

# When in Colchester, eat as the Romans do

WHAT have the Romans ever done for us?

Well they weren't too bad at cooking, as diners at Colchester's Lemon Tree found out.

At the restaurant's first Roman Dining Experience evening they were tucking into such delicacies as lentil and barley broth for Gustatio (starters), breast of chicken stuffed with apricots for Cena (mains) and sweet almond and honey cake with yoghurt for Promeritum (dessert).

Working with the staff at the Lemon Tree, Don Quinn, of events company Snake in the Grass, researched the kind of foods that would have been eaten by our ancestors at the time of the

Roman occupation.

He said the evening was a bit of fun to promote the first Colchester Roman Spectacular, which is due to take place in Lower Castle Park on October 4 and 5.

As part of the Gazette-sponsored event, there will be chariots and gladiators, as well as more than 300 historical reenactors, who will be bringing ancient Roman Colchester back to life with cookery demonstrations, authentic siege weapons, an encampment and mock battles.

As a little taster to the event, various Roman artefacts were on display and several diners dressed in togas.



● Mead just for you – Nicky Hall serves some traditional refreshments to Margie Wilde, Don Quinn and Terry Croucher at the Lemon Tree. *Picture: SEANA HUGHES (77951-a)*