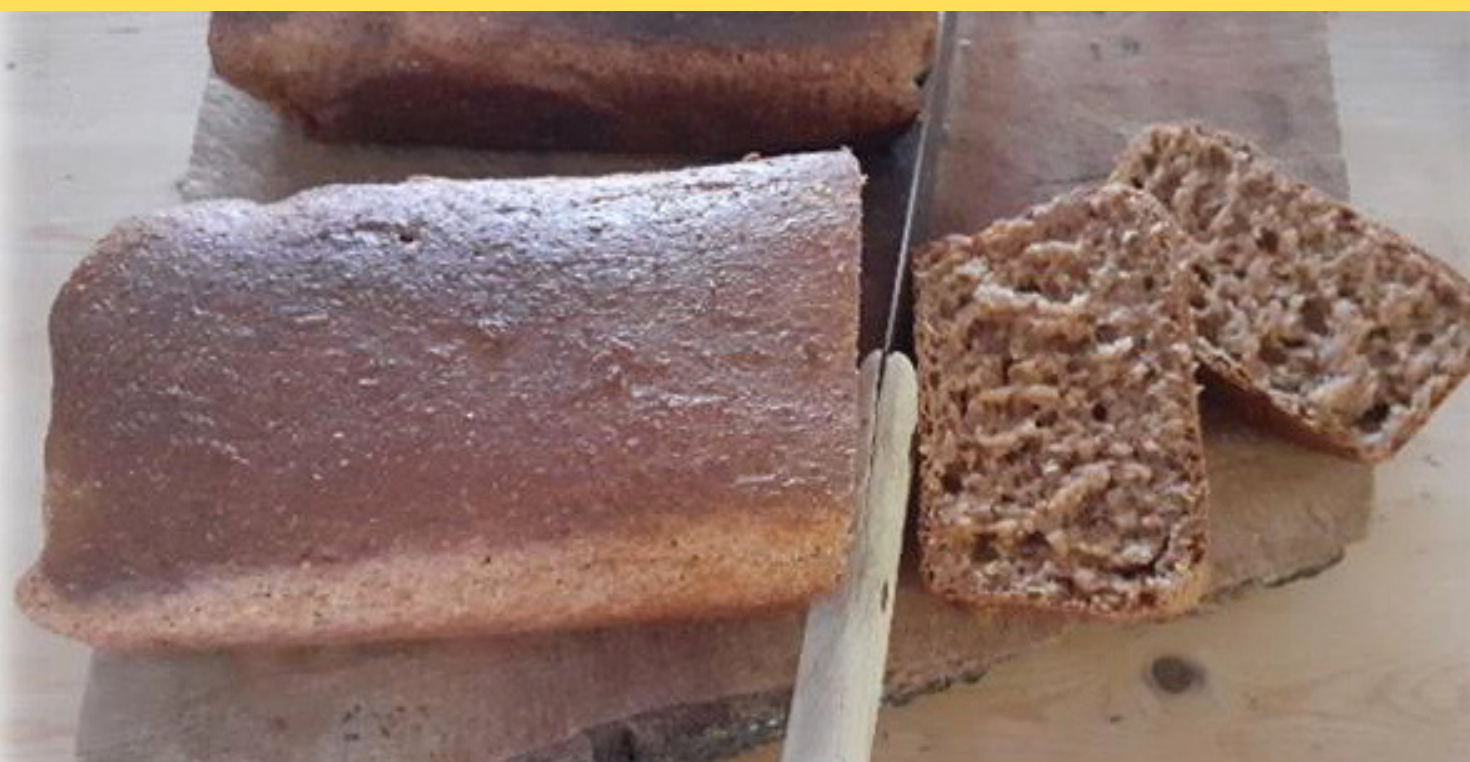




Trimontium Trust Learning Resources

# Roman Army Bread

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# Roman Army Bread

BY TRIMONTIUM TRUST

Tasty, easy to prepare, & only 6 ingredients!

## You will need:

500g wholemeal spelt flour

½ teaspoon salt

1 teaspoon quick yeast

1 tablespoon honey

400ml warm water

1 tablespoon olive oil

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# Roman Army

## Bread

BY TRIMONTIUM TRUST



### Method

1. In a large bowl mix together the flour, salt & quick yeast.
2. Dissolve the honey in the warm water & 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 2 x 500g/1lb bread tins or place on a large, well oiled baking tray for an artisan-style loaf.
6. Cover & 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.

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