

# Epicurus and the Pleasure of the Stomach

Post by “Kalosyni” of July 9, 2025 at 9:59 AM

[Don](#) "How to eat like a stoic" ...a "stoic-friendly" lentil soup...he says that they don't get to use [garum \(fish sauce\)](#). 🤔

But the full Roman recipe has quite a few ingredients (starts approx. at 2:25 into the video).