MENU
At the Sicilian Table: Culinary Pleasures of Ancient Sicily
Saturday, July 20, 2013

To start (served family style)
Sourdough barley bread
(flour, sugar, yeast, milk)

Marinated olives

Spiced roasted chickpeas
(honey, dill seed, coriander seed, salt)

First course
“Archestratus’ Delight” -- A medley of the gourmet’s favorite fish dishes:
- Seared tuna batons, coated in cumin and sea salt with a halmer (brine) of mackerel, garlic, and vinegar
- Sea bass fillet, coated in paste of goat cheese with Parthian “silphium” (asafoetida) and vinegar
- Swordfish marinated in olive oil with fresh oregano and wrapped in fig leaf

Second course
Roast duck in Erasistratus’ hyposphagma (cumin, asafoetida, honey, salt, crème fraîche)

Fresh warm broad beans, served with an oinogaron dressing (served family style)
(coriander, parsley, mint, olive oil, vinegar, fish sauce)

Green salad leaves with dressing (served family style)
(olive oil, sweet boiled grape juice, fish sauce)

Dessert course
Plakous, a honey-coated cheesecake with yogurt garnish
(flour, water, semolina, cheese, honey)

Dried figs and fresh apples

Beverages
Red wine: Alcesti Nero d’Avola 2010, Sicily
White wine: Alcesti Ninfea 2010, Sicily
Bottled water, sparkling and flat

Menu as of June 25, 2013. Items subject to change without notice.

Image: Red-figure fish plate, attributed to the Binningen Painter, Paestum, South Italy, 325-300 B.C., 2 9/16 in. high, 10 1/4 in. diameter, J. Paul Getty Museum, gift of Barbara and Lawrence Fleischman