

# Food and cooking in roman britain

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The following ingredients are required: one cup of rice, chicken pieces, one onion, one tomato, a teaspoonful of garlic and ginger paste, chopped parsley, salt, coriander, rosemary, squeezed lemon juice, paprika and black pepper. First, ensure that the chicken pieces are diced to appropriate sizes and chunks. This will ensure that the process of cooking accords them the chance to cook evenly. Secondly, ensure that the pan contains some oil that will be allowed to heat. The chopped onions, crushed garlic and ginger paste should be added to the oil and fried until golden brown. The chopped tomato and parsley all chopped should be added to the pan next. This will be allowed to blend into the onions, garlic and ginger paste that are already cooking. The chicken pieces should be dropped into the paste and stirred to ensure that the paste mixes into them (Renfrew 33).

Next, the black pepper and paprika are added, followed by some water and salt. The pan should be covered to ensure that the chicken adequately cooks. It is imperative to allocate the chicken meal twenty minutes to cook. Meanwhile, heat two cups of water in a pan. Allow the water to heat as the rice drains after washing. Add a teaspoon of salt and crushed rosemary into the water. Set the washed rice into the mixture, stir and then allow cooking for seven to ten minutes. After the rice is set, ensure that the chicken is adequately mixed with the rice, and then squeeze the lemon juice into the mixture. The meal is ready for serving (Renfrew 48).

In conclusion, serve the rice and chicken in desirable amounts. Ensure that the meal is served while still hot so as to bring out its true taste. This meal can be served with drinks such as soda and fruit juices. The meal can also be accompanied by vegetable or fruit salads.