



Roman Cookery: Ancient Recipes for Modern Kitchens

Mark Grant

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Here is a complete range of traditional Roman dishes, such as olive oil bread flavored with cheese. Included are explanations of the cultural values Romans ascribed to food and the social context in which it was prepared and eaten. While most Roman cookbooks detail complex banquet food enjoyed by only a tiny social elite, this cookbook provides easily made recipes for breakfast, lunch and dinner that can be enjoyed by everyone.

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