



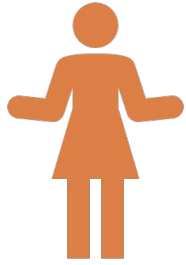
TEGANITAI
ROMAN FRIED BREAD

Baroness Lote Winterborn



GREEK *vs* ROMAN

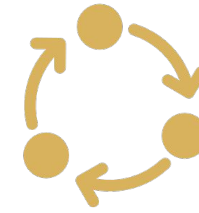
Teganitai or Ailter Dulcia



The Vestal Virgins



Bread in Rome



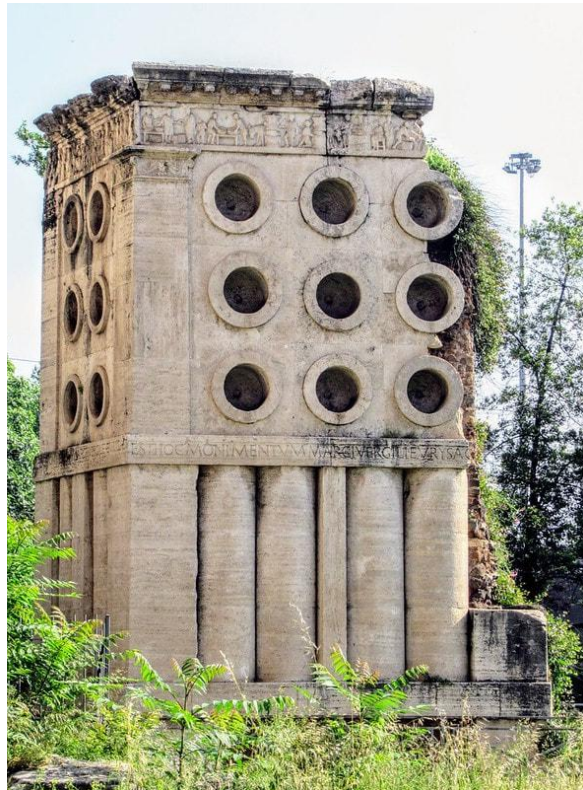
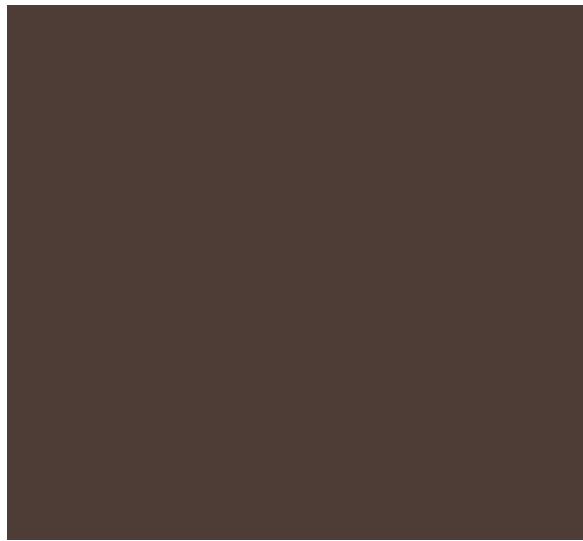
Recipe
& Method



Who were the Vestal Virgins?

- Recruited from Aristocratic families at the age of 6 or 7 for a 30-year term of service
- Considered 'Daughters of the State'
- 6 Priestesses serve at a time
- Virginity=Ritual Purity, Modest Spirit, and Body
- Tends the Flame of Vesta in her temple
- Fire is sacred and **THE FLAME MUST NEVER GO OUT**. If the flame goes out there is big trouble.





Bread in Rome

- Wheat imported from Sicily, Libya & Egypt
 - Square of the Corporation, Ostia, Italy
 - Mosaics feature Product and Place
- 150,000 metric tons of grain per
 - Population 1,000,000
- Corn Dole
 - 34-40 kilos (70-80 lbs.)
 - Only for Roman citizens
- Take to Bakery
- “A hungry populous is a dissatisfied populous”

RECIPE

spite pin . . . Pype auz realpe piþp dāne
zenim eioflac 7 garlac beza impela 7
enupa pel to somne zenim pin 7 feapnes
zewallan beza impela 7 emþing piþþy laice
do þon on appate lacfaundan in gonmilt on þā
appate appung þurhclap 7 ze hlyc que
pe l doon horn 7 ymb milt domid pe þ hie
on þ aige se bte fta læce doin . . .

