

MonLife Museums and Arts Activity Sheet

Eat like a Roman!



This object is called a Mortarium. There is an ancient piece of Mortarium in Abergavenny Museum.

Mortaria (plural) are Roman pottery vessels with grit inserted into the bottom and sides to produce a rough interior. Mortaria were used for grinding herbs and spices and mixing pastes, sauces and spreads.

Today we use something very similar in our kitchens, a pestle and mortar. Why not use a pestle and mortar to follow in the footsteps of the Romans and make a delicious Roman recipe called Moretum.

What you need:

- A mortar and pestle
- Alium - garlic
- Apium - celery
- Coriandrum – fresh coriander
- Salis - salt
- Caseus – hard cheese (grated)
- Oleum – oil
- acetum – vinegar

What to do:

- Grind the herbs together
- Slowly add and mix in the other ingredients until you have a spreadable mixture.
- Try the Moretum on crostini or other small pieces of fried bread.