

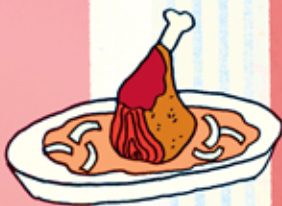
MAKE A CLASSIC ROMAN DIP

MORE (FOR MY) TUM



One of the essential tools of a Roman kitchen was a mortarium. This was a wide stone bowl – just like our mortars and pestles – into which anything from herbs and spices to greens or grain was added and then pummelled by the pestle into a paste or powder. A mortarium might be used to make a moretum, which was defined as a ‘salad’ by the Romans, i.e. a mixed dish of cheese, herbs, oil and greens and was probably more like a modern-day ‘dip’.

Try this recipe for a moretum based on an ancient dish written about in the writings by Columella (written 60/65 AD). It will go perfectly with your panis garlicatus!



YOU WILL NEED:

- Pestle & mortar OR small food processor
- Small bowl
- Knife
- Teaspoon

INGREDIENTS:

- 3 spring onions
- Small handful of rocket
- 5 fresh mint leaves
- 10 fresh coriander leaves
- 3 sprigs of fresh thyme
- 5-6 stems of flat leaf parsley
- 8 chives
- Olive oil
- 250 g tub of ricotta cheese
- Salt and pepper

METHOD

STEP 1

Trim ends off spring onions and chop into slices.

STEP 2

Add spring onions with rocket, fresh herbs and 1 tbsp olive oil to a blender and pulse until it forms a paste.

STEP 3

Scrape into the bowl and mix in the ricotta, salt and pepper.

STEP 4

Serve in a small bowl drizzled with olive oil and with Panis Garlicatus!

