

SYMPOSIUM WITH ARISTOPHANES

If Aristophanes and Aeschylus called us for lunch, the menu would certainly be very reminiscent of nowadays cuisine. If Hippocrates was invited, then there would be vegetarian dishes too.

We would find wheat bread and barley rusks, vegetable stock but even meat stock usually made from pork.

Of course hard cheeses, meat pies, pancakes or donuts.

In the main dish, goat, lamb, many kinds of fish, octopus and cuttlefish.

For dessert, fresh or dried fruit, along with fine wine.

So we understand that there is no much difference regarding Greek and Mediterranean cuisine from the time of Aristophanes till nowadays.