



Skip to content This recipe is an adaptation of an ancient Greek recipe by the same name. Greece is well known for its islands, hills, beaches, and Mediterranean cuisine. Around 1000 BCE, (more Roman Bread in roman bread recipe with a picture and simple step-by-step instructions. More... Bread in Roman Bread I pot recipe with a picture and simple step-by-step instructions. More... Roman Greek Bread from Roman Pot The perfect olive bread from Roman Pot Pot Pot Pot Pot Pot Pot Pot Po Pot The perfect white bread from roman pot recipe with a picture and simple step-by-step instructions. More... Roman Flatbread The perfect roman flatbread recipe with a picture and simple step-by-step instructions. More... Roman Flatbread The perfect desperate roman flatbread recipe with a picture and simple step-by-step instructions. Gnocchi The perfect roman gnocchi recipe with a picture and simple step-by-step instructions. More... Roman Roast The perfect roman spread The perfect roman spread recipe with a picture and simple step-by-step instructions. More... Roman Zucchini The perfect roman zucchini recipe with a picture and simple step-by-step instructions. More... Kale in Roman Pot The perfect kale in roman pot recipe with a picture and simple step-by-step instructions. More... Artichokes Roman Style The perfect artichokes roman style recipe with a picture and simple step-by-step instructions. More... Libum with Warm Honey Tavola MediterraneaFriends, Romans, Countrymen: Lend me your ears and your culinary curiosity because this weeks ancient recipe is a very unique one. Its Cato the Elders recipe for Libum from De Agri Cultura and it is, quite literally, like nothing I have ever tasted before and it is delightful! Its almost like a prototype cheese-cake or a very dense loaf of bread. By eating it warm with a hot meal or by adding warm honey, pomegranate syrup or nuts, youve got a very simple and filling Roman food item that adorns the table just as perfectly as it fills the belly. This recipe wont take much time or elbow-grease to make but whats interesting about it is the versatility of the basic recipe and the creativity it allows the baker. For this adaptation I tried to stay as close to the original recipe as possible but I took some poetic license in decorating it with pinoli(pine nuts), which we know were in use in the kitchens of ancient Rome. I also dressed the bread with warm honey after it came out of the oven. But before we move on to the recipe and my preparation, lets have a little bit of history first! Who is Cato the Elder? Cato Roman culture and tradition in the face of Hellenistic influences in the late Republican period. Cato was no different than most Roman soldiers: when he wasnt serving Rome he was working his land. Cato wrote his manual for agricultural life De Agri Cultura in 160 BC and, similar to his other writings Origines (168 BC), it lends a great deal of insight into Roman history, Roman daily life, and Roman food production. In this manual, Cato included recipes for Libum and Placenta: two cake-like delicacies that were used primarily for religious ritual offerings or special occasions. Libum is the simpler of the two recipes. Read De Agri Culturain its entirety online here. Lararium at Pompeii Photo by Farrell MonacoWhat is Libum? Libum is a small bread-like cake that was made of wheat flour and cheese and offered during sacrificial rituals or to household gods on a lararium altar which was present in most Roman kitchens or in the front reception areas of the home, such as the atrium. One reference of libabeing used in a ritualistic context is from Horace who states Quid quaeris? Viuo et regno, simul ista reliquiquae uos ad caelum fertis rumore secundo, utque sacerdotis fugitiuus liba recuso, pane egeo iam mellitis potiore placentis. Translation: What do you want?In short I live and I reign, as soon as Ive left what you acclaim to the skies with shouts of joy, seeing I flee sweet wafers like a priests runaway slave: for itsbread I want now not honeyed cakes. (Horati Flacci Epistvlarvm Liber Primvs). Whats also interesting about libum, in its bread-like and ritualistic nature, is almost a pagan form of eucharist in pre-Christian Rome. I wonder if there is any continuity here?With that said, lets roll up our sleeves and get ready to taste some ancient Roman history while offering these honey-cakes to our own household gods (you know, the ones who always forget to do the leftover dishes?) as well as to our families and friends.Libum or Catos Cheese CakeIngredientsPlain Libum900 gr (3.5 cups) of cow or goats milk ricotta450 gr (3.4 cups) of whole wheat flour2 eggsBay leavesPine nutsSweetened Libum900 gr (3.5 cups) of cow or goats milk ricotta550 gr (3.1/4 cups) of whole wheat flour2 eggs1 cup of either honey or pomegrante, grape or date syrupBay leavesPine nutsPreparationReferring to Catos De Agri