

## **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.