

THE ROMAN CUISINE

BUCELLATVM - SALTED COOKIES

WHAT DO THE MUSEUM'S EXHIBITS TELL US?

In the National Archaeological Museum of Tarragona several kitchen utensils are preserved: pans, jugs, bowls, cups, glasses, mortars and a knife handle.

We know many Roman recipes, thanks to books such as *De re coquinaria* written by Apici, which have survived to the present day.

We propose you to make salted cookies that Roman soldiers used to eat.



Bowl made of terra sigillata

WHAT ARE THE INGREDIENTS?

- 250 gr. whole wheat flour
- 2 tablespoons of olive oil
- 50 gr. of black olives
- 1 glass of water
- Salt, oregano, thyme and sesame.



HOW ARE THEY ELABORATED?

- 1 Make a volcano with the flour, introduce the rest of the ingredients and knead.
- 2 Form a homogeneous dough and let it rest for 40 minutes.
- 3 Stretch the dough and cut it into cookie shapes.
- 4 Bake at 220 °C for 20 minutes.