

GLOSSARY

- ACETABULUM: container for vinegar or sauce; unit of measure for liquids; see the Table of Weights and Measures.
- ALICA: semolina or coarsely ground spelt; see p. 165.
- ALLEC (or ALLEX): residue from the production of *garum*; see p. 28.
- AMPHORA: container used for both liquids and grains; see the Table of Weights and Measures.
- AMULUM: starch, derived from rice or other grains such as rye or wheat; see p. 30.
- AQUA MULSA: hydromel, a mixture of honey and water; see p. 197.
- CALIX: cup; measure for liquids. See the Table of Weights and Measures.
- CARENUM (or CAROENUM): reduced wine.
- CIATUS (or CYATHUS): ladle used for serving wine and as a liquid measure; see the Table of Weights and Measures.
- CIPERUS (or CIPERIS): *cyperus* (*Cyperus rotundus*); a sedge-like plant, of which the aromatic roots or tubers were used.
- CONCICLA (or CONCHICULA): from the Greek κόγχη (shell), originally referring to the pods of legumes, it came to signify a dish of cooked fava beans or peas.
- CONDITUM (VINUM CONDITUM): spiced wine; see p. 195.
- CONGIUS: unit of liquid measure; see the Table of Weights and Measures.
- COSTUM: costusroot; the fragrant root of the *Saussurea lappa*, imported from India.
- DRACHMA (or DRAGMA): unit of dry measure; see the Table of Weights and Measures.
- DEFRUTUM (or DEFRITUM): reduced must, or *sapa*; see pp. 29–30.
- EMBRACUM: a sauce or stew.
- EMINA (or HEMINA): unit of liquid measure; see the Table of Weights and Measures.
- EPITYRUM: olive paste; see pp. 59–60.
- ESICIUM: see *isicium*.
- FAR (or SPELTA): spelt; a type of hard wheat (*Triticum spelta*), which was crushed for use prior to the introduction of soft wheat for flour.
- FOLIUM: any aromatic plant leaf, such as laurel or bay leaf, nard, or malabathrum.
- GARUM: fermented fish sauce; see pp. 27–29.
- GARUM CASTIMONIALE: *garum* prepared for the Jews; see p. 28.

- GARUM SOCIORUM: the most expensive *garum*, made exclusively from mackerel; see p. 28.
- GUSTUM (or GUSTATIO): the appetizer course of a Roman banquet.
- HEMINA: see *emina*.
- HYDROGARUM: *garum* diluted with water; see p. 28.
- IENTACULUM: breakfast, the first meal of the day.
- ISICIUM (or ESICIUM): a patty made from ground meat or ground fish.
- LASER (or LASERPICIUM): Latin name for silphium, a plant of the genus *Ferula*, now extinct; see pp. 30–31.
- LIQUAMEN: another name for *garum*.
- LIBRA: unit of dry measure; see the Table of Weights and Measures.
- MENSA PRIMA: the main course of a Roman banquet, following the *gustum*.
- MENSA SECUNDA: dessert, the final course of a Roman banquet.
- MINUTAL: a stew or fricassee, usually including pieces of meat and patties of meat or of fish.
- MODIUS: unit of liquid and dry measure; see the Table of Weights and Measures.
- MULSUM: wine mixed with honey; see p. 197.
- MURIA: another name for *garum*.
- OENOGARUM: *garum* diluted with wine; see p. 28.
- OFELLA; a small piece of meat cut for use in stew or for roasting on a skewer; may also refer to a cutlet.
- OXYGARUM: *garum* diluted with vinegar; see p. 28.
- PASSUM: raisin wine, see pp. 194–95.
- PATINA (or PATELLA): a shallow metal or earthenware pan especially useful for cooking egg-based dishes; over time these particular dishes took on the name of the vessel itself.
- POSCA: beverage of water and vinegar; see p. 194.
- PULS: a thick soup or porridge.
- PYRETHRUM: pyrethrum, a plant of African origin (*Anacyclus pyrethrum*) resembling chamomile, providing a pungent, bitter-tasting root that is no longer used in cooking.
- QUADRANS: unit of dry measure; see the Table of Weights and Measures.
- QUARTARIUS: unit of liquid measure; see the Table of Weights and Measures.
- SAPA: reduced must, or *defrutum*; see pp. 29–30.
- SCRIPULUS (or SCRIPTULUS): scruple, unit of dry measure; see the Table of Weights and Measures.
- SELIBRA: $\frac{1}{2}$ *libra*, unit of dry measure; see the Table of Weights and Measures.
- SEMUNCIA: $\frac{1}{2}$ *uncia*, unit of dry measure; see the Table of Weights and Measures.
- SEXTARIUS: unit of liquid measure; see the Table of Weights and Measures.
- SILIGO (or POLLEN): fine wheat flour; see p. 16.
- SILPHIUM: silphium, the Greek name for *laser* or *laserpicium*; see *laser*.
- SIMILAGO (or SIMILA): wheat flour sifted to a degree between that of fine and whole wheat flour; see p. 16.
- SPELTA: see *far*.
- SPICA INDICA (or SPICA NARDI): east Indian spikenard (*Nardostachys jatamansi*).
- TRACTA (also TRACTUM): a sheet of dough made from flour and water, often dried and broken into pieces for use as a thickening agent in sauces; see p. 30.
- TRITICUM: soft wheat.
- UNCIA: unit of dry measure; see the Table of Weights and Measures.
- VINUM CONDITUM: see *conditum*.