

**SAGGISTICA****DINING WITH THE ANCIENT ROMANS****History, daily life and numerous recipes to discover the eating habits of our cultural ancestors**di *Giorgio Franchetti*

What were the eating habits of the ancient Romans? How much did they spend to eat out? What would we have found in the inns at that time? Did diets already exist? And what about sommeliers? The author of this book will try to answer these questions and many more. He will take you by the hand and lead you on this remarkable, colourful journey through time to discover the culinary habits and customs of the Romans. You can amaze your friends with unusual dinners, with the incredible dishes which the renowned Apicius enjoyed astonishing his guests with. Inside these pages you will find 124 delicious recipes, which have been recreated by archaeo-cook Cristina Conte, together with 10 detailed sections on important topics, such as garum, mulsum, myrtatum, which is an ancient mortadella, and numerous anecdotes about famous figures of ancient Rome. So, what are you waiting for? Pack your suitcase and take a step into this journey in time and ancient flavours, and don't forget your... appetite, the only thing you need to bring!

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