



Chef Designer Fabrizia Ventura

GUSTUM GARUM

THE BOOK OF RECIPES

Made with Garum Romae

for L'ISOLA D'ORO srl





PREFACE

Garum Romae: how do you transform a cult product from 2000 years ago, Garum, and make it as versatile and popular in our age?

Simple: by adapting it to modern times without altering its essence. How do you give it strength? By delving into its secret, into the ancient mystery of Garum. Where do you look for information? We have drawn from literary and museum sources that have revealed and illustrated the use of this precious food in the kitchen.

Ecce Garum Romae! Here is the universal condiment rediscovered by L'Isola D'Oro.

The quality of Garum Romae by L'Isola D'Oro is guaranteed through compliance with modern rules about the production process and the preservation of the finished product. The GUSTUM GARUM editorial project was born from the desire to spread the potential of Garum Romae to the present day. The recipe book has been created with dishes taken from recipes or gastronomic suggestions from Ancient Rome.

How do you communicate what the product is? GARUM ROMAE is a universal seasoning, a unique ingredient to give flavour and personality to both simple and sophisticated, raw or cooked dishes, in our everyday lives. Our recipes, designed with ingredients and doses for 2 people, are the result of careful and thorough research. The culinary experiences presented here are inspired by ancient recipes. Where specified, they are faithful reproductions of translations of the writings of the Roman gourmet, cook and writer Apicius. These specialties serve as a starting point for discovering the manifold uses of Garum Romae in the kitchen, its endless and surprising combinations.

Readers can explore the use of Garum Romae through three types of recipes:

ANCIENT – GOURMET – EASY

With tasting tips that follow the traditions of ancient Roman meals Gustatio:

Gustatio - STARTERS

Prandium - LUNCH

Mensa prima - DINNER (meat and fish dishes)



THE AUTHOR

Chef Designer Fabrizia Ventura

Born in 1975, Neapolitan by birth and Roman by adoption, she chose a cultural and culinary educational path, merging the worlds of art and cuisine. Artistic studies and a degree in art history were combined with culinary training and a specialization in food design. Her passion for archival studies led her to research historical cookbooks and to build a personal virtual library consisting of over 150 historical cookbooks ranging from the time of ancient Rome to the post-WW2 era. Her expertise on the history and archaeology of food has enabled her to develop a research project on ancient Roman culinary customs, specifically on the works by APICIUS and COLUMELLA and other authors like Pliny, in order to create an authentic tasting experience, with a flavour that is modern and ancient at the same time. The encounter with the researcher and gastronomic evoker Giovanni Rossetti, who inspired GARUM ROMAE L'Isola D'Oro, and the experiences with her colleague Josè Amici, have enriched her experiential range with thematic events and shared studies, leading to the reconstruction of a real archeo-chef menu.

BIO

Chef Designer

- ◆ Member of the National Council of the APCI: PROFESSIONAL ASSOCIATION OF ITALIAN CHEFS
- ◆ Director and Communication Manager for APCI Lazio delegation
- ◆ Euro Project Manager, member of the European Register of Euro
- ◆ Project designers and managers, Miur accredited teacher, member of the Lazio Region Trainers Register.
- ◆ Executive Chef Trainer at the Safi Elis Gastronomy and Hospitality Institute.
- ◆ Consultant, Sous Chef, Davide Scabin, SCABIN QB – Turin.
- ◆ Ambassador for Food Design and Communication Manager for DOC ITALY.
- ◆ Communication Manager and Pastry Chef for Ciro Chiazzolino, Perugia Professional
- ◆ Executive Chef at Casale Appio Circolo Acquasanta Rome - Rizzotti Restaurant Prague
- ◆ Executive Chef Designer Entroterre Food Festival, Project Communication Manager Romagna Musica,
- ◆ Brand Ambassador: Mascialai, Antica Maccheroneria, Circuito da Lavoro.
- ◆ Executive Chef trainer Vish INTERNATIONAL SCHOOL – Tourism, Hospitality & Culinary Arts
- ◆ Chef Trainer at Alberghiero Amatrice/TU CHEF School Rome
- ◆ Executive Chef at Fiera Campionaria Mondiale del Peperoncino (World Chilli Pepper Fair).
- ◆ Member of the International Order of the Disciples of Auguste Escoffier . Cheese Taster at ONAF.

Creator and promoter of the Cook Design ITALY and SUSCItaliano brands, which spread the concept of food design as design, art, and communication in the world of food.

This theory stems from her personal artistic education: a degree in art history with a research thesis and specialization in drawing, engraving, and graphic design, together with experience developed in the fields of communication and catering and an immense passion for the food sector. The expertise she has gained, the development of the sector in terms of technology and media and the consequent birth of new communication needs of chefs and operators, have paved the way for a dual consultancy role as Executive Chef and planner and manager of events, training, communication and marketing.

L'ISOLA D'ORO COMPANY

The Italian art of preserving by hand

L'Isola D'Oro is an Italian fish preserve company based in Parma, the capital of the Food Valley. L'Isola D'Oro products are equally distributed in the retail and Ho.Re.Ca channels.

The company has developed strong roots in the domestic and international markets thanks to 70 years of experience. The history of this important company, which represents the tradition of Italian food preservation, began in 1956. In 1958 it scored its first major success: Ferruccio Zarotti's idea of preserving anchovies in glass jars! His subsequent creation of the special manual technique revolutionized the entire market, creating new purchasing opportunities. Leadership in fish preserves innovation is at the heart of this great company, which relies on 100% Italian processing and control of the production and commercial supply chain.