Culturawe read that his original latin states: Libum hoc modo facito. Casei P. II bene disterat in mortario. Ubi bene distriverit, farinae siligineae libram aut, si voles tenerius esse, selibram similaginis eodem indito et una permisceto bene. Inde panem facito, folia subdito, in foco caldo sub testu coquito leniter. Translation: Makelibumby this method. Break up two pounds of cheese well in a mortar. When they will have been well broken up, put in a pound of fine flour and mix it well together with the cheese. Add one egg and mix together well. Then make into bread, places leaves beneath, and cook slowly on a hot hearth under an earthen pot. (From: Nova Roma) Libum DoughI have chosen to use a strained ricotta for my recipe. You can buy the tubs at your local grocer or you can make your own using my Homemade Ricotta Recipe. I am using bay leaves for this recipe and I am happy that I am as the flavour is richer for it. I have also chosen to bake the loaves uncovered as it ensured that the loaves would cook through all the way as oppose to being steamed under a cover. Step 1. Preheat the oven to 350 F/180 C/Gas Mark 4Step 2. Mix the wheat flour, cheese and eggs together in a (large) mortar, by hand, or in a mixer. It wont take long to get a pliable wad of dough. I would not recommend using white refined flour for this dough as the coarseness of whole wheat makes a more durable dough and the flavour of the cake will be stronger once baked. Step 3. Knead the dough for a few minutes and then let it sit for 15 minutes on the counter to bind and firm up a bit. Step 4. Cut the dough in half and form into two round boules. Step 5. Line some bay leaves on the bottom of two non-stick baking pans or on a large baking tray or baking stone. Make sure that theres enough of a layer of leaves for Libum BaseStep 6.Get creative! I decided to adorn my libum cakes by decorating the top using pinoli (pine nuts) which we know were in use in Roman kitchens during the late Republican period. With the firstbouleI decided to decorate it making chaffes of wheat out of pine nuts. Along with wine, garum and olive oil, wheat was a valuable commodity during Classical Antiquity and it was an essential staple in the Roman diet. On the second boule I decided to be a little bit cheeky while also remaining true to the archaeological record and I made a phallus out of pine nuts to make this boule a Libum of Fertility. Why not, right? Those of you who have been to Pompeii or have studied Roman artefacts are well aware that the phallus was a ubiquitous symbol that connoted fertility, the divine protection of Fascinus, and good fortune. And sometimes they just pointed the direction to the nearest brothel! Step 7. Place the each boule on top of the bay leaves in and bake uncovered for one hour mark to ensure that they are golden brown. Do no take it out any earlier than one hour as it has to cook fully on the inside. The loaf is very dense and needs to bake for this length of time to ensure a cooked inside. Step 8. Remove from the oven after 1 hour and let stand until theyre warm to the touch. These cakes will cut beautifully with a sharp knife and are best served fresh with warm honey poured on top or served on the side for dipping. Dont forget to remove the bay leaves before serving!Libum of FertilityThe end result for this libum recipe was a delightful surprise. Its not complicated and its not fancy, by any means; its a humble little cake but the texture and wholesome flavour is what makes you want to cut that second piece. The flavour of the bay leaves combined with the cake and honey is so full-bodied, so natural, earthy and pleasing. It tastes like you would expect the Mediterranean to taste like 2,000 years ago. Give it a go and taste the history for yourself and the gods smile on you, make sure to let us know!Please feel free to rate and leave comments or suggestions about this recipe below. Cena Bene and good eating to you! Skip to content Libum is a type of ancient Roman cake that dates back to the Roman Republic and the early Roman Empire. Its history is closely tied to religious practices and rituals. Cereals and pulses played an important role in the nutrition of the Ancient Indians. In archeological finds from the ruins of the Indus Valley Civilization in the Indian Subcontinent, we Wheatberry was a common grain used in cooking in Ancient Europe. Wheatberry is a whole wheat husk, it retains the bran, germ, Temakhos is a grilled fish slice dish. The warm waters of the Mediterranean provide fertile fishing grounds today, as they did in ancient Greece. Lining a large part of ancient During my research for my novel Even Gods Are Blind, I looked at the typical foods eaten during the early part of the Roman Empire. In this post I would like to focus on honey cakes or libum and in the interest of authentic research, I of course, have made them and provided a recipe below. Online, you can find an original recipe by Cato the Elder, in his works on Agriculture. But what is Libum, I hear you cry! Libum was a small cake used as an offering to
