



Trimontium Trust Learning Resources

Free activities for schools & families

Roman Army Bread



Try making this tasty, easy to prepare 'Roman Army' bread using spelt flour, honey, olive oil, warm water and quick yeast.

With short proving times and the option of mixing in a bowl rather than kneading, this bread can be made and enjoyed by all in just a few hours.

While proving or cooking try these sites for some more information on Roman bread:

<http://www.cerealialudi.org/en/alimentazione/pane-e-panettieri-nellantica-roma/>

<https://the1940sexperiment.com/2017/07/16/history-kitchen-roman-army-bread/>

We would love to see your results...post online using #Trimontium and tag us @TrimontiumTrust...

or send your photos to roblongworth@trimontium.co.uk

We will share our favourites online or across our social media...happy Roman baking...

Twitter: <https://twitter.com/TrimontiumTrust>

Facebook: <https://www.facebook.com/TheTrimontiumTrust/>

Website: <https://www.trimontium.co.uk/>

Ingredients :

500g wholemeal spelt flour

½ teaspoon salt

1 teaspoon quick yeast

1 tablespoon honey

400ml warm water

1 tablespoon olive oil

Method:

1. In a large bowl mix together the flour, salt & quick yeast
2. Dissolve the honey in the warm water and mix roughly into the flour
3. While the dough is still craggy pour in the olive oil & mix well.
4. Either knead the dough (v. messy) or beat in the bowl for 2/3 minutes
5. Slit into 2x500g/1lb bread tins or place on a large, well oiled baking tray for an artisan-style loaf.
6. Cover and leave to prove for 25 minutes in a warm place.
7. Bake in a pre-heated oven at 200C/180 Fan/Gas 6 for 25 minutes if using a baking tray, or 40-45 minutes if using loaf tins.

