

ROMAN MILITARY DIET

Breakfast: Main meal of the day.

- Porridge (large helping)
- Occasional egg.
- Unleavened Bread (Pitta Bread)
- Cheap Red Wine
- Olive Oil (lieu butter)
- Weak beer
- Seasonal fruit

Midday: A light meal, possibly eaten on the move.

Possibilities include:

- Dried meat
- Bread
- Dried fruit
- Wine or Beer

Evening: Similar to midday

Other Ingredient Possibilities

- Lentils and Chick Peas
- Worcester Sauce (substitute for 'Garum' fish sauce.
- Turnips
- Rocket (lettuce)
- Smoked Cheese
- Honey and cinnamon to flavour the wine and beer
- Cabbage
- Apples and Pears (in season)
- Pine Kernels
- Pigs trotters
- Dried figs and similar.
- Anchovies
- Onions
- Grapes
- Basic Pizza
- Basic Sausage
- Raspberries
- Lemons
- Green Olives
- Pepper
- Hare (not rabbit)

- Venison
- Saffron (flavouring)
- Flour and pastry
- Fish

Roman Sour Wine: (Surprisingly very thirst-quenching!)

- 40pct pure dark grape juice
- 40pct water
- 5pct Red Wine Vinegar or White Wine Vinegar or Apple Cider Vinegar
- 15pct Red or White table wine.

Roman Hardtack (A type of muesli bar or ship's biscuit)

- Equal amounts of whole-wheat flour and oatmeal-mix dry.
- Add a small amount of salt-mix dry.
- Add water to make it a dough texture.
- Optional: add sunflower seeds.
- Add honey to taste.
- Mix thoroughly.
- Roll out dough to desired thickness.
- Cut to desired triangle size.
- Preheat oven to 350 degrees F. (180C)
- Bake 15 to 20 mins per side (depending on size and thickness)
- Bake thoroughly to desired consistency.

Sour Wine and Hardtack recipes courtesy of Centurio Marcus Legio X Fretensis - IV Cohort Jerusalem Garrison - Antonia Fortress. (Robert Garbisch).

Roman Feast/Meal

Gustatio-First Course

Vegetables and Garum (fish sauce)

Fish

Segunda Plato –Main Course

Porridge

Spices

Herbs

Little meat