

# RECEPT #2: PO EMONSKO

## Leča s kostanjem

Rimska kuhinja je bila pestra in zanimiva ter predstavlja temelj tega, čemur sodobni ljudje pravimo mediteranska dieta. Poleg tega, da so Rimljani vino skoraj vedno mešali z vodo in različnimi začimbnimi dodatki, velja izpostaviti še dve aromatični omaki na osnovi fermentiranih rib – garum in likvamen –, s katerima so začinjali praktično vsako jed. Za sodobni nadomestek priporočamo fermentirane ribje omake, ki jih uporabljajo predvsem kuhinje jugovzhodne Azije.

### Sestavine:

- 250 g kuhane leče
- 250 g kuhanega ali pečenega kostanja
- timijan
- koriander
- črni poper
- olivno olje
- med
- ribja omaka

### Postopek:

Kuhano lečo in olupljen kostanj premešamo. Zrna koriandra in črnega popra nežno prepražimo v nenamaščeni ponvi, da lepo zadišijo. Stremo jih v možnarju, nato jim dodamo lističe timijana.

To začimbno mešanico dodamo leči in kostanju. Vse skupaj pokapamo z medom, olivnim oljem in ribjo omako, še enkrat dobro premešamo in postrežemo.

Približek rimski ribji omaki sicer lahko naredimo tudi sami: pripravimo tako gosto raztopino soli in vode, da na njeni površino plava jajce. V to raztopino denemo sardele, ki jih pustimo v čimbolj celem stanju (ne odstranjujemo drobovja, glav in kosti), in zavremo. Kuhamo na majhnem ognju, dokler tekočina skoraj ne povre. Nato vse skupaj pretlačimo skozi cedilo. Tekočini, ki je ostala, prilijemo malo grozdnega ali jabolčnega soka in vse skupaj še enkrat prevremo.

Uporabljamo ohlajeno.

# RECIPE #2: AN EMONAN TREAT

## Lentil with chestnut

The Roman cuisine was fascinating and rich in flavour. It represents the foundation for what we now call the Mediterranean diet. Besides almost always mixing their wine with water and various spices, it is worth noting that Romans also spiced basically all of their dishes with garum and liquamen, two aromatic fermented fish sauces. For a contemporary substitute, we recommend fermented fish sauces, which are used especially in Southeast Asian cuisine.

### Ingredients:

- 250g of cooked lentil
- 250g of cooked or baked chestnut
- thyme
- coriander
- black pepper
- olive oil
- honey
- fish sauce

### Cooking procedure:

Mix the cooked lentil with the peeled chestnut. Carefully roast the coriander and pepper seeds in an ungreased skillet and then crush them in a mortar and pestle, after which you add them the thyme leaves. Add this herb mix to the lentil and chestnut. Drizzle honey, olive oil and fish sauce over the mixture, thoroughly stir one more time and serve.

A fish sauce approximate can also be made at home: put enough salt in water that an egg will float on the surface. Add whole sardines (without removing their intestines, heads, bones) to the solution and leave it to boil. Cook over a small fire until the liquid all but dissipates. Sieve what remains. Add some grape or apple juice to the remaining liquid, and bring it back to boil. Serve cooled.