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I hope you will enjoy the recipe as much as I do.



Roman Army Bread

Ingredients:

About 3-1/3 cups (500g) spelt or wholemeal flour

1 packet active dry yeast

1 Tble. Honey

1-1/4 cup (300ml) lukewarm water

2 Tble. olive oil

1 Tsp. sea salt

Optional: 2 Tsp. crushed coriander OR poppy seeds

Instructions:

Mix the active dry yeast, honey, and oil in luke-warm water. Let sit until it gets frothy.

Mix the flour, seeds if desired, and salt. Add the yeast mixture. Knead until smooth, about 7 minutes.

Shape into a disc, about 10 inches (25 cm) across, and place on an oiled baking sheet.

Cover with a warm damp cloth and let rise in a warm place for an hour. Bake at 400°F/200°C for 20-30 minutes.

Adding the coriander or poppy seeds adds flavor, but is not necessary. The bread is delicious as is, or with a little olive oil or butter spread.

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