The certifications that represent L'Isola D'Oro worldwide







Garum is mentioned and extolled by writers of the Roman Empire and in numerous contemporary accounts. Pliny the Elder, an important source of information and curious facts, writes that Garum sociorum, made with Spanish mackerel, which he considered the best one as it was also a good digestive, had disinfectant and anti-inflammatory properties. Petronius recounts the following scene: «they let a spiced Garum run from their wine-skins over the fishes, which swam about in a kind of tide-race. We all took up the clapping which the slaves started, and attacked these delicacies with hearty laughter». In short, it is a seasoning obtained by fermenting in the sun fish entrails (mackerel, moray eels, red mullets, tuna, anchovies) mixed with sea salt, spices, and aromatic herbs, then filtered to obtain a semi-liquid sauce. Verjuice, vinegar, oil, and water could be added to it.

Today, L'Isola D'Oro, the Italian fish preserves company that has represented the great maritime tradition of the Mediterranean for 70 years, presents Garum Romae, a successful example of how the fusion of knowledge and techniques from the past, combined with constant research, can mutually enhance tradition and innovation, ancient and modern expertise, bringing back to the kitchen a product that two thousand years ago spread from the capital of the then-known world throughout the entire territory of the empire.

Once again, it is the desire to respect the raw materials and the quality of the ingredients that leads L'Isola D'Oro to offer the goodness of the product on various levels: as a result of research but also of know-how and the ability to be innovative.

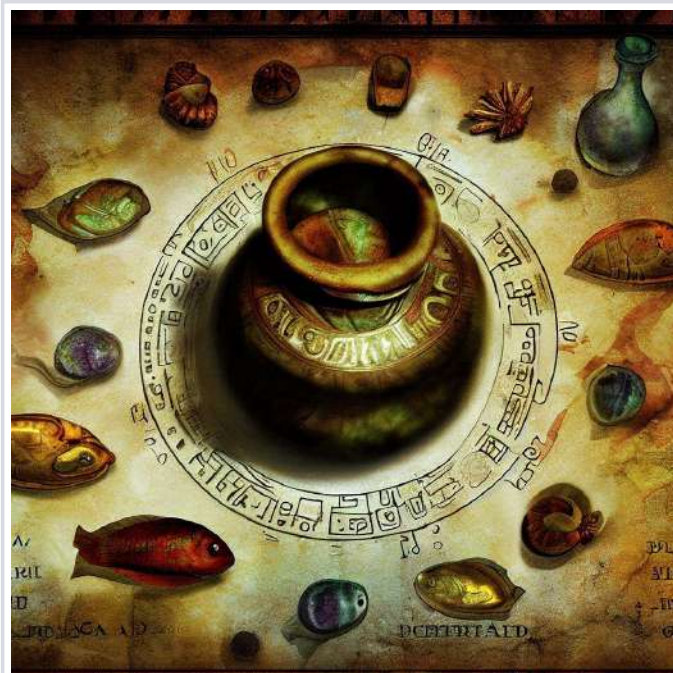


THE HISTORY OF GARUM



In the 3rd millennium BC, Mesopotamian peoples used Alusakud (a term that translates as "fish sauce"). Technically, Alusakud is the fish sauce, while everything else would have been called Shiqqu (more similar to Garum).

Based on the earliest evidence of its use, studies on the origin of Garum suggest that it originated in the area between the Aegean Sea and the Black Sea. The Ionian people were the first to use it and later the Greeks exported it to Tartessos in the southern Iberian Peninsula, where it was introduced to the Phoenicians and then to the Carthaginians. The oldest references to Garum date back to Greek sources from the 5th-4th century BC (quotations by Aeschylus, Sophocles, and the comic poets Eupolis, Cratinus, and Pherecrates). Garum, a condiment consisting of free amino acids immediately assimilated by the body and very rich in protein, became the main ingredient of ancient cuisine and many recipes have been handed down by various authors.



“liquoris exquisiti genus, intestinis piscium ceterisque quae abicienda essent, sale maceratis, ut sit illa putrescentium sanies”

Pliny the Elder

(Naturalis Historia 31, 93 e segg.)

Pliny the Elder, the author who wrote the most comprehensive treatise on the subject, listed Garum among the saline substances, as an “liquor exquisitus” obtained from the maceration of fish intestines: hence the commonplace notion of Garum as “illa putrescentium sanies” (that secretion of putrefying matter), because fermentation was confused with putrefaction. Garum was a highly sought-after type of liquid obtained from the fermentation of some types of fish through the action of their own enzymes and with salt added as an antiseptic. This process can still be found today in the preparation of many fish sauces in different parts of the world.

In his "Naturalis Historia," Pliny the Elder also lists the health benefits of Garum, its virtues as a cure for dysentery and as an appetite stimulant thanks to its high protein content.

Garum was used by physicians to alleviate mouth and ear pain, to heal burns, ulcers and intestinal infections, and as a remedy for dog bites. Oxyporum was the name of the medicinal digestive obtained from Garum.

Again according to Pliny, in the 1st century BC the best Garum came from Spain: known as Garum Sociorum, it was made with mackerel and produced by a cooperative in Cartagena. A six-litre amphora of Cartagenian Garum cost one thousand sesterces (the equivalent of about one thousand euros today).

The most prized Garum was Gari Flos, the flower of Garum, the purest, first filtered liquid, followed by Garum nigrum, which was sold in jars and was highly appreciated.

The names of the best sauces were: Garum Excellens (made with anchovies and tuna belly), Garum

Flos Floris (of superior quality, made with mackerel, anchovies, tuna, etc.), and Garum Flos Murae, made from moray eels. It was the Romans who created a real industry for the production of Garum. The plants for the production of fish preserves were called CETARIAE.

In Q. Gargilius Martialis's recipe (62), from the 3rd century AD, fatty fish such as salmon, eels, shads, sardines, dried herbs and salt were stacked in a well-sealed container in alternating layers. The contents were covered with a lid and left to rest for seven days; during the following twenty days, they were thoroughly mixed and finally the liquid was collected.

