

Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Don” of September 11, 2022 at 11:41 AM

Thanks, [Kalosyni](#) !

For completeness, I'm going to post the maza recipe that author links to in that article too:

[Ancient Recipe: Maza \(Ancient Greek, ca. 2nd millennium BCE\)](#)

“My maza comes to me from my spear, from my spear comes my Ismarian wine, and I drink while leaning on my spear.” ~ the Greek warrior-poet Archilochus explains...

[passtheflamingo.com](#)

The significance is that that is the **exact** word Epicurus uses in the (in)famous "bread and water" statement in the letter to Menoikeus.

PS: I'm still trying to find barley flour to be able to try the maza recipe 😊