

MORSELS FOR THE MIND BOOK GROUP

Date: June 18, 2018

Hostess: Nancy McQuate

Book Title: Feast of Sorrow

Author: Crystal King

Book Synopsis: In the twenty-sixth year of Augustus Caesar's reign, a young chef, Thrasius, is acquired for the exorbitant price of twenty thousand denarii. His purchaser is the infamous gourmet Marcus Gavius Apicius, wealthy beyond measure, obsessed with a taste for fine meals from exotic places, and a singular ambition: to serve as culinary advisor to Caesar, an honor that will cement his legacy as Rome's leading epicure.

As Apicius draws closer to his ultimate goal, his reckless disregard for any who might get in his way takes a dangerous turn that threatens his young family and places his entire household at the mercy of the most powerful forces in Rome.

Our Review: Everyone seemed to enjoy the book and appreciated the 10 years of research and the whole writing process that the author endured while writing *Feast of Sorrow*. Lots of interesting Roman history woven into a great tale.

Food Served: Mediterranean Layer Dip, radish roses, hard egg mice, bitter almonds, Parthian Chicken with Melon Relish, Olives, Grapes, Herbed Carrots, Apricot Pistachio Bites, Stuffed Dates, Carnivore Wine, Prophecy Wine, Pomegranate Sparkling Water, and Roman Honey Upside Down Fig Cake

Highlights of Discussion: The role of slaves and women in ancient Rome. Apicius' desire to be gastronomic advisor to Caesar at all cost to his family and friends. Discussed how advanced Rome was in many respects, but also the gluttony, the wealth and waste of resources. Talked about how loyal Thrasius was to Apicius in spite of his cruelty and erratic behavior. Finally, how tragic all the deaths were including Apicius ending his own life by poisoning his last meal.

Attendance: Nancy M, Nancy S, Nancy D, Ginny, Laura, Julie, Sandy, and Mary