

From the Egg, Rome's Oldest Saying

The Roman dinner custom behind the phrase for starting at the very beginning.

Helen of Troy's Egg Myth

Greek legend says Zeus came to Leda as a swan, and Helen of Troy hatched from an egg. It is a myth, not history, but Romans loved retelling it too.

Source: [Wikipedia](#)

The Poet Who Named the Egg

Roman poet Horace called that myth the 'double egg' and warned poets not to start a story from so far back. His phrase became shorthand for the very beginning.

Source: [Wikipedia](#)

A Roman Dinner, Egg to Apples

Horace also wrote that a proper Roman meal ran 'ab ovo usque ad mala,' from the egg to the apples. It was the customary shape of dinner, eggs to open and fruit to close.

Source: [Wikipedia](#)

How Rome Actually Dressed an Egg

The cookbook of Apicius kept plain boiled eggs simple, just a peppery broth, and saved the richer treatment, pepper, honey, vinegar and crushed nuts, for eggs poached in a spiced dressing.

Source: [The Daily Meal](#)

The Phrase That Outlived Rome

Ab ovo now simply means starting from the very beginning, in any language, a straight line back to Horace's warning against opening a story too far back.

Source: [Wikipedia](#)

Centuries Later, the Egg Got Stuffed

The oldest known recipe for a stuffed egg comes from a 13th century Andalusian cookbook: boiled yolks mixed with cilantro, pepper and onion, then piped back inside the white.

Source: [Wikipedia](#)

IN SHORT

Two thousand years on, a good egg still deserves to open the day, now on a Multan breakfast table too.

References

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