

GARUM

Meaning: Garum is a fermented fish sauce used as a condiment in ancient Roman cuisine.

1. Garum was a popular condiment in ancient Roman cuisine, made from fermented fish.
2. The intricate process of making garum involved layering fish with salt and allowing it to ferment in the sun.
3. Many Roman chefs considered garum an essential ingredient that enhanced the flavor of various dishes.
4. Today, some modern chefs experiment with garum to recreate authentic flavors from historical recipes.
5. The distinctive taste of garum can be likened to a combination of fish sauce and soy sauce in contemporary cooking.

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