the Lares, the household gods and I have seen sources that indicate it was offered to others including my favourite, Bacchus, since he is accredited with gifting honey to mankind. Perhaps it was also just enjoyed as a dessert. Ruins of an atrium or central courtyard with a shine to the Lares in Ostia Antica Catos translated recipe is as follows, Make libum by this method. Break up two pounds of cheese well in a mortar. When they will have been well broken up, put in a pound of wheat flour or, if you wish it to be more delicate, half a pound of fine flour and mix it well together with the cheese. Add one egg and mix together well. Then make into bread, places beneath, and cook slowly on a hot hearth under an earthen pot. And in Latin should you wish, Libum hoc modo facito. Casei P. II bene disterat in mortario. Ubi bene distriverit, farinae siligineae libram aut, si voles tenerius esse selibram similaginis eodem indito permiscetoque cum caseo bene. Ovum unum addito et una permisceto bene. Inde panem facito, folia subdito, in foco caldo sub testu coquito leniter. Now, that isnt exactly a recipe that is easy to follow for todays budding Roman chef. First thing to note is a Roman pound or Libra was only 328.9 grams instead of our current 453.6 grams. (Libra is where we get the abbreviation lb, in case you ever wondered mid recipes using a soft cheese such as ricotta and others suggesting a harder cheese that requires pounding in a mortar. When I made this, I used sheeps ricotta and farro flour rather than wheat. I also altered the amounts, as I have no gods to offer this too and I wasnt sure how they would turn out. Makes 9 cakes. Ingredients. 250g of ricotta, sheep, goat or cow.125g farro or whole wheat flour.1 eggDried bay leavesHoney. As much as you need. I will not judge. Method. Preheat oven to 350F / 180C / Gas Mark 4Mix the cheese, flour and egg together in a bowl. You shoul have a sticky yet firm dough. Spread bay leaves on a baking tray and shape dough into small rounds and place on the leaves. Cover with an oven proof dish, I used a glass casserole dish. Place in oven and bake for 35 minutes. They may need longer depending on the size you made your cakes. Remove from oven. I placed the hot cakes into a dish of honey to soak up as it cooled. I also dribbled more on the top when serving. I love honey, and Im not ashamed to admit it. These dense little cakes with a pleasant savory taste and filled my kitchen with a wonderful aroma. I think the Gods would have been pleased had I left these as an offering. Let me know if you try the recipe and what you think. Share on Facebook Tweet Follow usSave Religion in Rome extended well beyond public temples many homes had their own shrines dedicated to household gods. One of the foods offered at these altars was libum, a type of honey cake, which was also enjoyed by regular diners. Here is a recipe for you to prepare. A picture of the loaf of libum I baked, doused with honey. Many ancient cultures placed great faith in their gods, and the Romans were no exception. Although the great and powerful members of the Romans were no exception. Although the great faith in their gods, and the Romans were no exception. Although the great faith in their gods, and the Romans were no exception. overlooked. They werent worshipped in gilded temples and may not have even had names, but the lares and penates were two groups of humble deities with invariably significant impacts on Roman society. These gods were believed to watch over their respective homes and the people within them. Whenever a family had a meal, a bit of the food would be thrown into the hearth to invoke the protection of their homes lares and penates. Some homes, particularly the stately villas of patricians, even gave the gods their own shrines called lararia. Occasionally, the eldest man in the house, or the paterfamilias, would organize large offerings to be left in the shrine. From what I read, these offerings could take place any time, but I would presume they would happen on important dates (holidays, weddings, etc.). Some of the types of things given included sheaves of wheat, grapes, wine, and, most memorably, a type of honey cake called libum. Though this cake was sold and eaten by the common people of Rome, it appears to have been most commonly used in rituals, both domestic and public. As piety and sacrifice to the lares was considered respectful and traditional and, therefore, conservative, it seems fitting that the author we know from the Punic porridge recipe. Below is the libum recipe from his farming manual De re rustica: Libum hoc modo facito. Casei P. II bene distriverit, farinae siligineae libram aut, si voles tenerius