Galen. *On the Properties of Foodstuffs*

“Let us find time to speak of other cakes, the ones made with wheat flour. Teganitai, as we call them, are made simply with oil. The oil is put into a frying pan resting on a smokeless fire, and when it has heated, the wheat flour mixed with plenty of water, is poured on. Rapidly, as it fries in the oil, it sets and thickens like fresh cheese setting in the baskets. And at this point the cooks turn it, putting the visible side under, next to the pan, and bringing the sufficiently fried side, which was underneath at first, up on to the top, and when the underneath is set they turn it again another two or maybe three times till they think it is all equally cooked. Some mix it with honey, and other again with sea-salt.”

Working Recipe

1 Cup Flour

1 Cup water

2 Tbsp honey and/ or 1 pinch sea salt

Oil for Frying

1 Tbsp toasted sesame seeds

Mix the Flour, Water and Honey into a batter.

Heat about 1/4 " of oil in a pan at medium heat.

Pour in a bit of batter. Turn when cake has released from the pan and the bottom is brown. Let the flip side brown and then place onto a plate lined with a towel.

Top with Honey and Toasted Sesame Seeds





thus.

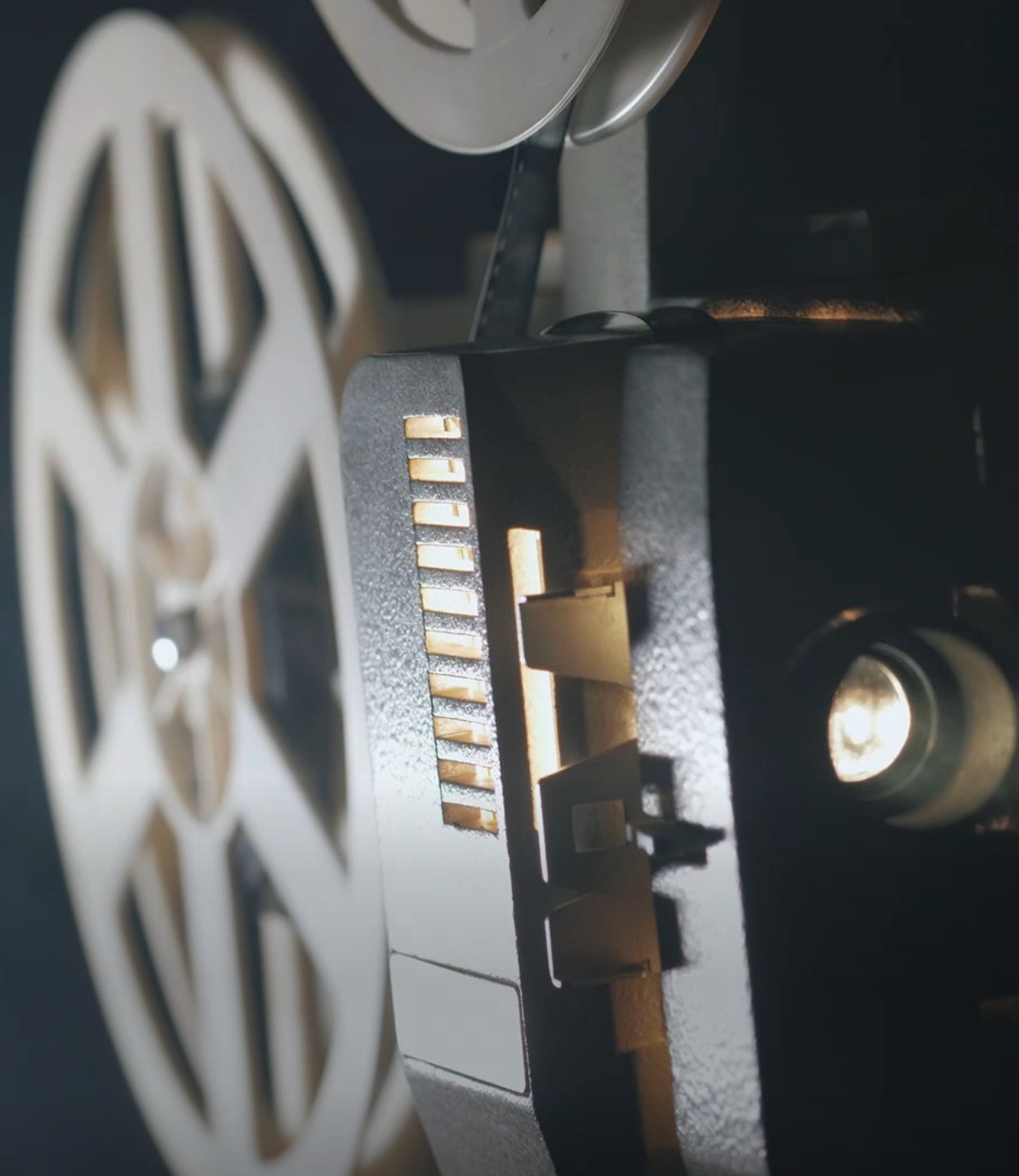
METHOD

A

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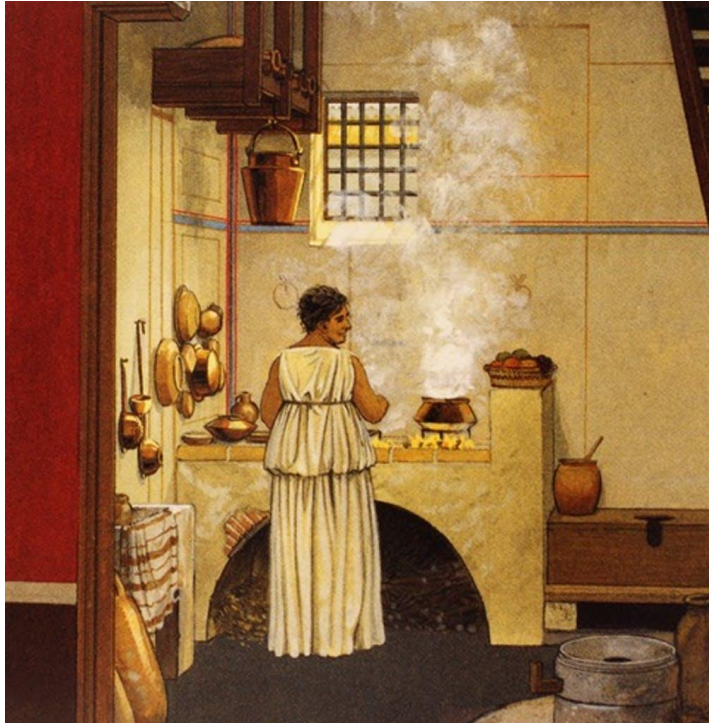
E

ROLL TAPE!



