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Geo 142
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Roman Hamburger “Isicia Omentata”

I picked the burger to find out exactly where it came from and what ingredients were used since it's an American staple food. The first time and place I could find this so called burger was during Roman time they called it isicia omentata the ingredients consist of 500g minced meat which could be any meat it's not specific if it's beef or pork just a minced meat. The 1 French roll soaked in white wine which in Roman times was just a roll not sure how that translates but it states a French roll. ½ tsp freshly ground pepper which they had so no surprise there. 50ml liquamen which is a fermented fish sauce its made from the blood and intestines of the fish. The blood and intestines is mushed up with salt and cured in the sun for 1-3 months in which it ferments. Then the top layer of fermentation is clear and that's the liquamen. The sauce varies from the type of fish and region. The next ingredient is some stone-pine Kernels. The stone pine is native to the Mediterranean region so it was easily assessable. Next ingredient is green peppercons, this which comes from the black pepper it's just dried unripen black pepper. Last but not least a little caroenum. Now caroenum was actually boiled down grape juice to half its original volume. This whole recipe is all up to the cook's interpretation on how much needed to be added so it could be really sweet or it could be very spicy. I have never personally tried it but it sounds like it would be ok just as long as its cooked all the way through.

500g minced Beef or Pork

People domesticated cattle around 8000 BC to provide ready access to beef, milk, and leather. It's unknown exactly when people started to cook beef.

The pig is one of the oldest forms of livestock, having been domesticated as early as 5000 BC. It is believed to have been domesticated either in the Near East or in China from the wild boar

French roll/Bread

Can't find any history on how this recipe used a roll in Roman times, but bread is one of the oldest prepared foods. Evidence from 30,000 years ago in Europe revealed starch residue on rocks used for pounding plants. It is possible that during this time, starch extract from the roots of plants, such as cattails and ferns, was spread on a flat rock, placed over a fire and cooked into a primitive form of flatbread. Around 10,000 BC, with the dawn of the Neolithic age and the spread of agriculture, grains became the mainstay of making bread.

White wine

The first trace of wine that has been found dates to 7500 years ago, in present-day Iran.

½ tsp freshly ground pepper/ Green peppercorns

Pepper (both long and black) was known in Greece at least as early as the 4th century BCE but was introduced heavily in southern India for trade.

50ml liquamen

The Romans thought the Latin word *garum* derived from the Greek *garos*, a fish from which it was supposed to have been originally made, but this fish-name is unknown in classical Greek. The origin was early Roman but not really known.

Stone-pine Kernels

The tree is native to the Mediterranean region, occurring in Southern Europe and the Levant (Syria). It is also naturalized in North Africa, the Canary Islands, South Africa and New South Wales. The species was introduced into North Africa millennia ago, such a long time that it is essentially indistinguishable from being native. The tree is, however, considered an invasive nuisance in South Africa. Stone pines have been used and cultivated for their edible pine nuts since prehistoric times.

Caroenum

Defrutum, carenum, and sapa were reductions of must used in Ancient Roman cuisine. In Ancient Greek cuisine they were referred to as both siraion (Greek: "σίραιον") and epsima (Greek: *έψημα*). They were made by boiling down grape juice or must (freshly squeezed grapes) in large kettles until it had been reduced to two-thirds the original volume, *carenum*; half the original volume, *defrutum*; and one-third, *sapa*. The main culinary use of defrutum was to help preserve and sweeten wine, but it was also added to fruit and meat dishes as a sweetening and souring agent and even given to food animals such as suckling pig and duck to improve the taste of their flesh. One of the earliest attestations comes from the 5th century BC physician Hippocrates, who refers to epsima, the Greek name for the condiment. The 5th century BC Athenian playwright Aristophanes also makes a reference to it.