

11. ROMAN ARMY BREAD

Ingredients:

Spelt flour	500 gms. (1 lb)
Sea salt	1 teaspoon
Olive oil	3 tablespoons
Honey	1 teaspoon
Fresh yeast	15 gms (1 oz)
Warm water	
(37C/100F)	400ml (14 fl oz)

1. Place the flour in a large mixing bowl.
2. Blend the yeast into half the water and roughly mix into the flour.
3. Dissolve the salt in the remaining warm water and add to the flour, followed by the oil and the honey, to form a sloppy dough.
4. Mix vigorously with a wooden spoon for 15 minutes.
5. To form the typical 'slipper' loaf, cut the dough in half and form into ovals on two large greased baking trays.
6. Dust with flour and allow to rise in a warm place for 20-25 minutes.
7. Pre-heat the oven to 180C/370F and bake the 'slippers' for 35 minutes.