts, and dried fruit. The editors of this wonderful translation

provide many scholarly additions.

Please read my full and illustrated review at Italophile Book Reviews.
<http://italophilebookreviews.blogspot...>

Marijan says

Od garuma do punjenih svinjskih...ne?emo u detalje. Ako vas zanima ?ime su se trpali stari Rimljani na lukulovim gozbama, ovo je knjiga za vas.

Shawn says

Much of history is not a matter of wars, kingdoms, and treaties, but the daily litany of how people lived, loved, worked, and died. This book, the only surviving cookbook written in Latin, provides some insight into how a wealthy Roman may have dined and, thus, provides some interesting insight into Imperial Rome's daily history.

"Cookery and Dining in Imperial Rome" was composed by both a classicist and a chef. The addition of his culinary knowledge brings the translation to life and the additional commentary turns otherwise meaningless lists of ingredients into surprisingly wonderful dishes. Many of the recipes are vague or incomplete leading to great speculation regarding the cook's intent, but the translator's knowledge of cooking is able to bridge the gap for many of the recipes that have befuddled previous translators.

In addition to helpful commentary throughout the text, you will find a list of terms in in the index, an appendix with descriptions of the extant manuscripts for those paleographers who may be reading the book, and another list of commentaries that were available at the time.

Lest this seem to be a boring venture, I found the book "spiced up" by various accounts such as that of the cruel Pollio who kept of pool of eels on hand because he found them delicious - especially when they had been fed with livers of disobedient slaves. I also discovered that the Romans had discovered a few cooking tricks that have been lost to us, such as the proper way to cook asparagus. Simply bring a pan of water to boil and place the thick stalks down into the water leaving the thinner,tender tops above the surface. The vigorous heat of the water will cook the thick stalks and the steam will cook the tops. The result is evenly cooked asparagus and not stalks with mushy tops.

If you are interested in history, food preparation, the Latin language, or bizarre tidbits you will find something in this book for you. Bonum appetitionem!

Ily says

Lettura per la parola del mese di ottobre 2018: cucina.

"L'única cosa certa è che un cuoco di nome Apicio vissuto tra il I secolo a.C. e il IV secolo d.C. dette ai suoi

ricettare il nome di «Libri di Apicio».

Poiché per alcuni storici della tarda romanità il nome di «Apicio» indicava – per antonomasia – l'esperto dell'arte culinaria, il titolo potrebbe intendersi come «Libri dell'esperto cuoco» alla cui stesura avrebbero collaborato vari cuochi della media e tarda romanità."

Si tratta di una raccolta di ricette e consigli tradizionali sulla preparazione e sul mantenimento delle pietanze, le quali sono suddivise in base alla loro tipologia in dieci libri, dagli ortaggi alle vivande prelibate.

L'exkursus è molto interessante per comprendere e capire quanto del retaggio dell'antica Roma ci sia pervenuto e quanto purtroppo sia andato perso nel tempo.

James says

I found this on a free eBook site and decided to give it a read since I'm incredibly interested in the history of Rome and it's people. I wanted to like it more, but I think it's just the edition that I picked up that I'm having problems liking.

I'll keep my eyes open for either a better eBook version or hopefully a physical version to give a full read and, hopefully, with a better edition I'll be able to write a better review.

It's an interesting insight into a different aspect of life in those times, many people have read (or at the very least watched movies based on) Roman history, mythology, military campaigns, engineering, science, poetry, artwork - but getting a look into the kitchen is not something most people would spend much time thinking about. Which is one of the reasons why I found it so fascinating. Especially when you look at the vast amount of time and effort it took to prepare a favorite meal - there were no pre-prepared or pre-packaged spices or ingredients, not in the sense of any modern kitchen anyways.

Long stream of introductions and possible attributions of who wrote it or who might have written it or who might have edited an edition at some point sometime during history... There are some recipes towards the end of the book which are pretty interesting. A little bit of a back story of Apicius who was one of the first food lovers to write a book (or possibly books with this being the only surviving manuscript) about his love of food - essentially a Roman era Anthony Bourdain. One story that made me laugh was, supposedly Apicius sails across the Mediterranean seeking out the best prawns and when the fisherman show him their "best of the best", he turns his boat around and goes home.

I hope I can find a better edition to read.... But for now, the best I can do is 3 stars and only really recommend it for somebody either seriously interested in Roman history or culinary history, for the casual reader, I do not think it will be enjoyable other than a unique (Odd) book to have.

Audra says

From Preface:

"When Barbara Flower died in July 1955 we had worked through the whole book together, and the translation of most of Book I, the whole of Book II, and most of Book III had been written. In the following winter I resumed work alone. Had she lived to see the final result it would certainly contain fewer faults."

