

Pulmentarium ad Ventrem (Vegetable Dinner)

This recipe is found in *Apicius*, a compilation of Roman recipes dating to the 1st century CE. It is an excellent companion dish to serve alongside Parthian Chicken.

Ingredients

- 3 large leeks
- 3 large beets
- 1 tbsp grape molasses
(sub honey, date, or fig syrup)
- 1/2 tsp ground cumin
- 1/2 tsp cracked black pepper

Instructions

1. Preheat oven to 400°.
2. Wash, trim, and peel the beets.
Wash leeks and trim off roots and stalks.
3. Slice beets into large chunks approximately 1/2 inch thick.
Cut the leeks diagonally into 1 inch slices.
4. Parboil the beets and leeks together for five minutes.
5. Remove the beets and leeks to a baking dish.
6. Mix the grape molasses, cumin, and pepper in a bowl.
Add 1/2 cup of the hot vegetable broth to the bowl and mix until fully dissolved.
7. Pour the broth mixture over the vegetables in the baking dish and bake uncovered for 30 minutes.
8. Serve hot.

Adapted from *Apicius*, by Ferrell Manaco. tavolamediterranea.com