

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>

Post by “Don” of February 23, 2021 at 7:18 AM

Tasting History had a great episode on garum if you haven't seen it:

<https://youtu.be/5S7Bb0Qg-oE>

That's also some other great Greek and Roman food covered in his channel.

I think any Southeast Asian fish sauce would be a possible alternative. I don't think Worcestershire sauce would be!

Post by “michelepinto” of February 24, 2021 at 4:41 PM

Here your garum:

<https://www.amazon.it/Sicilia-Bedda-...14202830&sr=8-2>

But garum was roman not greek

Post by “Cassius” of February 24, 2021 at 7:03 PM

Thank you Michele - is this kind of thing still regularly used in Italy?

Post by “Joshua” of February 24, 2021 at 8:00 PM

Since we're on the subject, I did recently have a conversation with a young man from Texas who tells me that cow udders are a delicacy in those parts. With a decent bottle of red, one, though of modest means, might nevertheless dine like an aristocrat.

Quote

If you miss udders and draughts of Chian wine, you will see at least sincere friends and you will hear things far sweeter than the land of the Phaeacians. But if you ever cast your eyes on me, Piso, we shall celebrate the twentieth richly instead of simply.

-Philodemus

Going from memory, I believe that bread and water (Diogenes Laertius) and a 'pot of cheese' (Usener) will round out the attested fare.

Post by “Joshua” of February 24, 2021 at 8:02 PM

Although it occurs to me now that I haven't even taken Lucretius into account. ☐☐

Post by “michelepinto” of February 25, 2021 at 2:25 AM

[Quote from Cassius](#)

Thank you Michele - is this kind of thing still regularly used in Italy?

No, we do not use it.

Post by “Salisuhassan” of January 10, 2024 at 2:55 PM

Garum is fascinating—it's an ancient Roman condiment made from fermented fish! Talk about a blast from the past. Exploring culinary history is such a treat. Speaking of exploring, have you ventured into using [organic milk powder](#) in your recipes? It's a versatile ingredient, perfect for creating creamy textures in various dishes. So, while diving into the intriguing world of historical foods like Garum, incorporating quality ingredients can bring modern recipes to life with a rich, creamy twist!

Post by “Cassius” of January 10, 2024 at 3:13 PM

[Salisuhassan](#) - Could you please respond to your welcome thread -

[epicureanfriends.com/thread/3633/](https://www.epicureanfriends.com/thread/3633/)

Post by “Pacatus” of January 10, 2024 at 4:26 PM

[Quote from Salisuhassan](#)

Garum is fascinating—it's an ancient Roman condiment made from fermented fish!

I tried making garum -- it turned out awful. 😬😭 (Likely my fault; I can't remember what ingredients I used.) Now I just use Thai fish sauce.