"This book is meant to be used as a cookery-book rather than read as a curiosity of literature."

Favored Highlights from Text:

"The Greeks and Romans ate the bulbous roots of various plants which are nowadays only cultivated for their flowers—for instance, the bulbs of gladiolas or asphodel. The latter were, according to Pliny, *Nat Hist.*, XXI, 17, 67-68(107-111), baked in the ashes and eaten with salt and oil, or pounded with figs. Most highly praised by the Romans were the Megarean bulbs. The bulbs vary in size, shape, bitterness, and colour. They grew wild, but they were also cultivated. They were considered a very powerful aphrodisiac."

p125

"The Romans knew two kinds of beets, the white and the 'black,' the latter being our beetroot."

p87

"*olisera* codd.; *Theasaurus Linguae Lantinae s.v. holus atrum-olisatrum*-considers it a variant of *Holus atrum*. This is an umbelliferous plant, *Smyrnum olusatrum*, Greek *hipposelinon*, formerly used in England as celery—see 'Alexanders' in the O.E.D. **Pliny, *Nat. Hist.*, XX, II, 46 (117), recommends a decoction of the root in wine for calculus and the bite of mad dogs.**"

p87

"Patina a la Apicius. Make in the following way. Pieces of cooked sow's udder, fillets of fish, chicken meat, fig-peckers, cooked breasts of turtle-dove, and whatever other good things you can think of. Chop all this, apart from the fig-peckers, carefully..."

p107

"(b) When you cook a crane see to it that the head does not touch the water, but is outside it. When the crane is cooked wrap it in a warm cloth and pull its head: it will come off with the sinews, so that only the meat and the bones remain. [This is necessary] because one cannot eat it with the sinews."

p151

"Snails fed on milk. Take the snails, clean with a sponge, remove the membrane so that they may come out [of their shells]. Put in a vessel [with the snails] milk and salt for one day, for the following days add only milk, and clean away the excrements every hour. When the snails are fattened to the point that they cannot get back their shells fry them in oil. Serve with *oenogarum*. In a similar way they can be fed on meat."

p191

"Take 6 gallons of sea-water from the deep sea, where no fresh water comes in. Pound 1 1/2 lb. of salt, put it in, and stir with a stick until a boiled hen's egg will float on it, then stop mixing. Add 12 pints old wine, either from Aminoëa or mixed white wine, mix well. Then pour it into a vessel treated with pitch, and seal. If you wish to prepare more sea-water make it according to the proportions given above."

p195

"Boned Sucking Kid or Lamb. Bone carefully from the gullet, so that it becomes like a sack, and empty the intestines completely by blowing into them from the head, so that the excrement will be emptied through the back passage. Wash carefully and fill with water, and an admixture of *liquamen*. Sew up the animal at the shoulders, and put it in the oven..."

p205

"Hare, another method. Mince liver and lights of the hare with its blood. Put in a saucepan *liquamen* and oil stock. Finely chop leek and coriander and add liver and lights. When this is done pound pepper, cumin, coriander, and asafoetida root, mint, rue, pennyroyal, moisten with vinegar, add the hare's liver and blood, pound together..."

p217

"Peas, Indian manner. Boil the peas, When the froth has been skimmed off chop leek and coriander, put into the saucepan, and bring to the boil. Take very small cuttlefish with their ink and dlet then cook like this [i.e. with the ink]. Add oil, *liquamen*, and wine and a bouquet of leek and coriander. Let it cook. When cooked pound pepper, lovage, organ, and a little caraway, moisten with some of the broth from the cuttlefish, blend with wine and *passum*. Chop the cuttlefish finely and add to the peas..."

p137

"Kid with Bay and Milk. Prepare the kid, bone, remove the entrails, including the stomach, wash. Put in a mortar pepper, lovage, asafoetida root, two bay-berries, a little pytherum, two or three brains; pound all this, add *liquamen*, season with salt. Strain 2 pints of milk and 2 tablespoonfuls of honey over the contents of the mortar. Stuff the guts with this mixture, and arrange them on the head of the kid in a circle. Cover with sausage-skin or paper, bind together, and place the kid in a saucepan or a shallow pan, adding *liquamen*, oil and wine. Half-way through the cooking-liquor. Add a little *defrutum*; mix well. Empty into the saucepan. When it is done remove paper and binding material, thicken the sauce with cornflour, and serve."

p207

somewhere, i swear i saw a recipe for porpoise.

there is a recipe for flamingo that one can also substitute with parrot.