In the Geoponics (20, 46, 1 and seq.), written in the 10th century AD, during the Byzantine period, we read: "throw into a container the entrails of fish and small salted fish, which have been left in the sun, and mix frequently; once the liquid forms, strain everything through a basket, where the solid part, the allec, remains. Some also add old wine in an amount of two sextariuses per each sextarius of fish. If you need to use the Garum immediately without leaving it in the sun for too long, cook it quickly by putting the fish in a brine salty enough that an egg floats on it, until it is sufficiently reduced in volume, then strain it. But the flower of Garum is obtained with the entrails, blood, and serum of tuna, which are sprinkled with salt and left to macerate for two months."

In his "De re rustica" (6, 34), Columella mentions Garum as a remedy against a deadly pestilence that affected mares and led to death within a few days.

Seneca, in one of his letters to Lucilius (Epist. 95, 25), briefly refers to Garum, inserting it in a list of foods extremely harmful to the stomach of those who eat them because "they putrefy instead of being digested." Thus, he describes Garum Sociorum as a "precious putrefaction of spoiled fish" that burns up the stomach with its salted putrefaction. Garum is taken by Seneca as a symbol of the debauchery of all those who were concerned exclusively with eating well and enjoying life. It is not surprising that Garum featured in almost all of the recipes of Apicius. Seneca (Ad Helviam 10, 8-9), as a Stoic and a philosopher outraged about his colleagues being exiled from Rome, recounts the exemplary punishment deserved by Apicius, an instigator of debauchery and a preacher of gastronomy.

Petronius describes in detail the various fercula (courses) of the dinner, which include (Satyricon 36, 3) a huge tray with a hare placed in the centre in imitation of the triumph of Pegasus, and at the corners four statuettes of Marsyas holding wineskins from which a sauce of Garum and pepper flows over the fish, laid out in a little channel in such a way as to make them appear alive and swimming in the sea.

The image confirms that Garum must have been a liquid substance, such that it could flow and be bottled even in narrow containers, similar to those used for perfumes. Starting from the 2nd century BC, the popularity of this sauce escalated in Rome, as evidenced by the imperial cook Apicius making extensive use of it when preparing his banquets. This is recorded in the manual attributed to him, the "De re coquinaria," which is the only cookery book from the classical world to have survived almost complete.

In addition to the literary descriptions of the aforementioned authors, we also have our country's oldest manual of gastronomy, though reworked in later periods: "De re coquinaria", in ten books, traditionally attributed to Marcus Gavius Apicius. The wealthy gourmet, who was born around 25BC and became famous for his gastronomic eccentricities, is universally known as the author of the famous cookbook which, besides providing documentation about the culinary art of the time, has the power to evoke the past, allowing us to savour a lost taste through mental representations of the food.

Around 230AD, a cook called Caelius compiled a collection of recipes in ten books, the "De re coquinaria" (On the Art of Cooking), and attributed it to Apicius. Despite consisting of rushed and disorganized notes, this is the most important cookbook written in Latin. The dishes described here were created for the nobles and the wealthy of the time, but the recipes and tips for their preparations remain relevant today.



ANCIENT RECIPES



FIGATUM APICIO 2.0

Liver with figs

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

INGREDIENTS

- ◆ 400 g pork livers wrapped in omentum
- ◆ 2 onions
- ◆ 6 figs
- ◆ 4 tablespoons Garum
- ◆ 4 tablespoons white wine vinegar
- ◆ 1 glass of Marsala wine
- ◆ flour as needed
- ◆ 2 tablespoons of extra virgin olive oil
- ◆ 1 knob of butter
- ◆ Salt
- ◆ Pepper.

METHOD

Slice the onions and add them to the pan with the olive oil and butter. Cook the onions for 5 minutes until soft, then add the chopped figs, the vinegar and fish sauce and cook for another 10 minutes over medium heat. Add the liver, cut into strips and floured, deglaze with the Marsala wine and cook for another 5 minutes. The liver should not be cooked too long, or it will become tough. Season with salt e pepper.

DID YOU KNOW THAT..

The culinary preparation of liver from animals fattened with figs influenced the customs of the time to such an extent that the term for liver, "iecur," underwent a transformation into "ficatum".





ISCIA AMULATA

Ancient Rome Meatballs

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

INGREDIENTS

- ♦ 400 g pork tenderloin
- ♦ 2 tablespoons Garum
- ♦ extra virgin olive oil as needed
- ♦ 1 tablespoon of honey
- ♦ 30 g cornstarch
- ♦ spices to taste (asafoetida, black pepper, lovage, ginger, oregano)

METHOD

After mincing the meat, preferably with a knife, add ground pepper, a little Garum and olive oil. Form the meat mixture into meatballs and prepare the sauce by combining the pepper, chopped lovage, ginger, and the other spices. Add a little honey and Garum and mix everything together. Pour the sauce into a pan and dilute it with a little water. When it starts to boil, add the meatballs and cook for a few minutes. Add the corn starch dissolved in water and allow the sauce to thicken. Serve the meatballs with plenty of sauce.

DID YOU KNOW THAT...

Isicia (meatballs), made with different types of meat and fish, were quite common in Roman cuisine, either served on their own with a sauce or a blend of spices or used as ingredients in other dishes. In the recipe book attributed to Marcus Gavius Apicius, "De Re Coquinaria," there are several recipes for isicia (which we can translate as meatballs) and for sausages. Asafoetida is the Parthian variety of silphium or laser, widely used by the Greeks, Romans, and other ancient peoples, while the more expensive and popular variety, laser cyrenaicum, is no longer produced today.

Original recipe by Apicius

Isicia amulata ab ahenio sic facies: teres piper, ligusticum, origanum, modicum silfi, zingiber minimum, mellis modicum; liquamine temperabis, misces; adicies super isicia, facies ut ferveat. cum bene bullierit, amulo obligas spisso, et sorbendum inferes.

Translation

To make meatballs with starch cooked in a [copper] pot: grind the pepper, lovage, oregano, a little silphium, a minimal amount of ginger, a little honey. Dilute with Garum and mix. Pour over the isicia and let it come to the boil. When it comes to a rolling boil, thicken it with starch and serve.





