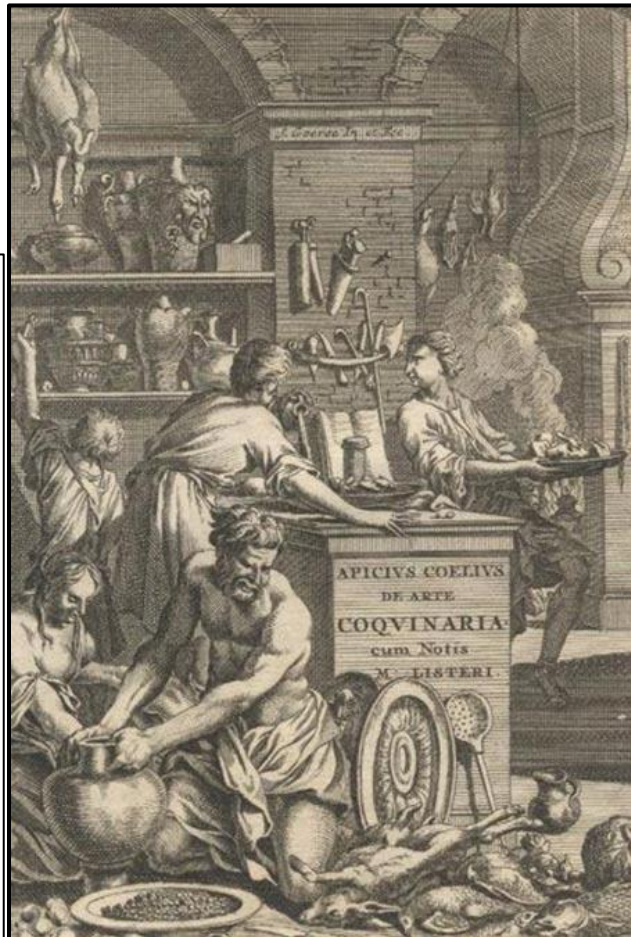




All recipes require an electric skillet.

Roman Recipes



Apicius: De re Coquinaria (On the Subject of Cooking)

<https://www.ancient-origins.net/history-famous-people/marcus-gavius-apicius-top-gourmet-roman-world-004712>

Caution, includes photos of ancient art with nudity.

Gopal K. Kapur, President

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Disclaimer

The information provided in this document is meant for educational use only and is not a substitute for professional medical diagnosis, advice, or treatment. Products do not provide medical advice, diagnosis, treatment, cure, or prevent any disease. Always seek the advice of a qualified physician or other qualified health professionals with any questions related to any medical condition and before embarking on any nutrition, supplement, diet, or other health-related programs.

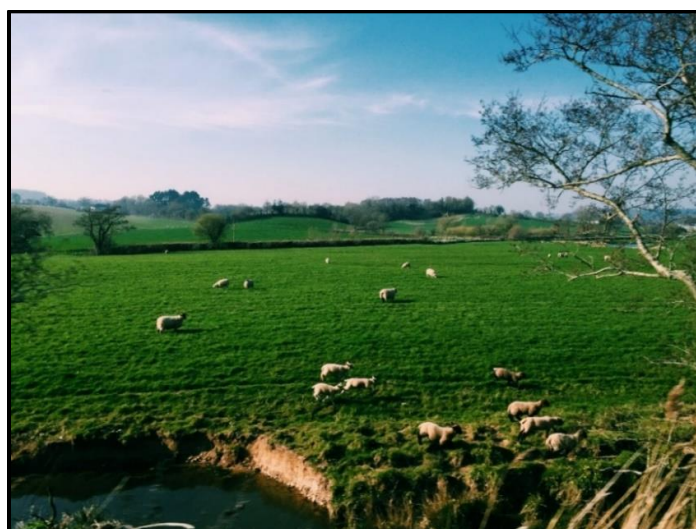


Photo by Harry Cooke, Pexels

Kapur Cuisine™

Roman Dishes



Nutrition & Covid-19

HARVARD, T.H. Chan School of Public Health: “We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections... Indeed, consuming good quality diets is always desirable, and this is particularly important during the COVID-19 pandemic.”

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

“There’s an important relationship among your nutritional status, immune health, risk of infection, and ability to recover from illness... These foods won’t prevent you from contracting the novel coronavirus or cure the disease, but they have been shown to support immune health.” healthline, Feb 25, 2022. [healthline](#)

- | | | |
|---------------------|-------------------|----------------|
| • Canned Light Tuna | • Flax Seed | • Salmon |
| • Carrots | • Herring | • Sardine |
| • Cashews | • King Mackerel | • Spinach |
| • Cauliflower | • Oyster, Canned | • Sweet Potato |
| • Chia Seeds | • Pumpkin Seeds | • Tomatoes |
| • Collard Greens | • Red Bell Pepper | • Walnuts |

Gut Microbiome and Immunity*

“Our gut is packed with some 60 to 70 percent of the body’s immune cells (microbiome), meaning it functions as the immune system’s “control tower” while still serving as a digestive organ.” Keiko Iguchi, 2/22/19, Newsweek.

As food travels through our gut, the microbiome converts it into chemicals that power our immune system. “Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King’s College London and author of *Love Your Gut*. In addition, research has linked an imbalance of gut bacteria to more than 70 chronic diseases.” Here’s what you’ll get from feeding your bacteria well.

1. You’ll lose weight
2. You’ll get stronger
3. You’ll think more sharply
4. You’ll sleep better
5. You’ll ease belly woes
6. You’ll catch fewer colds
7. You’ll just plain feel better

* The information is extracted from “What to Eat to Improve Your Gut Health.” Clint Carter, AARP, December 14, 2020. See [AARP](#).

Mediterranean Diet

The Mediterranean diet may prevent memory loss and dementia. The diet is simple plant-based cooking, with each meal focused on fruits and vegetables, whole grains, beans, and seeds, with a few nuts and a heavy emphasis on extra-virgin olive oil. And say *farewell* to refined sugar and flour. Red meat can make a rare appearance, but usually only to flavor a dish. Instead, meals include eggs, dairy, and poultry in much smaller portions than in the Standard American Diet. In addition, fatty fish – wild salmon, sardines, albacore tuna, lake trout, and mackerel – loaded with brain-healthy omega-3 fatty acids is eaten at least twice a week. Adopting the fare of the sunny region will also help reduce the risk for diabetes, depression, high cholesterol, heart disease, stroke, and some cancers. Sandee LaMotte, CNN, May 5, 2021

DASH Diet

According to the CDC, “Nearly half of adults in the United States have hypertension (high blood pressure), resulting in close to half a million deaths annually.” A serious situation indeed. *U.S. News and World Report* consistently ranks the DASH Diet, developed in the 1990s by the National Institutes for Health (NIH), as the “best overall” diet for managing hypertension. It emphasizes foods lower in sodium and rich in potassium, magnesium, and calcium — nutrients that help lower blood pressure.

