Roman Recipes from
The Roman Cookery of Apicius

Cinnamon Sweet Cakes

1t Baking powder
½t Ground Rosemary
1¼C Pastry Flour
1/3C Almonds Chopped
¼ C Muscatel
¼ C Grape Juice
2T Honey
Hazelnuts

1. Mix flour, baking powder, ground rosemary, almonds and cinnamon.
2. Combine the wine (Muscatel) and honey, with the grape juice.
3. Add Milk to make 1 cup of liquid.
4. Mix with the dry ingredients and bake for 30 minutes for 375degrees F.
5. Decorate with chopped hazelnuts.

Roman Custard

2C Milk
¼C Honey
3 Egg yokes
¼t Cinnamon

1. Pour milk into bowl and mix with honey.
2. Scald in saucepan and add egg yokes and cinnamon
3. Bake 325 degrees F for 1 hour
4. Sprinkle with Cinnamon.

Aliter Dulcia (Roman Toast)

6 pieces of Brown Bread
Milk
Honey
Olive Oil
Cinnamon

1. Remove the crusts of the bread.
2. Soak the bread in milk.
3. Fry in Olive oil.
4. Pour honey over and serve.
5. Sprinkle Cinnamon if desired.