



Contents

Foreword xi

Introduction i

PART ONE

I. Culinary History 13

The Age of Kings (753 BC to 509 BC) 13

The Republic (509 BC to 7 BC) 17

The Empire (7 BC to AD 476) 26

II. The Meal 38

Table Manners and Etiquette 48

The Courses 76 The Menu 83 The Carousal 87

III. Wine and Other Drinks 102

Wine 102 The Orgy 106 Wine Production 111

Other Drinks 119

iv. The Cook and His Condiments 125

The Cook 125 Cooking 128 Medicinal Theory 134

Flavours – Sour 139 Flavours – Salt 141

Flavours – Sweet 146 Flavours – Bitter 150

Herbs 151 Spices 163 Other Ingredients 166

PART TWO

v. From the Land 175

Cereals 175 Pulses 195

Vegetables 206 Fruit and Nuts 239

vi. From the Fire 244

Eating Meat 244 Sacrifice 246 Meat Distribution 252

Animal Suffering 252 Pork 255 The Sacred Bull 271

Sheep and Goats 275 Dogs 278 Game 279

vii. From the Air 293

The Farmyard 293 Wild Birds 296

viii. From the Water 323

Appendix 349

Weights and Measures 349 Money 350 Prices 350

Glossary 352

Bibliography 355

Illustration Sources 357

Conversion Tables 359

Index 361