VITELLIAN PEA CREAM



Gustatio - STARTER

Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ◆ 400 g peas
- ◆ 2 eggs
- ◆ 1 tablespoon Garum
- ◆ 1 tablespoon Honey
- ◆ 10 g ginger
- ◆ EVO oil as needed
- ◆ 1 bicchiere di vino dolce
- ◆ 1 tablespoon vinegar

METHOD

"Vitellian peas" is a name that may refer to the Emperor Vitellius.

The text of this recipe says to cook the peas and puree them. Prepare a chopped mixture of pepper, lovage (mountain celery), ginger, hard-boiled egg yolks, honey, wine, vinegar and Garum (liquamen), add oil and the previously cooked peas, pureed with a hand-held blender. Put the pan back on the heat and blend again. If the taste of the cream is too sour, add more honey.

DID YOU KNOW THAT...

Original recipe by Apicius - De re coquinaria - liber quintus (book V)

iii. pisam vitellianam sive fabam.

Pisam coques lias. teres piper, ligusticum, gingiber, et super condimenta mittis vitella ovorum, quae dura coxeris, mellis uncias III, liquamen, vinum et acetum. Haec omnia mittis in caccabum et condimenta quae trivisti. adiecto oleo ponis ut ferveat. Condis pisam, lias, si aspera fuerit. melle mittis et inferes.

TARTARE MORETUM

Beef Tartare
with MORETUM Sauce,
Columella's Recipe

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

INGREDIENTS

- ♦ 320 g beef fillet
- ♦ 60 g Primo Sale cheese
- ♦ 100 g goat cheese
- ♦ 2 tablespoons Garum
- ♦ wild mint
- ♦ 1 leek
- ♦ 1 stick of celery
- ♦ 5 g rocket leaves
- ♦ 5 g lettuce
- ♦ thyme
- ♦ 5 walnuts
- ♦ 5 almonds
- ♦ 20 pine
- ♦ pepe
- ♦ extra virgin olive oil (EVO) and vinegar as needed



METHOD

Make a tartare with the beef fillet and season it with extra virgin olive oil, salt, a pinch of pepper, and 1 tablespoon of Garum. Using a hand held blender, combine the cheese and a tablespoon of Garum with the celery, mint, thyme, rocket leaves, lettuce and leek, then add the almonds, pine nuts, walnuts, and vinegar, dribbling in the oil until you get a smooth, homogeneous mixture.

DID YOU KNOW THAT...

Columella's original recipe

"After placing the above-mentioned vegetables in the mortar, pound them together with a few shelled walnuts, in the quantity that seems appropriate to you, add a few drops of peppered vinegar and season with oil" (Col. XII, 59). Add either toasted sesame seeds or almonds or pine nuts or toasted hazelnuts to the above. (Col. *ibid.*) The best types of cheese to use for this recipe are ricotta or goat cheese. Season the cheese with either pennyroyal (wild mint) or thyme or oregano or savory and vinegar, a little oil and a little pepper. (Col. XII, 59)

Lucius Junius Moderatus Columella, the greatest agronomist of ancient Rome, was born in Spain but lived in Italy and died in Taranto, where he was buried. His treatise "Res Rustica" includes four interconnected recipes for a considerably more complex "moretum" than the one described by Ovid and pseudo-Virgil.



GOURMET RECIPES

CUM GRANO SALIS

Ancient Rome Meatballs



Gustatio - STARTER



Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ♦ 1 aubergine
- ♦ 50 g carrots
- ♦ 2 tablespoons curry
- ♦ 150 g Greek yoghurt
- ♦ 100 g Primo Sale cheese
- ♦ 10 g purslane
- ♦ Salt
- ♦ Pepper.

For the batter

- ♦ 300 ml sparkling water
- ♦ 50 g type “00” flour
- ♦ 50 g rice flour
- ♦ 5 ice cubes
- ♦ 500 ml sunflower seed oil

Prepare the batter by adding the sparkling water to the flours. Mix with a fork to avoid lumps and add the ice to keep the batter cold.

For the glaze

- ♦ 100 g Garum
- ♦ 12 gr honey
- ♦ 25 g Marsala wine
- ♦ 25 g sugar
- ♦ 7 g cornstarch

To prepare the glaze, combine the Garum, honey, and sugar in a saucepan and cook until it comes to the boil. Reduce the heat and cook for a further 6-7 minutes. Meanwhile, dissolve the cornstarch in the wine, stirring well to avoid lumps. Once the Garum mixture has boiled for at least 7 minutes and the sugar has dissolved, add the wine, stirring very well for a few minutes. Continue cooking until you get a thick, creamy glaze.



METHOD

Slice the eggplants into 1/2 cm thick slices and grill them. Prepare the glaze with Garum and honey.

Peel the carrots and steam them. Once cooked, puree with the yoghurt and curry, adding salt and pepper to taste. Shape the grilled eggplant slices into rolls stuffed with Primo Sale cheese and purslane, dip them in the tempura batter and fry. Cut them into small cylinders and arrange them on a plate, finishing off with the sauce and glaze.

DID YOU KNOW THAT...

Purslane was one of the ingredients of mixed salad leaves in ancient Rome and is now known as "porcacchia" in Rome. It was already used by the Greeks and is mentioned by Pliny, Columella, and Varro. Pliny also provides a brief history of it, recounting its use among the Greeks who, according to him, had discovered that eating large amounts of fresh purslane could "dampen virile ardour." For this reason, Greek noblemen would serve large dishes of this vegetable to their guests. A friend is a friend, but it's better to avoid temptations! Again according to Pliny, Pythagoras (and thus the Pythagoreans) thought purslane was absolutely to be avoided, precisely because of its effect on libido. Actually, purslane contains many vitamins: A, C, as well as some from Group B ones. It also contains important minerals for metabolism and is particularly rich in Omega-3 and other fatty acids.





METHOD

Blanch the broccoli florets and season them with anchovies and oil.