esse, selibram facito. folia subdito, in foco caldo sub testu coquito leniter. Make libum this way: break apart two pounds of cheese well in a mortar. When it is broken apart well, add a pound of fine wheat flour or, if you want it to be more delicate, half a pound of fine wheat flour and mix it well with the cheese. Add one egg and mix together well. Make it into bread, put leaves underneath, and cook slowly on a hot hearth under an earthenware pot. The recipe describes using a testa (clay pot) to cook the libum and instructs the reader to place the dough on a bed of leaves before sliding it into the oven. Two issues here: the vast majority of modern homes dont I would assume! have their own foci, the hearths that were the centers of Roman kitchens. This recipe depends on the use of a focus to be made, which, as you can see, proves to be just slightly problematic. Related to this: I didnt have an earthenware pot on hand (again, I doubt most people do), and as cooking the libum under this pot is an important step in the recipe, I wasnt sure what to do. To problem-solve, I took a smallish casserole dish to put the dough in and I used a metal baking sheet as a cover to imitate the Dutch oven-type baking method described in the Latin text. The second issue involves the use of leaves, picked from the bay laurel tree, a common sight around much of the ancient Mediterranean basin. I had bay leaves, except they were dried. I was afraid that if I used the dried leaves I had in the oven, they would burn, so I decided to omit that step. If you have access to fresh bay leaves, feel free to use them, but here is the recipe I prepared with what I had available: cup of flour, plus a bit more for shaping1 cup of ricotta cheese1 egg cup of honey (more if you like)Preheat the egg in a small bowl. Add the flour, cheese, and beaten egg to a separate, larger bowl and mix together well. Once the dough has been formed, shape into a round cake, using a bit of flour if necessary. Score the top of the cake, if you wish (I was inspired by a photo of a preserved loaf of 2,000-year-old bread see below). Brush the cake with a little oil and place into a lightly greased dish of your choice. Cover and put it in the oven. Leave to bake for an hour, periodically checking for color. Take the dish out of the oven and uncover; the libum should be light brown, not white, so cook longer if necessary. Place the cake on a cooling rack and let sit for about 10 minutes. Set on a plate and pour over honey, then serve. Photos of the libum, and a carbonized loaf of panis quadratus found in an oven in Herculaneum. The history of the libum I gave above would seem to imply that since these cakes were normally given as offering and not eaten, they wouldnt probably taste good. However, this dish is excellent and was probably eaten on the street by commoners going to work in addition to being used as a symbolic offering. For anyone expecting a modern cheesecake (I did a little, myself), this, unfortunately, is not it! Extremely dense, this libum is a far cry from the soft, sweetened desserts we know of now Id call this recipe more of a cake with cheese than a true cheesecake. The cake itself didnt have too much flavor, which I could probably tell you just based on the few ingredients. I still enjoyed it, drenched in honey, and I can see how libum could satisfy even the most divine palates! Pottage was a term used broadly in medieval Europeans, especially during the Middle Ages from the 5th to the 15th century. Pottage was a term used broadly in medieval Europeans, especially during the Middle Ages from the 5th to the 15th century. the daily sustenance of both peasants and nobility. It typically consisted of a slow-cooked mixture of grains, legumes, vegetables, and occasionally meats, simmered together in a pot over an open fire or in the hearth. The ingredients used in pottage varied based on seasonal availability, regional differences, and social class. Peasants often relied on a simple pottage made from ingredients such as barley, oats, peas, beans, root vegetables like turnips, and herbs. On the other hand, the wealthier classes could afford to include more luxurious components like meat, spices, and exotic ingredients. Variations of pottage included white pot, a dish featuring meat, rice, almond milk, and sugar, as well as green pottage, made with a variety of leafy greens and herbs. The use of herbs and spices not only added flavor but also contributed to the preservation of the stew in a time when refrigeration was nonexistent. Nutritionally, medieval pottage provided a well-rounded source of sustenance for the diverse dietary needs of the European population. The combination of grains and legumes offered a good balance of carbohydrates and proteins, while the additional protein and fats. Despite the variations in ingredients and the stark social distinctions in medieval European society, pottage served as a fundamental and accessible dish that sustained communities through the challenges of the era. The following is a basic interpretation of a Medieval Pottage: Barley (1 cup) Assorted vegetables (cabbage, carrots, leeks) (about 2 cups, chopped) Meat (pork, beef, or mutton) (1 cup, diced) Herbs (parsley, thyme) (to taste) Salt
