

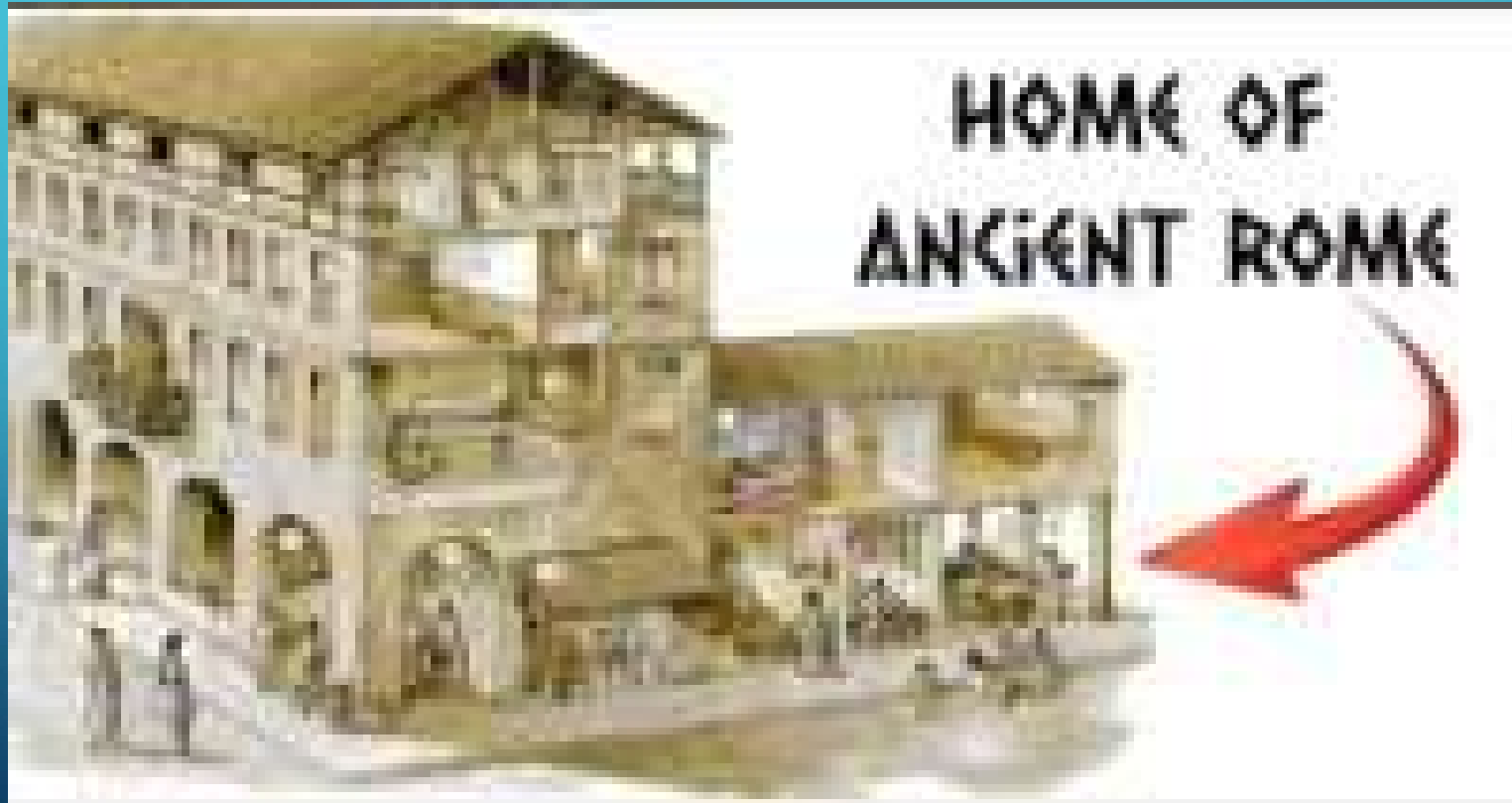
SATURNALIA FESTIVAL



ANCIENT ROMAN HOMES OF THE RICH

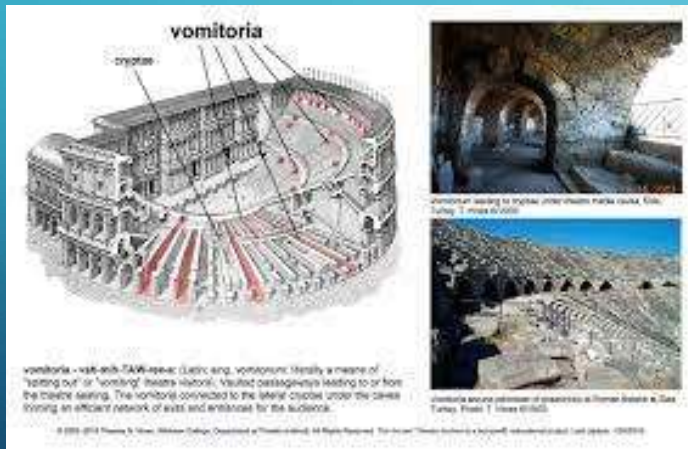


THE POORER HOUSES OF ROME

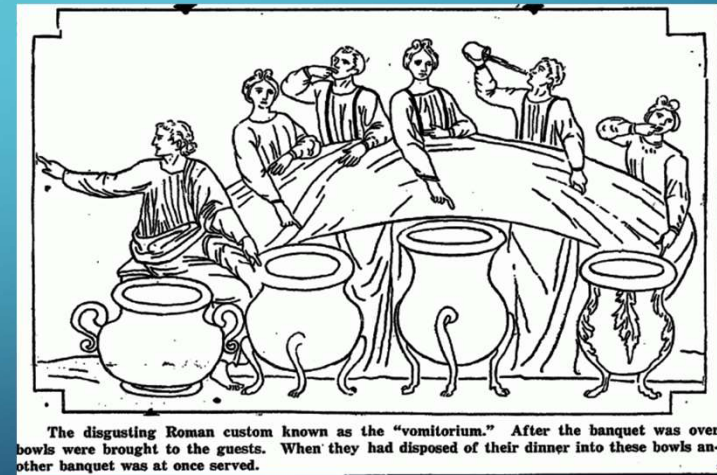


VOMITORIUMS

EXITS FROM AMPITHEATRE



MYTHS



ROMAN KITCHENS

- Food was cooked on a charcoal fire on a stone hearth.
- Some had bronze stoves on iron tripods.
- Double handled amphora for wine or olive oil



WEALTHY DINING AREA



FOOD AND DINING

Romans ate 3 meals a day

Breakfast (lentaculum) served at dawn

Lunch (Cena) The main meal served early afternoon.

Dinner (visperna) a nightfall a light supper

In early Roman times the diet was similar for all classes but changed drastically with expansion of the empire.

THE FOODS EATEN DURING THE EMPIRE

- The three basic foodstuffs were wine, olive oil, and bread.
- (Most Romans stayed away from beer and butter)
- Utensils did not include a fork.
- **The poor** usually consumed mostly a kind of porridge made from emmer (a type of wheat), water, salt and fat.
- Sometimes this was made with olive oil and consumed with vegetables when available.
- **The rich** would eat their porridge with eggs, cheese, and honey

ROME'S FOOD RIOTS

- 19 food riots were recorded
- In 51 C.E. Emperor Claudius had to flee for his life during a food riot

MEALS DURING THE REPUBLICAN PERIOD

- The Cena or lunch had two courses; which comprised a main course and a desert with fruit and seafood.
- During the end of the Republican period the Cena added an appetizer.
- In 123 BCE a ration of unmilled wheat of 33 kilograms was given to about 200,000 citizens for a small fee.
- In 58 BCE Citizens in Rome could receive this ration without a fee.
- Wheat bread replaced emmer bread around 1 CE

BREAD

- Bread was different based on your class.
- The rich ate white bread
- The middle class darker bread.
- The poor had the darkest bread.
- Bread was often dipped in wine and eaten with olives, cheese, and grapes.



MEATS

- Meat was an uncommon luxury except during sacrifices or for the rich
The most popular meat was pork especially sausages. Why?
- Seafood, game, and poultry were most frequently when eaten.
- Beef was not served frequently in Rome because cows were used for milk and bulls used in the fields as draft animals.