Prepare the fondue, make the culurgiones and fry them. Garnish the dish with drops of Garum and anchovies in oil.

Culurgiones: Combine the two types of semolina and make a well in the centre. Add the olive oil, water, and salt. Knead for about ten minutes until the dough is smooth. Shape it into a ball and cover with a kitchen towel. Let it rest for about an hour. Boil the potatoes, peel and grate them. Add the cheeses, olive oil and Garum and knead. Roll out the dough and cut out discs with a pastry cutter. Place the filling on the discs and close the culurgiones, pinching them to obtain the traditional wheat-ear closure. **Pecorino fondue:** Melt the knob of butter in a bain-marie, then add the grated cheese and pour in the milk, salt and water. Cook over a low heat, whisking the mixture continuously until it comes to the boil to prevent lumps forming.

CULURGIONES 2.0

Fried Culurgiones,
Pecorino fondue, broccoli,
anchovies and Garum.



Gustatio - STARTER

Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ◆ 500 g broccoli florets

For the Culurgiones:

- 175 g semolina
- 125 g remilled durum wheat semolina
- 10 g EVO oil
- 5 g salt
- 75 ml water

For the filling:

- ◆ 500 g yellow-fleshed potatoes
- ◆ 100 g Primo Sale cheese
- ◆ 50 g Sardinian Pecorino cheese
- ◆ 5 g EVO oil
- ◆ 3 g Garum

Pecorino fondue:

- ◆ 80 g grated cheese
- ◆ 75 ml milk
- ◆ 10 g butter
- ◆ 25 ml water



IN MEDIO STAT VIRTUS

Ricotta and Garum Tortellini
with Parmesan Fondue, Pumpkin,
and Saffron, served with
Vitellian-style Pea Cream (*)

Gustatio - STARTER



Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

For the tortellini:

- ♦ 200 g type “00” flour
- ♦ 3 eggs (whole)
- ♦ 50 g durum wheat semolina
- ♦ 5 g EVO oil

For the filling:

- ♦ 150 g ricotta cheese
- ♦ 25 g Garum
- ♦ 1 egg yolk

For the fondue:

- ♦ 80 g grated cheese
- ♦ 75 ml milk
- ♦ 10 g butter
- ♦ 25 ml water.
- ♦ 50 g pumpkin
- ♦ 5 g saffron



METHOD

For the Tortellini

Tip the flour onto a work surface and make a well in the centre; add the eggs and olive oil and knead until you get an elastic and soft ball of dough. After letting it rest, roll out the dough on the floured surface with a rolling pin into a long, 1mm thick sheet. Divide it into two sheets. Cut one sheet into squares, then, using a silicone kitchen brush, brush them with the beaten egg and distribute the filling evenly. Cover them with the other sheet, gently pressing with your fingers on the part of the dough that has no filling. Now form the tortellini into their characteristic shape.

For the fondue

Cook the pumpkin with the saffron and blend it using a hand blender. Melt the knob of butter in a bain marie, then add the grated cheese and pour in the milk, salt, water, and the pumpkin and saffron mixture. Cook it over a low heat, whisking the mixture continuously until it comes to the boil to prevent lumps forming.

Vitellian pea cream (see recipe p. 15).

Once the tortellini are cooked, arrange them on a dish with the fondue and Vitellian pea cream.

DID YOU KNOW THAT...

(*) Vitellian pea cream - see recipe p. 15





NEAPOLITAN CANEDERLO

Gustatio - STARTER



Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ◆ 500 g broccoli florets

For the Canederlo:

- ◆ 250 g stale white bread
- ◆ 100 g grated cheese
- ◆ 2 tablespoons flour
- ◆ 2 eggs
- ◆ 30 g onion
- ◆ 200 ml milk
- ◆ 10 g chopped parsley chives
- ◆ chives
- ◆ tablespoon Garum in place of salt
- ◆ EVO q.b.

For the Neapolitan Meat Sauce:

- ◆ 300 g beef muscle
- ◆ 2 pork ribs
- ◆ 250 g pork muscle
- ◆ 1 onion
- ◆ 1/2 glass of red wine
- ◆ 1 lt tomato purée
- ◆ 1 tablespoon tomato paste
- ◆ 20 g clarified pork fat
- ◆ EVO oil as needed
- ◆ salt to taste

METHOD

For the Canederlo:

Cut the bread into small cubes and add in a bowl together with the previously sautéed onion. Thoroughly mix together the milk, flour, eggs, Garum, parsley, and chives. With wet hands shape the canaderli and boil them in salted water for about 15 minutes.

For the Neapolitan Meat Sauce:

Heat the oil and clarified pork fat in a pan, then brown the meat thoroughly on all sides over medium heat. Add the chopped onion, red wine, tomato purée, and tomato paste. Leave to cook slowly for at least 5 hours, stirring now and then. After this time, season with salt and continue cooking over low heat for another couple of hours. Add a little hot water if needed to keep the mixture moist.



EASY RECIPES



SCIVE' SCIVE' WITH OLIVES AND CAPERS

Spaghetti with fresh tomato
sauce, Olives and capers

Gustatio - STARTER



Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ♦ 160 g spaghetti
- ♦ 100 g fresh cherry tomatoes
- ♦ 2 cloves of garlic
- ♦ 20 g caper fruits
- ♦ 40 g olives
- ♦ 10 g Garum

METHOD

In a pan, heat the oil and add the garlic, Garum, olives, and tomatoes and cook for about ten minutes, while the pasta is cooking. Drain the pasta and toss it with the sauce.





LUCIANA-STYLE OCTOPUS

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

INGREDIENTS

- ◆ 400 g octopus
- ◆ 150 g cherry tomatoes
- ◆ 300 g tomato purée
- ◆ 2 tablespoons Gaeta black olives
- ◆ 1 tablespoon capers
- ◆ 1 clove of garlic
- ◆ 3 tablespoon EVO oil

METHOD

Start by heating the oil and sautéing the garlic, Garum and fresh cherry tomatoes for about 1 minute. Add the pitted olives and rinsed capers and cook over high heat for 1 minute. Add the tomato sauce and octopus and cook for about 40 minutes.