It incorporates plenty of vegetables, low glycemic index fruits, whole grains, and beans, minimally processed nuts and seeds, fatty fish, small quantities of lean meats, low-fat dairy products, and avoiding sweets and sugary beverages. Additionally, it may also help you lose weight and lower cholesterol. Listed below are the core ingredients of the DASH diet:

- Almonds – calcium, fiber, magnesium, and manganese.
- Amaranth – fiber, magnesium. And manganese.
- Beans – fiber, magnesium, and potassium.
- Beets and beet greens – nitrates.
- Berries – antioxidants, including anthocyanins
- Broccoli – flavonoid antioxidants.
- Canned salmon – calcium.
- Carrots – chlorogenic, *p*-coumaric, and caffeic acids.
- Celery – phytochemical called phthalides.
- Chia and flax seeds – potassium, magnesium, and dietary fiber.
- Citrus fruits – vitamins and minerals.
- Edamame – calcium.
- Fatty fish – omega-3.
- Greek yogurt – potassium and calcium.

- Herbs and spices – blood-pressure-lowering potential.
- Pistachio – potassium.
- Poppy seeds – calcium.
- Potassium – aim for 4,700 mg a day.
- Pumpkin seeds – magnesium, potassium, and arginine.
- Reduce fats – by 1 tablespoon daily.
- Reduce salt – lower daily sodium to 1,500 mg a day.
- Spinach – nitrates, antioxidants, potassium, calcium, and magnesium.
- Swiss chard – potassium and magnesium.
- Tomatoes – potassium and the carotenoid pigment lycopene.
- White beans – calcium.

“Our study represents some of the strongest evidence that (DASH) diet directly impacts cardiac damage, and our findings show that dietary interventions can improve cardiovascular risk factors in a relatively short time period.”

Stephen Juraschek, Beth Israel Deaconess Medical Center and Harvard Medical School.

MIND Diet: What to Eat to Reduce Your Risk of Alzheimer’s Disease

The following information is extracted from an article by Melinda Wenner Moyer that appeared in Eating Well and from the following sites:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/> <https://pubmed.ncbi.nlm.nih.gov/28722952/>,
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4042564/>, <https://selfhacked.com/blog/mind-diet/>

MIND stands for the **M**editerranean-DASH **I**ntervention for **N**eurodegenerative **D**elay. It combines aspects of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets to help improve brain function and prevent dementia. The MIND diet combines foods from the Mediterranean and DASH diets shown to benefit brain health. There are no set guidelines for calorie intake by the MIND diet. Eat more of the ten foods the diet encourages you to eat, and eat less of the five foods the diet recommends you limit.

Foods MIND Diet Encourages:

1. **Green, Leafy Vegetables:** Six or more servings per week; serving size 1 cup raw, ½ cup cooked.
2. **All Other Vegetables:** Try to eat another non-starchy vegetable in addition to the green leafy vegetables at least once a day; serving size: 1 cup raw, ½ cup cooked.
3. **Berries:** Eat berries – strawberries, blueberries, raspberries, and blackberries – at least twice a week; serving size: ½ cup.
4. **Nuts:** Five servings of nuts (unfried and unsalted) or more each week; serving size: ⅓ cup.
5. **Olive Oil:** Use olive oil as your primary cooking oil.
6. **Whole Grains:** At least three servings daily; serving size: ½ cup.

7. **Fish:** Eat fatty fish – salmon, sardines, trout, tuna, and mackerel – at least once a week; serving size: 3 oz cooked.
8. **Beans:** At least four meals weekly; serving size ½ cup cooked.
9. **Poultry:** Chicken or turkey at least twice a week; serving size 3 oz cooked.

Foods to Avoid

1. **Butter and Margarine:** Less than one tablespoon daily.
2. **Cheese:** Less than once per week.
3. **Red Meat:** No more than three servings each week.
4. **Fried Food:** No more than once per week, preferably none.
5. **Pastries and Sweets:** No more than four times a week.

T2 Diabetes Management

Here are a few alarming statistics about the U.S.

- Estimated 34.2 million people have diabetes.
- Estimated 7.3 million adults ages 18 years or older have diabetes but are undiagnosed.
- Estimated 88 million adults ages 18 years or older have prediabetes.
- Among adolescents ages 12 to 18 years, more than 1 in 6 have prediabetes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes.

A diet rich in healthy vegetables, fruits, proteins, and antioxidants can help manage blood sugar with significant health benefits. A dietitian can make specific recommendations for individuals based on their profiles. However, certain foods maintain healthy blood sugar levels: Beans, berries, fatty fish, green leafy vegetables, nuts & seeds, and whole grains. Given below is a comprehensive list of these items:

Beans

- | | | |
|------------------|----------------|---------------|
| • Adzuki Beans | • Kidney Beans | • Pinto Beans |
| • Black Beans | • Lentils | • Red Beans |
| • Garbanzo Beans | • Lima Beans | • Soy Beans |
| | • Navy Beans | |

Berries

- | | |
|----------------|----------------|
| • Blackberries | • Raspberries |
| • Blueberries | • Strawberries |

Fatty Fish

- | | | |
|-----------------|-----------|------------|
| • Albacore Tuna | • Herring | • Mackerel |
|-----------------|-----------|------------|

- Salmon

- Sardines

- Trout

Green Leafy Vegetables

- Arugula
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage
- Collard Greens

- Dandelion Greens
- Endives
- Kale
- Mustard Greens
- Rapini

- Spinach
- Swiss Chard
- Turnip Greens
- Watercress

Nuts & Seeds

- Almonds
- Chia Seed

- Flax Seed
- Pistachio

- Walnuts

Whole Grains

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Bulgur
- Freekeh

- Millet
- Quinoa
- Rye
- Spelt
- Teff
- Whole Farro

- Whole Grain Sorghum
- Whole Wheat Couscous

Anti-Inflammation

Inflammation refers to the body's reaction to harmful elements that damage it – infections, injuries, and toxins. When something damages our cells, the body releases chemicals that trigger a response from the immune system to heal itself. Ironically, inflammation can be both positive and negative.

- Positive: It helps the body defend itself from infection and injury.
- Negative: Persistent (chronic) inflammation can lead to Alzheimer's, arthritis, cancer, depression, diabetes, and heart disease.

One of the best ways to reduce inflammation is to commit to unprocessed foods with minimal added sugar – vegetables, fruits, whole grains, beans, lentils, fish, poultry, nuts, seeds, low-fat dairy, olive oil, spices, and herbs.

We are glad to state that Kapur Cuisine™ incorporates the core values of Mediterranean, DASH, MIND, T2 Diabetes management, and anti-inflammatory diets to prepare wholesome and tasty meals.