A kitchen scene featuring a brick countertop. On the counter, there are several large brass pots on tripods, a stack of yellow bowls, and a small yellow bowl. The background is a plain wall. The word "BONUS!!" is overlaid in white text in the center of the image.

BONUS!!



THE ROMAN KITCHEN



THERMOPOLIUM



BRONZE BAKING PAN. 1ST CENTURY
AD

A few Links & Books

Beard, Mary. *Meet the Romans, Episode 1: All Roads Lead to Rome*. BBC. https://www.youtube.com/watch?v=rggk_H3jEgw&t=3087s

The British Museum. *Cook a Classical Feast: Nine Recipes from Ancient Greece and Rome*. Blog. <https://blog.britishmuseum.org/cook-a-classical-feast-nine-recipes-from-ancient-greece-and-rome/>

Dalby, Andrew. *Food in the Ancient World, From A to Z*.
Dalby, Andrew and Sally Grainger. *The Classical Cookbook: Revised Edition*.

Faas, Patrick. *Around the Roman Table: Food and Feasting in Ancient Rome*.

Greenfield, Peta. *Who Were the Vestal Virgins and what was their Job*. <https://www.youtube.com/watch?v=ER0Cu0KQFqM>

Takacs, Sarolta A. *Vestal Virgins, Sybils, and Matrons: Women in Roman Religion*.

Turney, Andrew. *Privilege, Punishment and Social Role of the Vestal Virgins in Ancient Rome*. <https://www.througheternity.com/en/blog/history/vestal-virgins-in-ancient-rome.html#>

Wildfang, Robin Lorsch. *Rome's Vestal Virgins: A Study of Rome's Vestal Priestesses in the Late Republic and Early Empire*.

Wilkins, John, David Harvey and Mike Dobson. *Food in Antiquity*.



THANK YOU

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