FREGOLA WITH SEAFOOD

Gustatio - STARTER



Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ◆ 150 g Sardinian fregola
- ◆ 1 kg seafood (mussels, clams)
- ◆ 300 g tomato purée
- ◆ 250 g Piccadilly cherry tomatoes
- ◆ 1 clove of garlic
- ◆ EVO oil as needed
- ◆ 1 tablespoon Garum

METHOD

Cook the seafood over high heat until the shells open and add the tomatoes.

Toast the fregola as you would rice, then continue cooking with the Garum, tomato purée, and the filtered liquid from the seafood. Cook the dish like a risotto and add the seafood at the end.





TARALLI WITH BURRATA AND GARUM



Gustatio - STARTER

Prandium - LUNCH

Mensa prima - DINNER

INGREDIENTS

- ◆ 200 g burrata
- ◆ 1 tablespoon Garum

For the taralli:

starter:

- ◆ 100 g type “00” flour
- ◆ 80 g lukewarm water
- ◆ 1 g sugar
- ◆ 8 g fresh brewer’s yeast

Dough:

- ◆ 400 g type “00” flour
- ◆ 100 g lukewarm water
- ◆ 200 g clarified pork fat
- ◆ 170 g unpeeled almonds
- ◆ 20 g salt
- ◆ 7 g ground pepper
- ◆ 5 g honey

METHOD

Make the starter with water, yeast, flour, and sugar. Cover and leave to rise for about 1 hour. Toast the almonds in the oven at 200°C for about 5-8 minutes. Once they are cool, roughly chop them in a mixer or by hand, making sure that the pieces are neither too small or too large. When the starter is ready, combine it in a bowl with all the other ingredients and start kneading.

Do not overwork the taralli dough or it will be rubbery. The dough is ready when the clarified pork fat has completely melted. Tip the dough onto a work surface, divide it into 50g pieces and roll them into ropes about 20 cm in length. Twist two ropes into a braid shape and press the ends together to form the tarallo. Continue shaping the taralli and place them on a baking sheet lined with parchment paper. Decorate the surface with almonds, cover with a cloth and let them rise for about 2-3 hours. After this time, sprinkle the taralli with water and bake them in a preheated static oven at 180°C for 50-55 minutes. Remove from the oven when golden brown and leave to cool slightly.

Add a little burrata, season with a few drops of Garum and serve!

MITULOS

Sauté of mussels with Garum

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

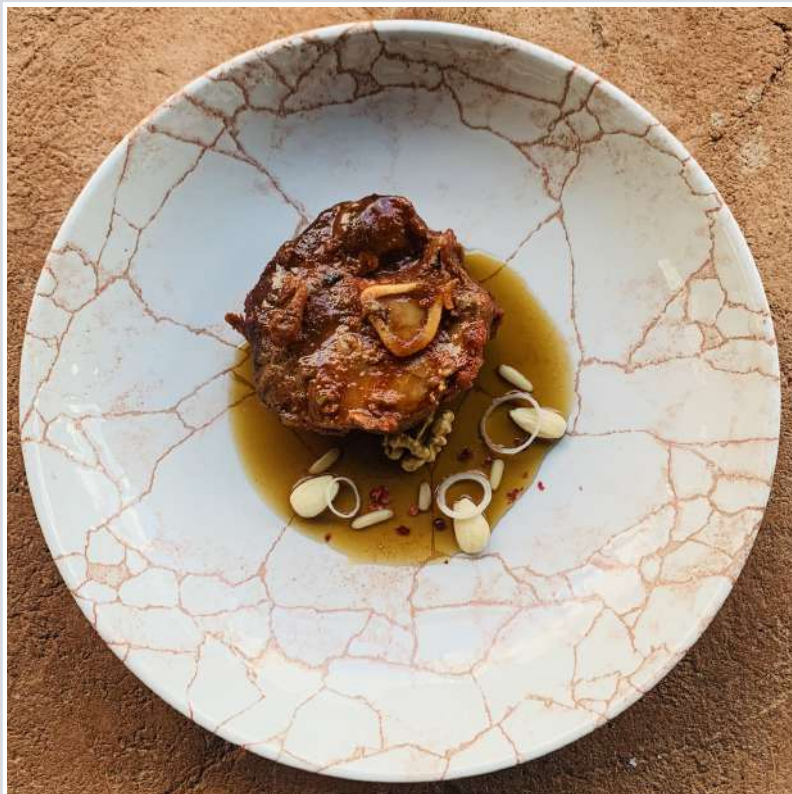
INGREDIENTS

- ♦ 1 kg mussels
- ♦ 100 g tomato purée
- ♦ 1 clove of garlic
- ♦ 1 tablespoon Garum

METHOD

Sauté the garlic with the Garum, then add the tomato purée and finally the mussels. Let them open over high heat and serve!





OSSOBUCO WITH OXYPORUM

Ossobuco marinated in
oxyporum sauce

Gustatio - STARTER

Prandium - LUNCH



Mensa prima - DINNER

INGREDIENTS

- ♦ 2 veal ossobuco pieces
- ♦ 1 stick of celery
- 1 carrot
- 100 type "00" flour
- salt to taste
- ♦ 100 g tomato pulp
- ♦ 1/2 glass of white wine
- ♦ EVO oil as needed

For the Oxyporum:

- ♦ honey
- ♦ white wine vinegar
- ♦ Garum
- ♦ 1 date
- ♦ spices (ginger, cumin, white pepper)
- ♦ mint

METHOD

For the Oxyporum

Soak the cumin seeds in vinegar for a couple of hours, drain them and grind them together with the white pepper, ginger, a few mint leaves and one date. Add them in the mortar with a teaspoon of Garum and mix well with the spices and a small amount of honey.

