



Snack Ideas for Your Book Club Meeting

Want to serve snacks that might have been served during the late Roman empire? Here are some ideas:

Bread, especially. . .

Dark or whole grain breads

Both hard and soft cheeses, especially. . .

Goat cheese

Cheeses made from ewe's milk

Olives

Fruit, especially. . .

Pears

Cherries Plums

Dates Figs

Grapes

Wine. The Romans tended to like sweeter wines. They were also partial to adding herbs and spices to their wine, similar to modern-day mulled wine. Syrah and pinot grapes are believed to be descendants of the wine grapes grown near ancient Rome. But you have my permission to drink whatever you like!

You can drink beer, too, but be aware that Roman aristocrats looked down on beer as the drink of barbarians.