Kapur Cuisine™

Simple and refined carbohydrates, with a fast rate of digestion, result in the rapid rise of blood sugar levels, leading to a quick surge in energy followed by a sudden energy crash – the classic blood sugar seesaw. Conversely, complex carbohydrates take longer to digest, resulting in slow, steady, and sustained energy. When complex carbohydrates are combined with healthy proteins and high-quality fats, you have the ideal nutritionally balanced meals. Kapur Cuisine™ incorporates preparing wholesome and tasty meals that require minimal cooking skills.

- **Balanced:** It provides a good mix of healthy proteins, complex carbohydrates, vitamins, and trace minerals.
- **Sustainable:** It is not regimented or overly restrictive and can be followed easily.
- **Convenient:** It does not require advanced cooking skills; ingredients are readily available and cost-effective.

Electric Skillet

We use an electric skillet with a *glass lid*; a 12" x 12" skillet works well for two to four people; a 12" x 16" skillet for four or more; round skillets are also available. The cooking process is *not suitable* for stovetop cooking.

An essential step to developing good flavor and mouthfeel for vegetables is caramelization; this draws the natural sugars out and creates a sweet, nutty flavor. Typically, caramelization requires a long cooking time stirring and turning, which is not for the faint of heart. However, through experimentation, I found out that if one adds a bit of cooking oil and uniformly sliced vegetables to a heated electric skillet and *covers it* (no stirring), caramelization occurs at the bottom, and steaming occurs on the top. Voilà. Great taste and mouthfeel.

During the total 15 minutes of cooking, the electric skillet is kept covered by its lid for 12 minutes while you **do nothing; no stirring or turning** of the food. As a result, you spend only 3 to 5 minutes of hands-on cooking. This way, very little steam is released from the skillet – what happens in the skillet stays in the skillet. This keeps the flavors intact, resulting in a richer-tasting dish. In conventional stovetop cooking, all ingredients don't get cooked to the same degree. The different parts of a pan develop various degrees of heat, and uneven stirring of ingredients cooks them unevenly.

Cooking Time

Each dish requires only 15 minutes of *cooking time* using an electric skillet. Additional time is needed to organize the spices, clean, slice, and measure the vegetables, meat, or seafood. The time spent shopping for the ingredients and the "kitchen prep" depends on your kitchen help and planning skills.

Roman Cuisine

Gourmand Marcus Gavius Apicius & De re Coquinaria Cookbook

One of the earliest cookbooks in recorded Western history, De re Coquinaria (On the Subject of Cooking), is based on the recipes by Marcus Gavius Apicius, a wealthy Roman merchant, and connoisseur who lived during the reign of Emperor Tiberius Caesar Augustus (14 AD – 37 AD). The book, comprised of more than 400 recipes, was likely compiled during the 4th/5th century AD. Apicius, a member of the Roman elite famous for his love of food, used multiple seasonings, often ten or more per dish, in many recipes. *Exotic and expensive spices from faraway India – cardamom, cumin seed, coriander seed, fennel, Indian spikenard, and saffron – were featured in many dishes.* Measurements for ingredients and cooking times were seldom specified. The assumption was that the cooks using the recipes were well-trained and understood the cooking process. For example, a recipe by Apicius might read as follows:

Flamingo: Scald the flamingo, wash, dress it, put it in a pot, and add water, salt, dill, and a little vinegar to be parboiled. Finish cooking with a bunch of leeks and coriander, and add some reduced must (grape juice) to give it color. In the mortar, crush pepper, cumin, coriander, laser root, mint, and rue, moisten with vinegar, add dates, the fond of the braised bird, thicken, cover the bird with the sauce.

Apicius Green Sauce: Pepper, caraway, Indian spikenard*, cumin, bay leaves, various green herbs, dates, honey, vinegar, wine, little broth, and oil. (*Ius viride in avibus. Joseph Dommers Vehling translation. Walter M. Hill, publishers. 1936. Recipe 227, page 147*)

* We are researching the efficacy of Indian spikenard; we don't use it in our Roman recipes.

Apicius Salsa Virida – Green Sauce

As **Apicius'** recipe does not provide any ingredient measurements or cooking directions, below is the result of a few experiments; try it. Feel free to adjust the ingredient quantities to match your taste.

¼ to ½ cup Extra Virgin Olive Oil (EVOO)
1 teaspoon paprika or ½ teaspoon crushed red pepper
1 teaspoon caraway, crushed
1 teaspoon coriander seeds, crushed
1 teaspoon cumin, crushed
2 bay leaves
¼ cup wine vinegar

½ cup white wine
¼ cup broth – chicken or beef or lamb, or vegetable
1 tablespoon honey
1.5 cups fresh herbs, chopped – basil, coriander, marjoram, mint, oregano, parsley, rosemary, sage, and thyme
4 dates, seeded, chopped

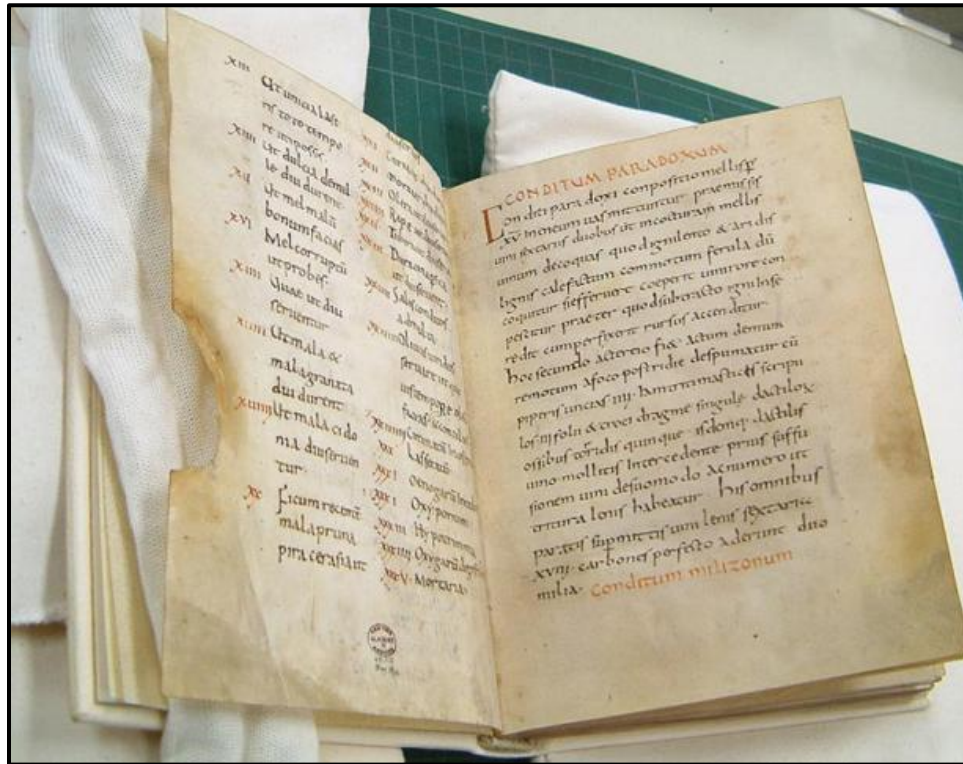
1. In a pan, bring the oil to a medium heat level over a low flame (oil too hot will burn the spices). Turn off the heat.
2. Add paprika or pepper, caraway, coriander, cumin, and bay leaves to the pan, stir to mix, let steep uncovered for 5 minutes.
3. Add vinegar, wine, broth, and honey to the pan, stir well.
4. Add the remaining ingredients to the pan, stir well, let steep for 5 minutes.
5. Discard the bay leaves.
6. Blend the mixture to form a smooth sauce; if too thick, add 2 tablespoons of broth or water at a time and stir; bring it to the desired consistency.