For the Ossobuco

Marinate the ossobuco with the oxyporum sauce for about three hours. Next, prepare the ossobuco by scoring the meat and dusting it with flour. Add the meat to the mirepoix made with the celery and carrot and brown the ossobuco pieces well on all sides. Deglaze with the white wine, increase the heat and add the tomato pulp. Cook for about an hour, turning the ossobuco pieces over occasionally to prevent them from sticking to the bottom of the pan.

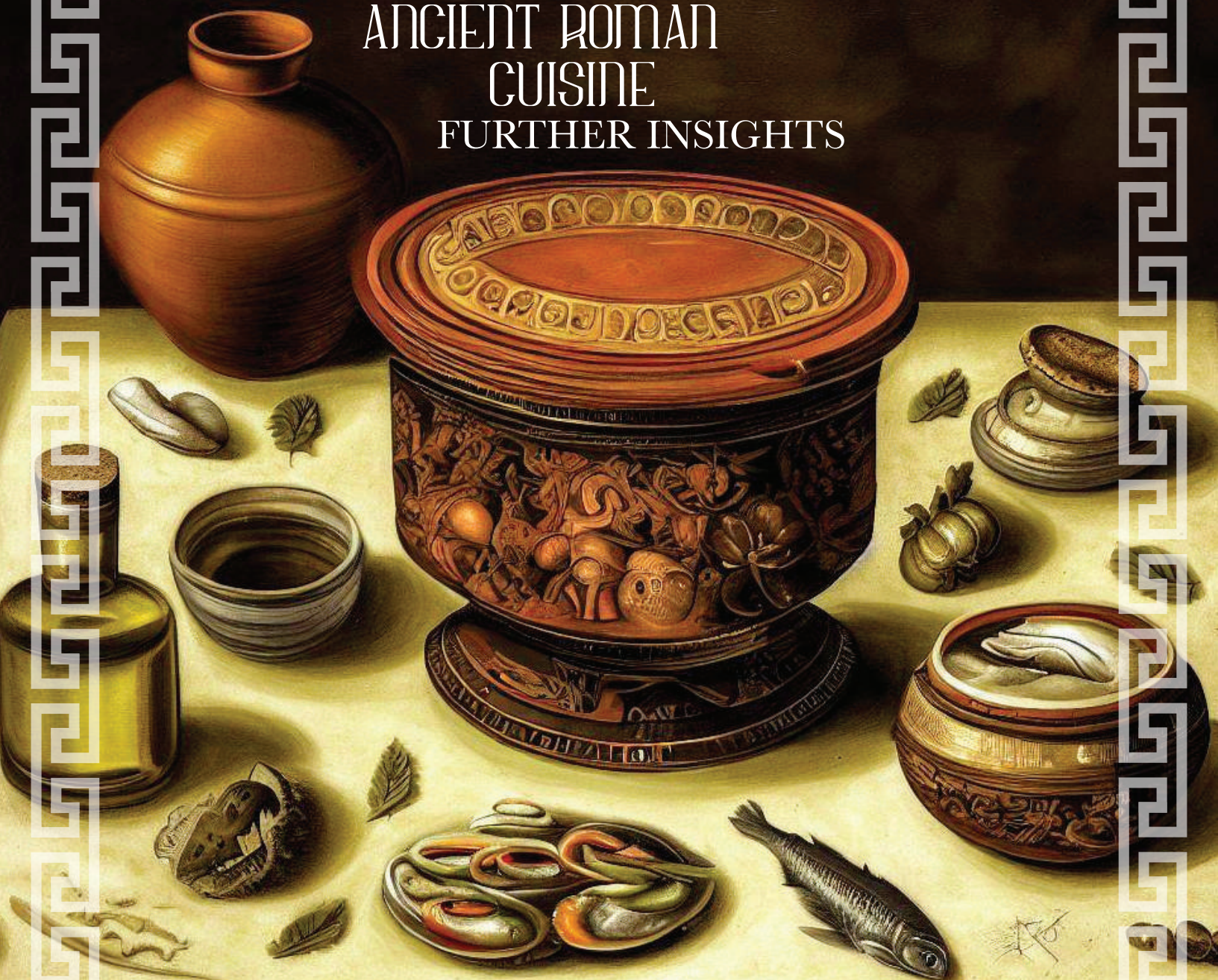
DID YOU KNOW THAT...

According to Athenaeus, one of the simplest, typically Roman condiments was oxyGarum: a mixture of vinegar and Garum, sometimes enriched with spices, as we can read in the source attributed to Marcus Gavius Apicius. Oxyporum was the name of a different and more complex condiment.

We have recipes for this sauce written by Apicius and Columella, rather different but both meant to be preserved. According to the authors, the cook must dilute the oxyporum with Garum and vinegar before using it. Many authors have written on the subject, first of all agronomists, but also poets like Martial and Horace, who dedicated verses to salads.



ANCIENT ROMAN
CUISINE
FURTHER INSIGHTS



VEGETARIAN RECIPES

Vegetarian triumphs: vegetables, greens and fruit. During the Republican era, Romans ate a mostly vegetarian diet, to the extent that Plautus referred to them as "herb eaters." Emperor Tiberius ate large amounts of cucumbers every day, while Horace, when not invited out to dinner, ended each day with his beloved leek, chickpea, and lagana soup. What could be found on Roman tables? There were turnips, carrots, radishes, garlic, onions, leeks, zucchini, cucumbers, asparagus, artichokes, cabbages, as well as salads and various types of legumes, which ensured an adequate protein intake. In addition to grapes, the most consumed fruits were various varieties of apples, pears, peaches, citrus fruits, figs, pomegranates, cherries, plums and even dates.

