

Pullum Particum (Parthian Chicken)

Parthian Chicken is so called because of the addition of asafetida, an ingredient obtained through trade with the Parthians. The recipe is found in *Apicius*, a compilation of Roman recipes dating to the 1st century CE.

Ingredients

- 4 pieces chicken (breast or leg)
- Ground black pepper
- 1 leek, sliced
- 3/4 cup red wine
- A handful of dried dates, cut into pieces
- 2 tbsp fish sauce
- 1/2 tsp asafetida (sub 1/2 tsp each garlic and onion powders)
- 2 tsp chopped parsley
- 2 tsp caraway seeds

Instructions

1. Preheat oven to 400°.
2. Place the chicken in a casserole dish and sprinkle it liberally with pepper. Add sliced leek.
3. Combine the wine, fish sauce, asafetida, parsley, caraway seeds, and dried dates. Pour over chicken.
4. Cover and bake for 1 hour. Halfway through the cooking time, remove the lid to brown the chicken. Add water to sauce if necessary.
5. Spoon sauce from dish over chicken and serve hot.

Adapted from *Apicius*, by Andrew Dalby and Sally Grainger (Prospect Books, 2006).