

# Simple feast

## Roman custard

**Ingredients:** Two cups of milk; quarter of a cup of honey; three egg yolks and quarter of a teaspoon of cinnamon.

**Method:** Pour milk into a bowl, mix with honey and scald in a saucepan. Remove from heat and add well-beaten egg yolks. Add cinnamon and stir. Pour into moulds. Bake uncovered in oven (170°C/Gas Mark 3) for about an hour. When set, sprinkle with more cinnamon.

## Honey omelette

**Ingredients:** Four eggs; half a cup of milk; four tablespoons of butter; two tablespoons of liquid honey and nutmeg.

**Method:** Combine eggs, milk and butter in a bowl. Grease a shallow pan and heat. When butter bubbles, pour in the egg mixture and cook omelette. Do not fold. Serve with honey on top and sprinkled with nutmeg.

## Sweet 'Roman' toast

**Ingredients:** White bread; milk; olive oil or butter and liquid honey.

**Method:** Remove crusts and slice bread into fingers. Dip in milk and sauté in hot oil or butter. Sprinkle honey on top and serve.

## Dates Alexandrine

**Ingredients:** 20 whole dates; 20 blanched almonds; cinnamon; butter; salt and liquid honey.

**Method:** Remove date stones. Dip almonds in water, then roll them in cinnamon and stuff one into each date. Place dates on greased pan, sprinkle salt over them and coat each with honey. Glaze in oven (230°C/Gas Mark 8) for about ten minutes.