and pepper (to taste) Water or broth (4-6 cups)Prepare the Ingredients: Rinse the barley and set it aside. Clean and chop the vegetables and meat into bite-sized pieces. Start the Fire: In medieval times, cooking was often done over an open flame. If possible, use a hearth or open fire for a more authentic experience. Combine Ingredients in a Pot: Place the barley, chopped vegetables, and diced meat in a large pot. Add water or broth to cover the ingredients. Season the Pottage:Season the mixture to a boil, then reduce the heat and let it simmer. Cooking timeses and thyme were commonly used in medieval cooking for flavor. may vary, but pottage was typically slow-cooked for a long time to allow the flavors to meld. Stir occasionally to prevent sticking. Adjust Consistency: As the pottage cooks, the barley will release starch, thickening the mixture. Add more water or broth if needed to achieve your desired consistency. Simmer Until Ingredients Are Tender: Continue simmering until the barley is tender, and the vegetables and meat are cooked through. This slow-cooking process would allow the flavors to develop. Serve Hot:Once the pottage is ready, ladle it into bowls. Pottage was often eaten with a simple flatbread or trencher. Enjoy Your Medieval Meal:Serve the pottage hot and enjoy a simple yet hearty medieval meal. Remember that this recipe is a modern interpretation based on historical knowledge, as precise measurements and ingredients may not be well-documented from medieval porridge / soup pressure cookerPotLadle 1 tsp olive oil2 cups chopped up cabbage1 cup diced for a chance to use spelt flour, here you go. It's more authentic in this recipe: it's what the Romans would have used. But if you only have white flour, use that and don't sweat it: the Romans would have sold their grandmother to have a flour as white as ours is today. Cooking Temperature 170 C / 325 F / Gas Mark 3. Beat eggs well, get lots of air bubbles in. Use an electric mixer or blender if you have one. Pour in honey a little at a time. The mixture will thicken.Sift the flour, then fold it in gently (you want to keep all the air you've worked into this.)Pour into prepared cake tin and bake in oven.Check after 45 minutes. A time. The mixture will thicken.Sift the flour, then fold it in gently (you want to keep all the air you've worked into this.)Pour into prepared cake tin and bake in oven.Check after 45 minutes. A toothpick should come out clean. Remove from oven, let cool for 10 minutes in tin, then remove from tin and place on a rack to cool a bit. Best served warm, with honey drizzled on it. The honey needs to be liquid honey. Tagged With: Floralia, Honey, Idus Februarias, Roman, Saturnalia Libum is a sweet bread made from ricotta cheese, which is baked and sweetened with honey. This was eaten by the Romans as breakfast or a snack. These are simple to make and an easy way to get your child into the kitchen. Make them alongside other dishes for a Roman feast! Skills CheckFollow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; chop using bridge/claw technique safely; use a toaster/grill (with adult supervision). EquipmentBowl, spoon, measuring spoons/cups, baking paper, baking tray, oven gloves, forkAllergens (lease note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use) Gluten | Eggs | MilkIngredients (serves 4, or 8 as a taster):250g Ricotta cheese120g (1 cup) Plain flour1 Beaten egg4 Dried bay leaves2 tsp HoneyMethodPreheat the oven to 190C or 375FSift the flour.Add the beaten egg to the flour/cheese mixture, forming a soft doughDivide the dough into four and shape each piece into a bunPlace on a greased baking tray with bay leaves underneath. Bake for 35 - 40 minutes until golden brown. Pour honey onto a flat plate, remove the bay leaves, and place the hot buns in the honey is absorbed. So thinking about Libum Roman Bread ... Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. Try to eat wholegrain varieties. Ricotta Cheese is an excellent source of protein and calcium. Choose reduced fat varieties where possible. Nutritional Information - Energy 991kJ / 236kcal 12% Med Fat 8.7g 12% Med Fat per 100g: Energy 881kJ / 210kcal Libum is a type of ancient Roman cake that dates back to the Roman Republic and the early Roman Empire. Its history is closely tied to religious practices and rituals. The earliest known reference to Libum comes from a recipe in the Roman agricultural writer Cato the Elders work De Agri Cultura (On Agriculture), written around 160 BCE. Libum was not just a sweet treat; it was often used in religious offerings, especially during festivals and ceremonies dedicated to the Roman gods, particularly the household goddess of the hearth, Vesta. It was a customary practice for Romans to offer Libum to the gods during various occasions, seeking their favor and protection. Honey cake The recipe described by Cato involves a simple preparation of Libum, combining ingredients like wheat flour, cheese, and honey. The cakes were typically baked on stones or in earthenware ovens. Over time, the popularity of Libum extended beyond religious rituals, and it became a delicacy enjoyed by Romans in various contexts. Libum, like many ancient Roman recipes, reflects the utilization of locally available ingredients and the culinary practices of the time. The simplicity of its ingredients and preparation makes it a fascinating glimpse into the everyday foods of ancient Roman life and their connection to religious customs. Honey cake Libum is a type of ancient Roman bread or cake that was often offered to household spirits. Heres a basic interpretation of a recipe for Roman Honey Cakes (Libum) based on historical references. 1 pound (approximately 450 grams) fresh cheese (ricotta or a soft farmers cheese) 1 cup (about 120 grams) plain flour 1 large egg Honey (for drizzling)Prepare the Hearth or Oven: In ancient Rome, these cakes would have been baked in a stone oven or on a hearth. Preheat your oven to around 375F (190C). Mix Ingredients: In a large mixing bowl, combine the fresh cheese, flour, and the egg. Mix well to form a dough and shape it into a flat cake. You can make individual cakes or a larger one, depending on your preference. The cakes were often round or oval in shape. Bake in the preheated oven until the cakes are golden brown. The exact time may vary, but its typically around 20-30 minutes. Drizzle with Honey:Once the cakes are out of the oven and still warm, drizzle honey over the top. This adds sweetness and a delightful flavor characteristic of Roman desserts. Offer to the Gods:In ancient Roman tradition, Libum was often offered to the household spirits or gods. While you may not follow this ritual, it adds a cultural context to the preparation. Serve Warm or at Room Temperature: Libum can be enjoyed warm or at room temperature. The honey adds sweetness, but the cakes themselves are not overly sweet, making them suitable for various occasions. This recipe is a modern interpretation based on historical knowledge, as the exact measurements and ingredients used in ancient Rome might not be precisely documented. Adjustments can be made based on personal taste preferences while keeping the simple and rustic nature of the original recipe in mind. Skip to content A little bit about what blue corn is, before we wade into the actual recipe. Blue corn, also known as Hopi maize, is a variety of flint corn Creating an authentic and ancient recipe for Three Sisters Stew involves combining three staple crops: corn, beans, and squash. These crops were cultivated together in a symbiotic relationship by Native American tribes and the specific techniques used by different Bread was a staple food in Ancient Rome consumed by all social classes. It was originally made of emmer, a cereal grain related to wheat, and it is only during the Empire that wheat was used to make bread. The lower classes ate bread with little bit of salt while wealthy Romans also ate it with eggs, cheese, honey, milk and fruit. Bread was also consumed with meat, olives and was dipped in wine. Roman bread varied in quality depending on the kind of grain used, on the way the millstones of the flour used which varied greatly depending on the kind of grain used. lots of dust and bits thereby making the bread rather coarse. Over time, Roman bread often wore down people's teeth as Romans had to chew the bits of grains contained in it! Wealthy Romans usually ate bread made of the best grains contained in it! Wealthy Romans usually ate bread made of the best grains contained in it! There was also bread made from groat grain, rye, acorn and millet. Romans enjoyed several kinds of bread and bread recipes were just as diverse as they are today. Lentaculum was made of meal which was like a coarse unsifted powder ground from the seeds of wheat grain. Speusticus (from the Greek word:) was a hastily made bread bread with nuts and honey in clay molds. The molds had to be craked before the bread could be eaten. There were many other kinds of breads such as bread eaten only with oysters or "water bread" which was light and full of holes, just like a sponge according to Pliny.Bread was baked at home or purchased at the bakery. There were many bakers throughout the city of Rome. There were also expert bakers specialized in local and foreign versions of bread. In Pompeii, over 30 bakeries and a large number of rotary mills to grind grains were found thereby proving that Romans consumed a lot of bread! Roman bread recipeCato the Elder gave us a simple recipe in his agricutural handbook called "De Agri Cultura" written in 160 BC. The book was actually a guide to managing a farm and it contained a basic recipe to making bread, the kind of bread that any Roman would have made at any stage in Roman history. Cato writes: "Recipe for