Note: Tell us what you think of this sauce and any changes you've made.
gkapur@familygreensurvival.org

Within the Roman lexicon, Apicius had come to mean “gourmand” due to his fame and the love of massive grand feasts. However, Apicius’s life and food extravagances eventually drained his revenues, jeopardizing his ability to maintain the extravagant culinary lifestyle.

“Having spent a fortune of 100 million silver sesterii (c. \$325,000,000) on his kitchen, luxuries, and grandiose feasts, Apicius found that he had only 10 million sesterii (c. \$32,500,000) left. Afraid of dying in poverty, he poisoned himself.” <https://earlychurchhistory.org/food/apicius-author-of-ancient-roman-cookbook/>

This set includes recipes based on Apicius’s primary ingredients, leaving out the more exotic – crane, flamingo, partridge, peacock, raisin wine, sparrow, and woodcock. Apicius greatly liked the flamingo’s tongue; he enjoyed its especially fine flavor. Notice tomatoes are not included in any of the recipes as they were introduced to Italy (Tuscany) around 1548 AD.



The Apicius Manuscript, 900 AD

The monastery of Fulda in Germany, Acquired in 1929 by the New York Academy of Medicine

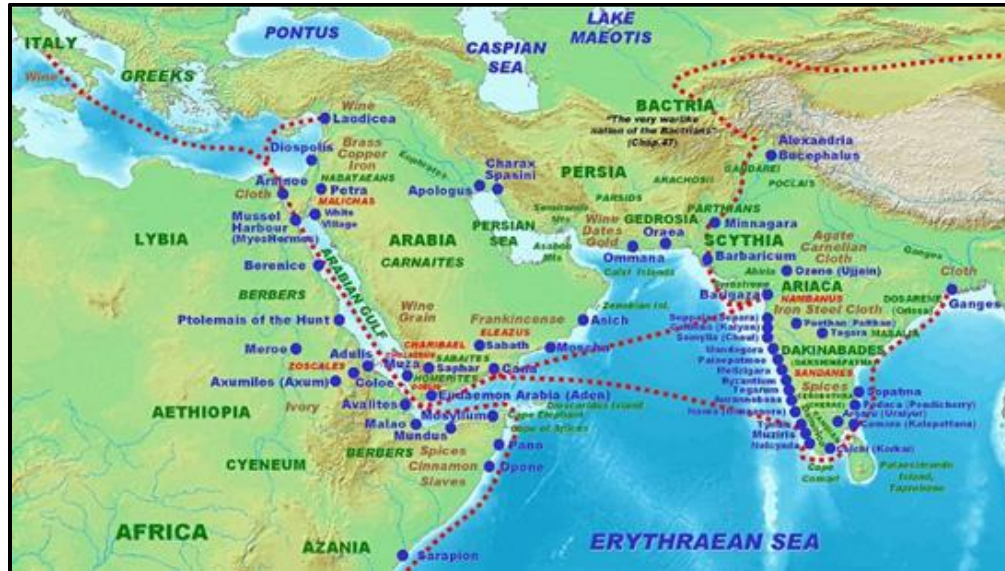
<https://www.ancient-origins.net/history-famous-people/marcus-gavius-apicius-top-gourmet-roman-world-004712>



Apicius, the most gluttonous gorgier of all spendthrifts. Pliny, Natural History (X.133)

Indo-Roman Spice Trade

During the Roman Empire, there was a flourishing Indo-Roman trade. As the empire expanded and the Roman gentry thrived financially, the taste for Indo-Asian spices blossomed.



Roman maritime trade with India according to the *Periplus Maris Erythraei*, 1st century CE.

Romans used exotic herbs and spices from India/Asia to create delectable dishes, exhibit culinary accomplishments, and as a mark of the host's wealth. Another critical factor for using herbs and spices was their beneficial "medicinal" properties. For example, Apicius's legendary *The De re Coquinaria* (On the Subject of Cooking) mentions the following Indian spices profusely. The (n) after the herb or spice name is the number of times the item is cited in *The De re Coquinaria*.

Allspice (6)	Cinnamon (9)	Mace (9)
Anise (9)	Clove (6)*	Pepper (525)
Basil (13)	Coriander Seed (113)	Pepper Corn (4)***
Bay (Laurel) Leaf (41)	Cumin (161)	Saffron (15)
Cardamom (10)	Fennel (27)	Sugar**** (32)
Caraway (33)	Ginger (26)	Turmeric (3)
Cayenne (3)	Indian spikenard (15)**	

***Clove:** The dried, unopened flower bud has a spicy aroma and astringent taste. This is an occasional use spice because of its intense spiciness. If you enjoy the smell and taste of cloves, add about ¼ teaspoon to the spice mixture. You can buy cloves whole or in powder form. The whole cloves are hard to grind; you can separate the clove heads, discard the stems, and crush the heads. Or buy the smallest container of clove powder.

****Indian Spikenard (aka nard):** A flowering plant in the honeysuckle family that grows in the Himalayas, India, at an altitude of about 9,800 to 16,400 ft. Spikenard is mentioned in the Bible, Mark 14:3-5; John 12:3-5, and Song of Songs 1:12-14 NKJV.

“While the king is at his table, my spikenard sends forth its fragrance. A bundle of myrrh is my beloved to me, that lies all night between my breasts. My beloved is to me a cluster of henna blooms in the vineyards of En Gedi.” Song of Songs 1:12-14.

The Spikenard flower is included in Pope Francis’s Coat of Arms (the symbol to the right of the star).



*****Peppercorn:** When in the 5th century Rome was besieged by Goths, part of the ransom demanded from the city was 3,000 pounds of peppercorns.

******Sugar:** Occasionally, a shipment of sugar, referred to as “Indian Salt or Sweet Salt,” would arrive in Rome from India; extremely expensive and always a luxury. In many of the recipes by Apicius, reference to sugar appears as, “Sometimes a little sugar is added.”

