

AMGUEDDFA  
CYMRU

# ROMAN *Recipes*

*Host your own Roman feast!*



# Olive Relish

## Ingredients



120g black olives

120g green olives

4 tablespoons red wine vinegar

4 tablespoons olive oil

1 teaspoon finely chopped fennel root

1 tablespoon chopped fresh coriander

2 teaspoons dried mint

## Method

Roughly chop all the olives

Mix all the ingredients together



# Roasted Mixed Nuts

## Ingredients

- 500g mixed nuts
- 2 tablespoons olive oil
- 4 tablespoons honey
- 1 teaspoon of each:
  - ground cumin
  - cinnamon
  - poppy seeds
  - salt & pepper



## Method

Lay nuts on a non-stick baking sheet

Coat in 1 tablespoons of oil and 2 tablespoons of honey.

Sprinkle over spices and mix.

Spread out on baking tray and bake for approx. 15 mins or until the nuts start to change colour.

Add more honey, stir, and return to oven for another 10 mins.

Stir from time to time.

Keep an eye on nuts to make sure they don't burn.

Remove from oven and allow to cool slightly before eating as honey will be very hot.

## Tip!

You can vary the type of nuts and spices to your own tastes - paprika and chili are also nice, but not authentic!

# Meatballs

## Ingredients

- 450g minced pork
- 2 tablespoons pine nuts
- 1 tablespoon ground black pepper
- 3 tablespoons fish sauce
- 2 teaspoons fresh parsley
- 1 teaspoon ground cumin
- Oil to fry

## Method

Dry fry pine nuts to lightly toast them, then roughly chop.

Mix all the ingredients, squishing the mixture well.

Form into small meatballs, about the size of a large walnut.

Add oil to a frying pan to coat and fry meatballs, turning frequently until brown on the outside and cooked right the way through.

