

Roman Style Loaf

The extra liquid in this recipe bakes a loaf with a crumpety crumb structure. A traditional loaf, similar to bread favoured by the Roman army. Olive oil and honey combined with spelt give it a rich, delicious flavour.

Ingredients

250 g Wholemeal Spelt Flour

¼ tsp Salt

½ tsp Quick Yeast

½ tbsp Honey

200 ml Warm Water

½ tbsp Olive Oil



Method

1. In a large bowl, mix together the flour, salt and quick yeast.
2. Dissolve the honey in the water and roughly mix it into the flour.
3. While the dough is still craggy, add the oil and mix well.
4. Knead or work the dough for a few minutes, then shape into a loaf shape and place on a baking tray.
5. Cover and leave to rise for about 25 minutes in a warm place.
6. Bake in a pre-heated oven for 40/45 minutes.

Temperature & cooking time:

200°C/Fan 180°C/400°F/Gas 6 for 30-40 minutes

Dietary status:

Without Dairy, Without Nuts, Vegan, Vegetarian, Wholegrain, Organic.