Indo-Roman Trade Balance

If one were to look at the spices used in the classic Ayurvedic Cooking of India by the Vedic scholar *Acharya Charak*, 300 BC, many of the herbs and spices are the same: Bay Leaf, Cardamom, Black Pepper, Cinnamon, Coriander Seed, Cumin Seed, Fennel Seed, Garlic, Ginger, Paprika, Saffron, and Turmeric. See our LEAN MEAN Diet Ayurvedic recipe set.



Roman gold coins excavated in Pudukottai, Tamil Nadu, India. One coin of Caligula (37-41 AD) and two coins of Nero (54-68). British Museum.

Roman Ingredients

Beans

Without a specific name, beans are mentioned in *The De re Coquinaria*. We recommend 1 cup of cooked beans; this serves 2. We prefer home-cooked beans; if store-bought, no added sodium or low sodium, drained and rinsed.

- | | | |
|--------------------|-------------|------------------|
| 1. Borlotti beans. | 3. Garbanzo | 4. Beans of your |
| 2. Cannellini | beans. | choice. |
| beans. | | |

Braising Liquid

1. Apicius Green Sauce, see page 5.
2. Broth, low sodium
3. Citrus juice – cuties, lemon, lime, orange, mandarin
4. Italian liquor of your choice (for all adult cooking), e.g., Strega (a bit expensive)
5. Mead, preferably dry (for all adult cooking)
6. Must (reduced grape juice)
7. Red or white wine (for all adult cooking)

Cheese

1. Parmesan
2. Parmigiano Reggiano
3. Cheese of your choice

Cooking Oil

Based on traditional Roman cooking, our cooking oil preference is EVOO. We recommend California EVOO.

Note: For 'low fat' cooking, reduce the oil to 1 teaspoon in the recipes below.

Cup or Weight Measurement

Measuring ingredients by cup size can be quite a trick. For example:

- 1 cup broccoli = 2.5 oz
- 1 cup carrots = 2 oz
- 1 cup cauliflower = 2.25 oz to 2.75 oz
- 1 cup celery = 4 oz
- 1 cup spinach = well, it depends on whether packed or not!
- 1 cup Swiss chard = 3 oz

Also, with many ingredients, the size of the cut can make a difference. For example, a cup of minced carrots may weigh more than carrots cut into larger pieces, similar to cauliflower.

Weighing is a more accurate and convenient way to measure portion size. Good quality digital scales are available for less than \$15 and last a long time.

Dish Frequency

For non-vegetarians, we suggest two meat, two seafood, and three vegetarian dishes during the week. Occasionally, replace the meat dish with a seafood or vegetarian dish.

Herbs

- | | | |
|-------------|----------------|-------------------------------|
| 1. Parsley | 3. Sweet Basil | 4. Other herbs of your choice |
| 2. Rosemary | | |

Herb Pot



Fresh herbs can be expensive. We suggest you grow your herbs; once planted, most will revive for the next growing season. *Harvest herbs by snipping the top leaves as needed, and wash and pat dry the leaves before use. The preferred method is to tear the leaves to release the essential oils; if using a knife, roll the leaves and slice through.* Fresh herbs should be added to the dish towards the end and

cooked for a few seconds as prolonged cooking reduces the flavor. Dry herbs are typically added while the dish is cooking. One teaspoon of dry herb equals one tablespoon of fresh herb. The following herbs are easy to grow at home:

Parsley: A bright green herb, a source of flavonoids and antioxidants, is used frequently as a garnish. We prefer the flat-leaf (often referred to as the Italian parsley) for its more delicate flavor and aroma. Use sparingly.

Rosemary: An aromatic herb used in a variety of cuisines. It is highly fragrant; use it sparingly. A hardy plant can be grown easily by burying a 6-inch cutting in well-drained soil.

Sweet Basil: A fragrant herb with a strong sweet smell in various colors and aromas, including lemon, cinnamon, and licorice. It enhances the aroma and flavor of the finished dish. Buy a small plant from a nursery in early spring and transfer it to your herb pot of well-drained soil.

Drying Herbs

Harvest the herbs, leave the sprigs whole; don't pull the leaves off the stem. Heat the oven to 175F. While the oven is preheating, arrange herb sprigs in a single layer on a cookie sheet and set it in the oven; leave the door slightly open; this helps with the drying process.

Set the timer for 10 minutes, and check the herbs; if not dry, continue and check in 5-minute increments (20 minutes should be sufficient). When the leaves feel dry, remove the baking sheet from the oven, and let the herbs cool. To remove the dried herbs from the stems, run your fingers along the stem; the dried leaves will fall into the cookie sheet. Store the dried herbs in an airtight jar in a cool dark space.

Immune System Support Supplement

According to Melissa Majumdar, Academy of Nutrition and Dietetics, "There are no specific supplements that will help protect against coronavirus (or any other virus) and anyone claiming that is being investigated by the FTC and the FDA." KCRA3, Mar 27, 2020. However, there are ways to keep your immune system functioning optimally – fill your plate with immune-boosting vitamins, minerals, and antioxidants.

Meat & Seafood

Whenever possible, shop for grass-fed meats, free-range poultry, and wild-caught seafood. Look for organic – no antibiotics, hormones, GMOs, or preservatives. To make meat slicing easy, freeze the meat for about 20 minutes.

1. Beef: Sirloin, tri-tip, ribeye, top loin (strip), or tenderloin, sliced into uniform bite-size pieces.
2. Chicken: Skinless and boneless chicken breast, defatted, sliced into uniform bite-size pieces.
3. Goat (Capretto): Boneless goat meat (preferably leg) pieces flattened with a tenderizing mallet to break up the muscle fibers resulting in tender meat. Slice into uniform *thin* bite-size pieces. Goat meat is a healthy alternative to beef and chicken because it contains fewer calories, fat, and cholesterol*
4. Lamb: Boneless lamb meat (preferably leg), sliced into uniform *thin* bite-size pieces.*
5. Pork: Tenderloin, sliced into uniform bite-size pieces.
6. Seafood: Seafood of your choice, sliced into uniform bite-size pieces. We recommend seafood high in Omega-3: Alaska Pollock, Albacore Tuna, Anchovies, Atlantic Herring, Atlantic Mackerel, Black Cod, Herring, Mackerel, Mussels, Salmon, Sardines, Trout, and Wild Salmon

* Goat and lamb have a slightly natural gamey taste, primarily from the fat. Therefore, remove as much fat as possible before cooking. Also, cinnamon

powder and nutmeg added to the Roman Spice Mix temper the taste of these meats.

WOF

When meat or seafood is cooked, cooled, refrigerated or frozen, and then thawed, it can develop WOF – Warmed Over Flavor, at times quite unappetizing; this is primarily due to oxidation. A simple solution is to splash the leftovers with a generous squeeze of fresh lime before refrigeration.