MEAT

Sheep and goats were an extremely important food source throughout the empire, not only for the meat but also for the milk, most of which was processed into cheese. Lambs were reserved for the most affluent, while the meat of adult animals ended up on the tables of the common people. The most consumed meat, however, was pork, which was cooked in countless ways (Pliny alone lists over 50 recipes). Under the Emperor Aurelian, pork began to be distributed free of charge to Roman citizens. In winter, a quantity equivalent to 10 tonnes per day was slaughtered and distributed free of charge; over a period of 5 months, an eligible citizen would receive 8 kilograms. The distribution location was the Forum Suarium (pork market), between the Pincio and the current Piazza Santi Apostoli. Both domestic poultry (chickens, pigeons, geese, ducks) and game birds (partridges, pheasants, cranes), were also widely consumed. Romans also enjoyed delicacies such as deer, roe deer and hares, as well as dormice, bears, frogs and snails.

FISH AND SEAFOOD

According to Pliny, the most sumptuous meal consisted of three courses, one featuring moray eel, one sea bass, and the final one mixed fish. The most prized variety of wolffish was the lupus Tiberinus caught in the Tiber River, but according to others, the one caught in the open sea was better. The Tiber also provided smaller fish, which ended up on the tables of the poorer Romans. Red mullet was another delicacy, but only if it was large (over 2-3 pounds); the best ones came from Corsica and Taormina. Sicilian eels and moray eels were also highly appreciated. But the absolute stars of Roman tables were oysters, served by the most sophisticated hosts on a bed of snow, another rare commodity, which undoubtedly presented great difficulties in terms of sourcing and transportation.

STREET FOOD

Thermopolia and popinae were the equivalent of our snack bars and cafeterias, a godsend when one felt peckish while out in the streets, long before dinner. Popinae served eggs with liver and onions or simply boiled or fried. The menus of these establishments also included sausages and possibly dried meat, as well as cheese. Tripe, feet, and offal (intestines, lungs, heart, and possibly liver) cooked in fat were sold in taverns and also on street corners, perhaps to be eaten later at the baths. Freshly baked focaccias, perhaps sprinkled with honey, and of course bread, at times enjoyed with grapes or dates, were also much appreciated by those who could afford them. Roman "cafeterias" also prepared appetizing vegetables and legume soups. Chickpeas were eaten in soups, but also fried in Garum, sprinkled with pepper and served with walnuts. Hot chickpeas were sold at an affordable price: one as (Roman coin), as Martial reports. This was the same amount needed to buy the company of a local 'Venus': customers went to popinae to satisfy other appetites as well.

GARUM ROMAE L'ISOLA D'ORO - THE BEGINNING

Often the creation of a new product originates within the company. It comes from listening to internal professionals, from the evaluation of the target market, monitoring the socio-economic situation of the countries where the new product will be introduced, the cost-benefit analyses, how to communicate it, the dissemination of its use, etc.

However, sometimes the idea has a more original beginning: this is the case with Garum Romae!

The Roman researcher and gastronomic evoker Giovanni Rossetti, who was looking for a company with which to develop the Garum Romae project, on which he had invested years of study in Roman libraries translating stories, recipes, and anecdotes from Latin, encountered L'Isola D'Oro's entrepreneurial dynamism and powerful communication about the Italian spirit and sustainability. Thus he chose to share many of the secrets he learnt during his gastronomic exegesis on Garum with the research and development department of the Parma-based company. And so, eight years ago, a curious phone call to the company made by a motivated researcher marked the beginning of the rebirth of Garum, which in the meantime has become: Garum Romae L'Isola D'Oro. The epic story of this food is incredible. For over 1000 years (from 753BC to 476AD), it was a food staple for Rome, its colonies, and the peoples of the countries that had been conquered by Rome or were under its influence. After the decline of the Western Roman Empire and the start of the barbarian invasions, Garum began to disappear even from the cuisine of the Italian peoples and suffered the consequences of history's *damnatio memoriae* (condemnation of memory).

But the intrinsic value of Garum as a natural universal food enhancer and part of the universal culture of food has brought it back from hibernation.

It even includes a functional element among its characteristics, as a superfood!

The great Greek physician and scholar Hippocrates used to say: "let thy food be thy medicine and thy medicine be thy food" And the Romans tested this in practice! Driven, as was their custom, by a pragmatism that did not allow for errors in any supply chain, they realized that Garum was an effective remedy for a wide range of health problems of that time. They made an icon of this sauce, and promoted the communication about its positive effects among soldiers and the people. And there's more! The most interesting aspect had to do with its symbolism. Long before Americans, starting in the 1970s, imposed fast food all over Europe and the world, the Romans used Garum to establish a global food system and bind native and acquired citizens to Rome. To put it in Harry Potter terms: a portkey that unites people and creates a sense of closeness and belonging in the collective unconscious. Ecce Garum!

DID YOU KNOW THAT...

"The production of Garum involves an autolysis process and subsequent fermentation of fish through sea salt. This procedure is still used today in the preparation of many fish sauces in different parts of the world:

- ♦ The PISSALAT in Nice;
- ♦ The TSIROSI in Greece;
- ♦ The FESIKH in Egypt;
- ♦ The CA-THUY in Cambodia;
- ♦ The NUOC-NAM in Vietnam."

BIOCHEMICAL PROCESSES

Fermentation is a biochemical process that involves the partial breakdown of sugars under anaerobic conditions, that is, in the absence of oxygen. The two most common types are alcoholic fermentation, which produces ethanol, and lactic fermentation, which generates lactic acid.

FERMENTATION

Food fermentation usually occurs through the action of microorganisms such as bacteria, yeast, and moulds. Environmental conditions can be altered (e.g., by adding salt) to promote the proliferation of some microorganisms and inhibit the survival of others (selective environment). For example, the addition of salt is well tolerated by certain bacteria strains that carry out lactic fermentation.

PUTREFACTION

While fermentation is a process that primarily involves carbohydrates, putrefaction is the process of degradation of proteins (proteolysis) carried out by anaerobic microorganisms (which operate in the absence of oxygen).

AUTOLYSIS

Autolysis is a catabolic process in which lysosomal enzymes are released, "digest" cells and break down food tissues.

