

Roman Artisan Bread Allergens *Wheat *Gluten

Makes Approximately 6 Mini Loaves or 1 large loaf

What You Need

300g strong white flour

½ x 5ml spoon salt

1 x 15ml spoon oil

1 sachet quick acting yeast (7g)

200ml warm water

Fresh Thyme sprig

Equipment

Baking Tray

Weighing Scales

Mixing Bowl

Measuring Jug

Measuring Spoons

Flour Dredger



Bread was a staple food in Ancient Rome consumed by the rich and the poor. It was originally made of emmer, a cereal grain related to wheat, and it is only during the Empire that wheat was used to make bread.

What You Do

1. Preheat the oven to 200°C or fan 190 gas mark 7.
2. Grease or line the baking tray.
3. Place the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water and oil.
6. Work into soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5-10 minutes until smooth.
8. Place the dough in the bowl. Cover with cling film and leave to rise in a warm place until doubled in size.
9. Shape your dough and finish with a sprig of thyme.
10. Cook in oven for 20-25 mins to brown slightly and the crust is golden.