Meat & Environmental Effect

Researchers have learned that beef has the most adverse effect on greenhouse gas and water footprint. Replacing beef with poultry or pork would reduce greenhouse gas emissions by nearly 50% and lower the water scarcity footprint by about 30%.

Nuts

When cooking for special occasions, cooks often garnish the finished dish with a small quantity of nuts to enhance the appearance, taste, and protein.

1. Raw or dry roasted pine nuts (unsalted), whole or crushed. Pine nuts have a short life; they get rancid quickly, buy in small quantities, store in the refrigerator, and use promptly.
2. Raw or dry roasted (unsalted) pistachios, whole or crushed.
3. Raw or dry roasted (unsalted) walnuts, chopped or crushed.

Pasta (Noodles)

Though an integral part of modern Italian cuisine, there is no mention of pasta in Apicius's cookbook *De re Coquinaria*. The first well-documented description of modern-day pasta dates to the 13th century AD. However, in light of creating a balanced dish, you may *include* pasta in Roman recipes. If you desire to be true to Roman times, you are welcome to omit the pasta. Below is a list of recommended pasta:

1. Almond Flour Pasta
2. Black Bean Pasta
3. Chick Pea Pasta
4. Edamame Pasta, Edamame & Spirulina Pasta (High Protein, High Fiber)
5. Lentil Pasta
6. Mung Bean Pasta
7. Quinoa Pasta
8. Shirataki Noodles
9. Soba (Buckwheat) Pasta

- 10. Turmeric Pasta
- 11. Whole Wheat Pasta

If using, we recommend 2 oz dry pasta, which is 1 cup cooked; this serves 2.

Rice & Grain

Washing the rice or grain thoroughly before cooking is recommended.

- Amaranth, Basmati rice, brown rice, wild rice, barley, buckwheat, bulgur, freekeh, millet, quinoa, rye, spelt, teff, whole-wheat couscous, whole farro, whole-grain sorghum, and wild rice.

Start cooking the grain of your choice before turning on the electric skillet, or cook it ahead of time, let it cool, and refrigerate. Some of the grains take a longer cooking time. In our recipes, we recommend 1 oz uncooked grain per serving.

Salt

- Sea Salt

Spices

1. Bay Leaf
2. Black Pepper
3. Cayenne
4. Cinnamon (added to the goat and lamb dishes)
5. Cloves (added to the goat and lamb dishes)
6. Cumin Seeds
7. Coriander Seeds
8. Fennel Seeds
9. Nutmeg (added to goat and lamb dishes)
10. Paprika
11. Saffron*
12. Turmeric, Italy Curcuma (added to the goat and lamb dishes)**

*Saffron: A fragrant and colorful spice derived from the flower of *Crocus sativus* (saffron crocus). The vivid crimson stigma, called threads, are hand-harvested, then dried. Saffron is the costliest spice, prone to adulteration. Buy from a trusted source, don't buy in powder form. Because of its cost, saffron is used for important occasions – weddings, important birthdays, religious feasts, and serving special guests. When using, pick a small pinch of saffron with *absolutely dry* fingers, gently crush the delicate stems, and add about 2 tablespoons of warm water in a small bowl; let steep for about 5 minutes. Drizzle the saffron threads and water over the ingredients in the cooking step 7.

****Turmeric:** In Asian countries, people routinely use turmeric powder in their dishes because of its immune system-bolstering capabilities. Consider including turmeric powder in all of your cooking. When using turmeric, it's advisable to add a small quantity of black pepper. The active compound piperine in black pepper enhances the absorption of the active compound curcumin in turmeric by up to 2,000%. Curcumin from turmeric and long-chain fatty acids fish (salmon, tuna, mackerel, herring, and sardines) have been shown to reduce markers of inflammation throughout the body. When using turmeric, beware of turmeric tablets, capsules, gummies, and drinks; consult reputable and well-qualified nutrition professionals.

We often get the question, "What is the best place to shop for the various spices listed above?" Simple – Indian food stores in your town.

Roman Spice Mix

1 teaspoon garlic powder. Or 1 tablespoon fresh minced garlic
1 teaspoon onion powder. Or 1 tablespoon fresh minced onion
½ teaspoon cumin seeds, crushed
½ teaspoon coriander seeds, ground
½ teaspoon dried marjoram
½ teaspoon paprika
½ teaspoon salt
¼ teaspoon cayenne
¼ teaspoon fennel seeds, crushed

In a small bowl, combine all ingredients, and stir well.

We suggest you prepare several batches of the Roman Spice Mix, and store them in a dry, dark space; this way, they are always on hand.

Spinach

Each dish specifies 2 oz of fresh spinach; if unavailable, substitute with any thinly sliced cabbage or mustard greens, or omit.

Vegetables

"Our results have shown that by simply eating one cup of raw (or half a cup of cooked) nitrate-rich vegetables each day – such as kale, arugula, chard and spinach, beetroot, parsley, Chinese cabbage, celery, radishes, and turnips – people may be able to significantly reduce their risk of cardiovascular disease." Researcher Catherine Bondonno.

We recommend 8 oz or more vegetables per serving; here is a link describing vegetable seasonality: [Seasonality](#).

Fresh in-season vegetables, five or more different types, sliced into uniform bite-size pieces; if fresh vegetables are not available, use thawed frozen. We strongly recommend that you try vegetables *new* to you:

Artichoke Hearts in Water: Folate, fiber, vitamins C, antioxidants. ⚡

Asparagus: Folate, selenium, vitamin K, thiamin, and riboflavin. ⚡

Arugula: Vitamins K, C, and calcium.

Beets & Beet Greens: Fiber, folates, manganese. We prefer baby beets.

Bell Pepper: Vitamin C, K1, E, A, folate, and potassium.

Bok Choy: Antioxidants, vitamin A, Vitamin C.

Broccoli & Broccolini: Vitamins B6, B12, and folate. ⚡

Brussels Sprouts: Dietary fiber, folate, and Vitamin E. ⚡

Cabbage: Vitamins C and K.

Carrots: Beta carotene, fiber, vitamin K1, and potassium. ✓

Cauliflower: Fiber, vitamin C, and folate.

Celery: Vitamin A, C, K, potassium, folate, and choline.

Chard: Fiber, vitamins A, C, E, K, copper, magnesium, manganese, iron, potassium.

Collard Greens: Fiber, vitamin A, C, potassium.

Edamame: Fiber, vitamin k, choline, folate, magnesium, manganese. ⚡

Eggplant: Vitamin K, C, B6, manganese, potassium, niacin, copper, and magnesium. We recommend skinning the eggplant.

Endive: Potassium, calcium, magnesium, folate, vitamin A, K.

Fennel Bulb: Vitamin C, potassium, phosphorus, calcium, and folate.

Figs*: Vitamin A, B, K, B6.

Garlic: Calcium, vitamin B, and thiamin.

Grapes:** Vitamin C, K.

Green Beans: Fiber, vitamins A, C, protein, and folate.