kneaded bread: wash both your hands and a bowl thoroughly. Pour flour into the bowl, add water gradually and knead well. When it is well kneaded, roll in out and bake it under an earthenware lid." Cato, De Agri Cultura, 74.Cato recommended baking the bread under an earthenware lid. We believe that it made the bread is increasingly being sold in health shops and some bakeries. Ingredients: get 500 grams (circa 1 pound) of spelt flour (triticum spelta)350 ml (1 1/2 cup) of watera little salt 1/2 tablespoon of olive oilCooking instructions Preheat an oven to 1800 C (350 F). In a large bowl, add the water and continue mixing until you get a dough that isn't too sticky or floury. Knead the dough and make it into a circular shape. Make marks on the top of the dough with a knife dividing it into 8. Bake for 45 mns in the oven. If you can cover it with a lid. Your Roman bread is ready to be served. Please note that since no yeast is being used, the bread won't have risen much if at all. Our bread actually looks similar to the one found in Pompei: Ancientation of the dough with a knife dividing it into 8. Bake for 45 mns in the oven. If you can cover it with a lid. Your Roman bread is ready to be served. Roman loaf of bread found at Pompei CC BY-SA 2.0 itNote that the bread in the picture above is black as it was carbonized following the volcano eruption! Another Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe This is a simple recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread recipe that would have been used by an ancient Roman bread re of water250 grams (1 cup) of wholemeal wheat flour250 grams (1 cup) of white flour1 teaspoon of salt (dissolved in 1 tablespoon of salted water.Whip it for 5-10 minutes until you get a dough that isn't too sticky or floury. Knead the dough so that it becomes smooth and elastic. Make circular loaves have doubled in size put them in an oven with the temperature set at 220 C (430 F) for 20-25 minutes until the crust is golden.Let the loaves cool.Your bread to HomepageNew Comments If you want to correct this page or just leave a comment, please do so in the box below. Every product is independently reviewed and selected by our editors. If you buy something through our links, we may earn an affiliate commission at no extra cost to you. Bread Maker Exclusive Bread is a staple that has transcended cultures and centuries, embodying the essence of nourishment and tradition. bread, the Romans stand out for their innovative and diverse approaches to baking. From the rustic loaves consumed by soldiers on the front lines to the luxurious sweet breads enjoyed at lavish banquets, Roman bread recipes reflect the ingenuity and resourcefulness of a society that valued both simplicity and flavor. In this article, we will explore 25+ ancient Roman bread recipes that celebrate the flavors and techniques of this remarkable civilization. Each recipe not only offers a glimpse into the daily lives of the Romans but also showcases the ingredients that shaped their culinary landscape. With options ranging from hearty grain-based breads to sweet indulgences infused with honey and figs, youll discover how to recreate these timeless recipes in your own kitchen. Join us on a delicious journey through history as we delve into the art of Roman bread is more than just a culinary endeavor; its an invitation to connect with history. Each loaf tells a story of the ingredients that were cultivated, the traditions that were passed down, and the flavors that delighted the Roman palate. As you explore these 25+ ancient Roman bread recipes, youll find not only delicious results but also a deeper appreciation for the craft of bread-making that has endured through the ages. Whether youre looking to replicate a rustic loaf for a family meal or seeking a sweet bread for a special occasion, these recipes offer a taste of the past that can enhance any dining experience. Embrace the legacy of Roman bakers and let the aroma of freshly baked bread fill your home, creating memories that will last for generations. Panis Focacius is a traditional Roman flatbread, often enjoyed with meals or used as a base for various toppings. This simple yet versatile bread combines flour, water, and salt, yielding a soft and slightly chewy texture. Ancient Romans often flavored it with herbs or topped it with herbs or topped it with the flavors of ancient Rome. Ingredients: 4 cups whole wheat flour 1 cups warm water (110F) 2 teaspoons