

## LECTURE 9: Food and Drink

Apicius, *Cook Book* (2nd-4<sup>th</sup> C)

Athenaeus, *Philosophers at Dinner* (2C AC).

Trimalchio's Dinner Party" in Petronius' *Satyricon* (1st C).

Groats (soaked, cracked grains); glume (covering on grain), gluten (allows leavened bread); *puls* (porridge)

Saddle quern, "push mill" or "hopper mill" 5C BC; rotary hand quern 3C BC?; "Pompeian" or "hour glass" mule mill 1C BC?

*pistor* (lit. "pounder" = miller); professional bakers in Rome by 2<sup>nd</sup> C BC.

"Vitruvian" water mill by 2C BC? 1C BC?

Baths of Caracalla mills (217), Ickham mill (1 C).

Tomb of Eurysaces, large scale bread production.

*Amurca* (olive lees), insecticide, preservative, fuel.

Alcohol from *al-khul* (a fine powder = "refined substance"), ca. 1100.

*Defrutum* (sweet wine concentrate), lead acetate

Various kinds of fish sauce: *garum*, *liquamen*, *allec*.

Preservation: drying, smoking, pickling, cheese production