Green Peas: Fiber, protein, vitamin A, and K. ✓ ⚡

Kale: Vitamin K, fiber, potassium, folic acid, and vitamin C.

Kohlrabi: B vitamins, phosphorous, potassium, and calcium.

Leek: Vitamins A, B, C, K, iron, and manganese.

Long Green Beans: Fiber, vitamin C, protein.

Lotus Root: Fiber, vitamin B, C, riboflavin, potassium.

Mushrooms: Vitamin B, copper, potassium, phosphorus, and iron. ⚡

Mustard Greens: Vitamins A, C, and K.

Okra: Fiber, Vitamin C and K.

Onion: Fiber, vitamin B, C, folate, manganese, calcium, and potassium.

Parsnip: Fiber, potassium, magnesium, manganese. ✓

Scallop Squash: Fiber, vitamin A, and C.

Spinach: Vitamin A and K. ⚡

Sugar Peas, Snow Peas: Fiber, protein, vitamins A, C, and K.

Sweet Potato: Fiber, Vitamin A, B6, C, manganese, potassium.

Swiss Chard: Fiber, vitamins A, C, and K, manganese, and magnesium.

Tomato: Vitamin A, C, and K.

Turnip: Vitamin C, fiber.

Watercress: Potassium, vitamin A, C.

Zucchini: Vitamin C, B6, A, manganese, riboflavin, and potassium.

Vegetables of your choice.

✂ **High** in protein.

✓ **High** carbohydrate vegetable.

* **Figs:** When figs are in season, usually May through August, occasionally I add four or five chopped figs to the vegetable mix for the recipe. Trim off the stem and a thin slice off the bottom, then give a rough chop to the figs.

** Occasionally, I add 8 to 10 red seedless grapes, sliced, to the vegetable mix for the recipe.

Vegetable Greens

They're packed with nutrients and earthy flavor, adding vibrant color to the finished dish.

- Beet Greens
- Celery Leaves
- Turnip Greens
- Carrot Greens
- Radish Greens

Avoid greens with any yellow spots. Discard the tough stems. Wash, drain, and chop the tender leaves, and dry them well using a salad spinner. Now you can add these to any of the recipes below.

Nutrition Note

“80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings, Elizabeth Millard, January 17, 2021. A research review published in the journal Open Heart called the situation “a public health crisis.” According to the Mayo Clinic, “Chronically low levels could increase your chances of having high blood pressure, heart disease, type 2 diabetes, and osteoporosis.” “...it also plays a critical role in bone health, heart function, digestion, sleep, cellular health, and even mood and energy levels.” Elizabeth Millard, Eat This, Not That!

The mineral is *magnesium*.

Good sources: Nuts, seeds, beans, dried fruits (without added sugars), and dark leafy greens.

Cooking Prep

It is essential to have all ingredients for a recipe easily accessible, measured, and ready before plugging in the electric skillet. Avoid searching, washing, and slicing the ingredients after you have plugged the skillet and then may have to scramble. It can get stressful. Not good!

Finished Dish

Each recipe results in a fully cooked meal; to reduce the number of serving dishes, serve directly from the skillet (turn the skillet temperature to low).

Indo-Roman Cultural Connection: Laxmi Devi

The Pompeii Lakshmi, an Indian Goddess, is an ivory figurine discovered in the ruins of [Pompeii](#), which was destroyed in the [eruption](#) of [Mount Vesuvius](#) in 79 AD. It was found by [Amedeo Maiuri](#), an Italian scholar, in 1938. The figurine is dated to the first century AD and represents an Indian goddess of feminine beauty and fertility. Lakshmi is a reminder of the trade between India and Italy in the first century AD. [Lakshmi](#)



Pompeii Lakshmi, Ivory Statue, 1st Century AD, Indian Goddess of Fortune, Love, Beauty, Fertility. Ruins of Pompeii (79 AD).

Present Location: Secret Museum, Naples, Italy.

Rome imported exotica from India: spices, jewels, fine textiles, ivory, peacocks, elephants, and lions. In return, India wanted only gold from Rome, and the trade balance was very unfavorable to Rome. It made Indian merchants wealthy.

Edible Flowers, Beautiful Garnish

Cheerful and vibrant, edible flowers provide a burst of flavor and color to the finished dish. Make sure the flowers are organically grown and free of dirt and

insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Because of their large size, summer squash flowers** need to be chopped. If you're picking from a plant, harvest the male flowers so that the plant still produces squash. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Borage



Lavender



Purslane



Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

Roman Recipes

[Video](#)

These are zero added sugar recipes.

1. Roman Vegetables & Beef, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the beef the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

¼ cup* EVOO

1 serving of Roman Spice Mix

½ cup fresh Italian parsley, minced
fine

1/4 cup red wine (optional)

16 oz or more vegetables sliced into
uniform bite-size pieces

2 bay leaves

4 tablespoons braising liquid, divided

6 oz beef sliced into uniform bite-size
pieces

½ cup cooked beans or pasta or grain or
rice (optional)

2 oz (about 2 cups) fresh spinach or 2
oz (about 2 cups) thinly sliced
cabbage

1 tablespoon unsalted pine nuts,
pistachio, or walnuts, chopped

Minced parsley or rosemary for
garnish

Grated cheese for garnish

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, and wine (if using) to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Then, using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle half of the braising liquid over the vegetables.
5. Add beef to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the beef. Combine the vegetables with beef, stir, and turn. Drizzle the remaining braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

2. Roman Vegetables & Chicken, Serves 2

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle the chicken the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

¼ cup* EVOO
1 serving of Roman Spice Mix
½ cup fresh Italian parsley, minced fine
¼ cup red wine (optional)
16 oz or more vegetables sliced into uniform bite-size pieces
2 bay leaves
2 tablespoons braising liquid
6 oz chicken sliced into uniform bite-size pieces

½ cup cooked beans or pasta or grain or rice (optional)
2 oz (about 2 cups) fresh spinach or
2 oz (about 2 cups) thinly sliced cabbage
1 tablespoon unsalted pine nuts, pistachio, or walnuts, well crushed
Minced parsley or rosemary for garnish
Grated cheese for garnish

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, and wine (if using) to make a simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
5. Add chicken to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the chicken. Combine the vegetables with the chicken, stir, and turn. If the mixture is too dry, add 2 tablespoons of the braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

3. Roman Vegetables & Goat, Serves 2

Wash hands thoroughly. When preparing the ingredients, wash all vegetables, handle goat the last (place it in a bowl), and wash hands thoroughly.

Have Ready

We'll be adding two additional spices: cinnamon powder and nutmeg.

