

# Roman Recipes

## Libum (Cato's Cheesecake)

### Ingredients :

280g ricotta cheese

1 egg

70g plain flour

Runny honey

### Instructions:

Beat the cheese with the egg and add the sieved flour very slowly and gently. Flour your hands and pat mixture into a ball and place it on a bay leaf on a baking tray. Place in moderate oven (400°F) until set and slightly risen. Place cake on serving plate and score the top with a cross. Pour plenty of runny honey over the cross and serve immediately.



# Roman Recipes

## Globuli

### Ingredients

500g ricotta cheese  
167g semolina  
honey  
olive oil

### Instructions:

Press curd cheese through sieve or let it hang in cheese cloth until it's drained well. Mix with the semolina into a loose dough. Let it sit for a few hours. (Have a sip of the vino Caroenum while you wait).

With wet hands form the mixture into dumplings. Quickly fry them in olive oil for a few minutes. Drain and roll in honey.



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## Nut Tart

pepper Preheat the oven to 240°C/475°F/Gas 9.

## Ingredients

400g crushed nuts—almonds, walnuts or pistachios  
200g pine nuts  
100g honey  
4 eggs  
100ml of water  
100ml full-fat milk

## Instructions:

1 teaspoon salt or *garum* Place the chopped nuts and the whole pine nuts in an oven dish and roast until they have turned golden. Reduce the oven temperature to 200°C/400°F/Gas 6. Mix the honey and the water in a pan and bring to the boil. Add the nuts and pine nuts to the honey and leave it to cool. Beat the eggs with the milk, salt or *garum* and pepper. Then stir the honey and nut mixture into the eggs. Oil an oven dish and pour in the nut mixture. Seal the tin with silver foil and place it in roasting tin filled about a third deep with water. Bake for about 25 minutes until the pudding is firm. Take it out and when it is cold put it into the fridge to chill. To serve, tip the tart on to a plate and pour over some boiled honey.

