

AUTUMN TERM YEAR 4 CATO'S ROMAN HONEY CHEESECAKES

This is one of the most famous recipes that has survived from Roman times. It originally came from a book written in about 160BC by Cato, who was a Roman soldier and statesman.

Equipment

Weighing scales
Large mixing bowl
Wooden spoon
Sieve
¼ tsp measuring spoons
1 tbsp measuring spoons
plastic spatula
metal spoon
baking tray
small heatproof bowl
plate
wooden cocktail sticks

Ingredients

125g Ricotta cheese
1 egg
125g self-raising flour
¼ tsp ground nutmeg
¼ tsp ground cinnamon
4 tbsp runny honey
extra flour

Method

1. Preheat the oven to 190°C/ gas mark 5. Grease the baking tray.
2. Put the ricotta cheese and egg into the mixing bowl and beat well until smooth and creamy.
3. Gradually sieve in the flour and spices, a few tablespoons at a time, beating well in between. By the time all the flour is used up you should have quite a firm mixture, like play-doh. If it's too wet and sticky add a little more flour.
4. Dust your hands with a little flour and gently divide the mixture into 12 balls. Space them well apart on the baking tray.
5. Bake in the oven for about 20-30 minutes until golden brown.
6. Remove from the baking tray and place on a plate. Pierce the cakes all over with a cocktail stick and carefully pour the runny honey over them.
7. Leave the cakes to cool, spooning the left-over honey over them once or twice.