¼ cup* EVOO	6 oz goat sliced into uniform <i>thin</i> bite-size pieces
1 serving of Roman Spice Mix	½ cup cooked beans or pasta or grain or rice (optional)
½ cup fresh Italian parsley, minced fine	2 oz (about 2 cups) fresh spinach or
¼ cup red wine (optional)	2 oz (about 2 cups) thinly sliced cabbage
½ teaspoon fennel seeds, crushed	1 tablespoon unsalted pine nuts, pistachio, or walnuts, chopped
¼ teaspoon nutmeg, freshly grated	Minced parsley or rosemary for garnish
16 oz or more vegetables sliced into uniform bite-size pieces	Grated cheese for garnish
1 cinnamon stick	
2 bay leaves	
4 clove heads, crushed	
2 tablespoons braising liquid	

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, wine (if using), fennel seed, and nutmeg to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables, cinnamon stick, and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
5. Add goat to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the goat. Combine the vegetables with the goat, stir, and turn. If the mixture is too dry, add 2 tablespoons of the braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

4. Roman Vegetables & Lamb, Serves 2

“Weekly consumption of lamb, but not other red meats, was shown to improve long-term cognitive prowess.” Journal of Alzheimer’s Disease. [JAD](#)

Wash your hands thoroughly. When preparing the ingredients, handle the lamb the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

¼ cup* EVOO
1 serving of Roman Spice Mix
½ cup fresh Italian parsley, minced fine
¼ cup red wine (optional)
½ teaspoon fennel seeds, crushed
¼ teaspoon nutmeg, freshly grated
16 oz or more vegetables sliced into uniform bite-size pieces
1 cinnamon stick
2 bay leaves
4 clove heads, crushed
2 tablespoons braising liquid

6 oz lamb sliced into uniform *thin* bite-size pieces
½ cup cooked beans or pasta or grain or rice (optional)
2 oz (about 2 cups) fresh spinach or 2 oz (about 2 cups) thinly sliced cabbage
1 tablespoon unsalted pine nuts, pistachio, or walnuts, chopped
Minced parsley or rosemary for garnish
Grated cheese for garnish

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, wine (if using), fennel seed, and nutmeg to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables, cinnamon stick, and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
5. Add lamb to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the lamb. Combine the vegetables with the lamb, stir, and turn. If the mixture is too dry, add 2 tablespoons of the braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

5. Roman Vegetables & Pork, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the pork the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

¼ cup* EVOO	½ cup cooked beans or pasta or grain or rice (optional)
1 serving of Roman Spice Mix	2 oz (about 2 cups) fresh spinach or
½ cup fresh Italian parsley, minced fine	2 oz (about 2 cups) thinly sliced cabbage
¼ cup red wine (optional)	1 tablespoon unsalted pine nuts, pistachio, or walnuts, chopped
16 oz or more vegetables sliced into uniform bite-size pieces	Minced parsley or rosemary for garnish
2 bay leaves	Grated cheese for garnish
2 tablespoons braising liquid	
6 oz pork sliced into uniform bite-size pieces	

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, and wine (if using) to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
5. Add pork to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the pork. Combine the vegetables with pork, stir, and turn. If the mixture is too dry, add 2 tablespoons of the braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

6. Roman Vegetables & Seafood, Serves 2

Wash your hands thoroughly. When preparing the ingredients, handle the seafood the last (place it in a bowl), and wash your hands thoroughly.

Have Ready

¼ cup* EVOO
1 serving of Roman Spice Mix
½ cup fresh Italian parsley, minced fine
¼ cup red wine (optional)
16 oz or more vegetables sliced into uniform bite-size pieces
2 bay leaves
2 tablespoons braising liquid
8 oz seafood sliced into uniform bite-size pieces

½ cup cooked beans or pasta or grain or rice (optional)
2 oz (about 2 cups) fresh spinach or
2 oz (about 2 cups) thinly sliced cabbage
1 tablespoon unsalted pine nuts, pistachio, or walnuts, chopped
Minced parsley or rosemary for garnish
Grated cheese for garnish

* Feel free to reduce the amount of olive oil, and replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, and wine (if using) to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle half of the Simmer Sauce, add vegetables and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables, push them away towards the skillet's end (or side), and drizzle the braising liquid over the vegetables.
5. Add seafood to the skillet, spread pieces evenly in a single layer. Drizzle the remaining half of the Simmer Sauce. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Using a spatula or large spoon, stir and turn the seafood. Combine the vegetables with seafood, stir, and turn. If the mixture is too dry, add 2 tablespoons of the braising liquid.
7. If using, add cooked beans or pasta or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
8. Lift the lid away from yourself, set it aside. Discard bay leaves.
9. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.

7. Roman Vegetables, Serves 2, Vegan

Wash hands thoroughly. When preparing the ingredients, wash all vegetables.

Have Ready

¼ cup* EVOO
1 serving of Roman Spice Mix
½ cup fresh Italian parsley, minced
fine
¼ cup red wine (optional)
16 oz or more vegetables sliced into
uniform bite-size pieces
2 bay leaves
2 tablespoons braising liquid

½ cup cooked beans or pasta or grain or
rice (optional)
2 oz (about 2 cups) fresh spinach or
2 oz (about 2 cups) thinly sliced
cabbage
1 tablespoon unsalted pine nuts,
pistachio, or walnuts, chopped
Minced parsley or rosemary for
garnish
Grated cheese for garnish

* Feel free to reduce the amount of olive oil, replace it with an equal amount of any braising liquid.

1. In a bowl, combine EVOO, Roman Spice Mix, parsley, and wine (if using) to make a Simmer Sauce; stir well.
2. Heat the electric skillet to 350F.
3. To the skillet, drizzle the Simmer Sauce, add vegetables and bay leaves. Cover the skillet and let **cook for 5 minutes; do not lift the lid. Do not stir.**
4. Lift the lid away from yourself, set it aside. Using a spatula or a large spoon, stir and turn the vegetables and drizzle the braising liquid.
5. If using, add cooked beans or grain or rice and spinach or cabbage leaves to the skillet. Cover the skillet and let cook for 2 minutes; **do not lift the lid. Do not stir.**
6. Lift the lid away from yourself, set it aside. Discard bay leaves.
7. Stir and turn the mixture, garnish with nuts, minced herb, and grated cheese.



Vatican Museums, Rome

<https://www.ancient.eu/image/2616/asparagus-roman-mosaic/>



Moretum, Herb, Cheese, Nuts Spread

Photographed by Bullenwächter
https://en.wikipedia.org/wiki/Ancient_Roman_cuisine

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Thank You



Roman fresco with a banquet scene from the Casa dei Casti Amanti, Pompeii, Wikimedia Commons.

Pliny the Elder, a Roman author, naval and army commander, 23 AD – 79 AD, “India, ... takes one hundred million sesterces* from our empire per annum at a conservative estimate, that is what our luxuries and women cost us.”

* 1 million sesterces are equivalent to about 10 million current dollars.

We would appreciate learning about your experience with Kapur Cuisine™. Your comments and suggestions are most welcome. Please write to:

gkapur@familygs.org