

Inês de Ornellas e Castro, translator: *O livro de cozinha de Apício: um breviário do gosto imperial*. Lisbon, Relógio d'Água, 2015: 291 pp., paperback, €17.

There can be no definitive Apicius: the problems are too wide-ranging. For that reason it is worth noting this Portuguese translation, already published but now thoroughly revised. Inês de Ornellas e Castro, a Latinist and specialist in food history at the New University of Lisbon, is also a member of the DIAITA project on Portuguese and Brazilian food history, based at Coimbra.

The introduction deals with the text and its origins and then surveys the main ingredients used in Roman cuisine. The translation, which is as readable as an *Apicius* translation can ever be, is nicely illustrated with photographs of reconstructed recipes. It adds the author's own expertise to the accumulated wisdom of earlier translators in several languages: notably, while working on her doctorate, the translator was able to record the afterthoughts on *Apicius* of Jacques André, editor of the bilingual French edition of 1974. Most recipes are followed by annotation. There is usually discussion of the early history of major ingredients, with precise references to other Latin and Greek texts. The intended method is also often discussed, necessarily, because the text itself is usually little more than a list of ingredients. Finally there is a handy Portuguese-Latin glossary of foods and utensils.

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Palmira Fontes da Costa, ed.: *Medicine, Trade and Empire: Garcia de Orta's Colloquies on the Simples and Drugs of India (1563) in Context*. Farnham, Ashgate, 2013: 279 pp., hardback, £75.

Garcia de Orta was a Portuguese physician. He studied at two Spanish universities and was introduced, like his contemporaries, to the standard textbooks in Greek, Latin and Arabic. He taught for a while at the University of Lisbon and then, in 1534, sailed for India as personal physician to the newly appointed viceroy Martim Alfonso de Sousa. This was wise, because as a crypto-Jew, descendant of a known Jewish family, he would have been in ever-increasing danger at home. Thus he spent the last thirty years of his life in India, with official posts at the Portuguese capital Goa and the Sultan's court at Ahmednagar, with excursions to his country house near Bombay. By maintaining powerful contacts, and by dying in 1568, he just escaped the Inquisition. His sister Catarina was burned alive in 1569.

His one publication appeared in Goa in 1563. It's written as a series of conversations between Garcia and a visiting colleague from Spain, who demands to know everything, in alphabetical order, about the foods, spices and drugs of India. The dialogue format allows for amusing byplay and also for daring comments about the ignorant assumptions of Europeans and the errors in medical textbooks. Garcia's *Colloquies* became a scientific classic, largely because Carolus Clusius, the gatekeeper of sixteenth-century natural