

Epicurean Food Trivia - Garum?

Post by "Cassius" of February 23, 2021 at 7:03 AM

I was going to ask this of [michelepinto](#) privately but it might be of wider interest:

I keep reading that a big part of the ancient diet was garum - some kind of "fish sauce.". For example: <https://www.asor.org/anetoday/2021/...0e9aeY6tZDZAcI8>

Does anyone know what a modern equivalent of this would be available maybe through something like Amazon? I would like to try it but want to be sure to get an authentic style!

I see there are lots of options here: <https://www.amazon.com/s?k=garum+fish+sauce+roman>