ROMAN EATING UTENSILS

NO FORKS



TOOTHPICK AND FOR EAR WAX



ANCIENT FAST FOOD COUNTER



WEALTHY ROMAN DINING

- Three courses beginning around 5:00 P.M. lasting sometimes 10 hours
 - Appetizers- like cheeses and salad
 - Main courses – meats
 - Deserts- often fruits and nuts

BANQUET ENTERTAINMENT

- Music with flutes, water organ, lyre and chorus.
- Between meals sometimes juggling, acrobats, poets, even fire eaters.
- Beautiful women would serve the dishes and pour wine.

PURPOSES FOR BANQUETS

- 1. Show off
- 2. Network with Clients
- 3. Reward friends
- 4. Diss enemies

MOST FAMOUS ROMAN CULINARY EXPERT APICIUS

MARCUS GAVIUS APICIUS

- Lived during the reign of Tiberius during the first century C.E.

Was rumored to have spent over 100 million sestertii on his kitchen!

Over 400 recipes in a book attributed to him

PORTRAIT





UNUSUAL ROMAN FOOD

UNUSUAL ROMAN FOODS MOSTLY CONSUMED BY THE WEALTHY

- *Dormice*

- Large mice stuffed with pork seasoned with pepper and broth



SEA URCHINS

- Sea urchins could be served as a topping, main dish, or a side dish
- Boiled in olive oil or sweet wine.
- These are still eaten today



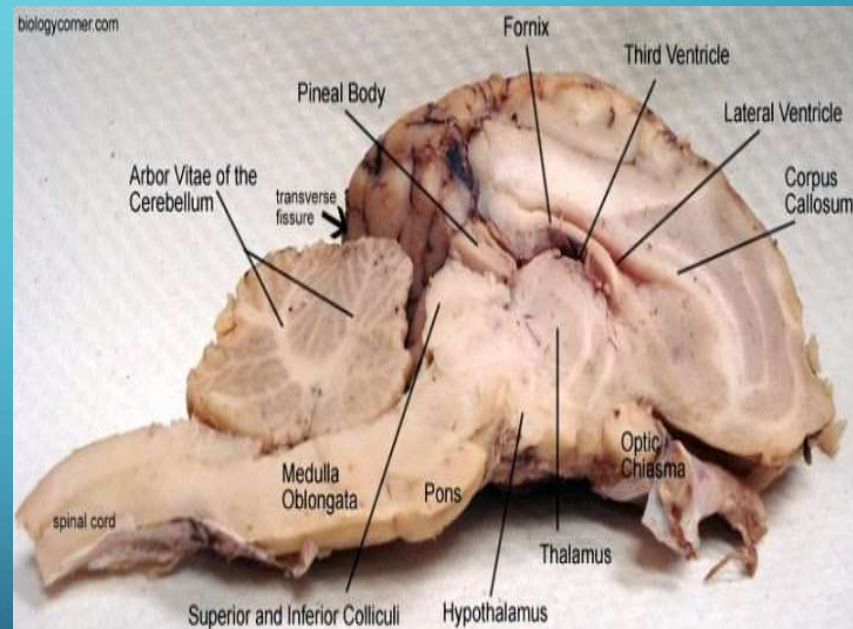
SOWS WOMB

- Sows were often spayed before slaughter and their womb would be harvested for meals.
- Prepared with honey, vinegar, broth and spices like celery seed, mint, and pepper.



LAMB BRAIN

- Lamb Brain was often cured, boiled, or baked.
- This is a dish that is eaten in Morocco



FLAMINGO TONGUE

- Consuming Flamingo Tongues were considered a symbol of status and wealth.
- Many types of birds were consumed by the Romans



GARUM



COMICAL DEPICTION OF A FORMER SLAVE “SATYRICON”

- A fictitious satirical novel written by
Gaius Petronius Arbiter in late 1st century CE
- This novel was about three characters including a freedman, his slave, and a sixteen year old boy.
- Included in the novel is a satirical description of a nouveau riche banquet

TRIMALCHIO'S FEAST

- One portion of this banquet included a theme revolved around the Zodiac
- Examples include the following;
- Ares the ram-Chickpeas (the ram is a sign of virility and chickpeas represents the penis in satire)
- Gemini-(the heavenly twins)-Testicles and kidneys since they come in pairs.
- Virgo the Virgin- a young sow's udder, symbol of innocence.

SATYRICON