solid 2 teaspoons yeast (active dry) 2 tablespoons solid 2 teaspoons yeast (active dry) 2 tablespoons olive oil Optional: fresh herbs (such as rosemary or thyme) Instructions: Activate the Yeast: In a small bowl, mix the warm water with honey and yeast. Allow it to sit for about 10 minutes until it becomes frothy. Combine Ingredients: In a large mixing bowl, combine the flour and salt. Make a well in the center and pour in the yeast mixture and olive oil. Knead the Dough in a greased bowl, cover with a cloth, and let it rise in a warm place for 1-2 hours or until doubled in size. Shape the Bread: Preheat the oven to 450F (232C). Punch down the dough and shape it into a flat round about 1 inch thick. Place it on a baking sheet lined with parchment paper. Add Toppings: If desired, brush the top with olive oil and sprinkle with herbs and coarse salt. Bake: Bake in the preheated oven for about 20-25 minutes or until golden brown. Cool and Serve: Remove from the oven, let it cool slightly, and cut into wedges. Enjoy warm or at room temperature. Roman Flatbread is not only easy to make but also a delightful way to experience a taste of ancient Rome. Its simplicity allows for various adaptations, such as adding olives, sun-dried tomatoes, or cheese. Whether served with soups, stews, or as a standalone snack, this bread in Roman culture, where it was a staple food that brought families together. Panis Mellitus is a sweet bread that showcases the use of honey, a beloved ingredient in ancient Roman cuisine. This recipe incorporates honey for sweetness and flavor, resulting in a moist, fragrant loaf that can be enjoyed at breakfast or as a dessert. Honey was often regarded as a symbol of prosperity and health in Roman society, making this bread a special treat for festive occasions. Ingredients: 3 cups all-purpose flour 1 cup warm water (110F) 1/3 cup honey 1 teaspoon solit 2 teaspoons olive oil Optional: nuts (such as walnuts or almonds) Instructions: Activate the Yeast: Combine warm water and honey in a bowl. Stir in the yeast and let it sit for about 10 minutes until bubbly. Mix Dry Ingredients: In a separate bowl, whisk together the flour, salt, and cinnamon (if using). Combine Ingredients: Make a well in the center of the flour, salt, and cinnamon (if using). until smooth and elastic. First Rise: Place the dough in a greased bowl, cover with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Loaf: Preheat the oven to 375F (190C). Punch down the dough, shape it into a loaf, and place it in a greased loaf pan. Second Rise: Cover and let it rise again for about 30 minutes Bake: Bake for 30-35 minutes, or until the bread is colden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool in the pan for 10 minutes, then transfer to a wire rack. Slice and enjoy! Roman Honey Bread is a unique blend of sweetness and spice, making it a delightful addition to any meal. The use of honey not only the flavor but also connects us to ancient practices where natural sweeteners were cherished. This bread pairs wonderfully with cheeses, fruits, or even spreads, creating a versatile dish for breakfast or dessert. Baking Panis Mellitus allows you to savor a piece of history while enjoying the natural sweetness that has been loved for centuries. Panis Quadratus, or Roman Multigrain Bread, is a hearty bread made from a blend of various grains. Ancient Romans used different types of flour, including barley, spelt, and rye, which added depth and nutrition to their bread. This recipe captures the essence of Roman baking, emphasizing the use of diverse ingredients for both flavor and health benefits The result is a dense, flavorful loaf that is perfect for any meal. Ingredients: 2 cups spelt flour 1 cup system water
(110F) 2 teaspoons solive oil Optional: seeds (such as sunflower or sesame) Instructions: Activate the Yeast: In a bowl, mix warm water with yeast. Let it stand for about 10 minutes until frothy. Combine the Flours: In a large mixing bowl, combine the spelt, barley, and rye flours along with salt. Mix well. Combine Ingredients: Create a well in the center of the flour mixture. Pour in the yeast mixture and olive oil, and mix until a sticky dough forms. Knead the Dough: Turn the dough onto a floured surface and knead for about 10 minutes until it becomes elastic. First Rise: Place the dough in a greased bowl, cover with a cloth, and let it rise until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 400F (200C). Punch down the dough and shape it into a round loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Let the shaped dough rise for another 30 minutes. Add Seeds (Optional): If using, sprinkle seeds on top and gently press them into the dough. Bake: Bake for 30-35 minutes, or until the bread is golden brown and sounds hollow when tapped. Cool and Serve: Allow the bread to cool on a wire rack before slicing. Roman Multigrain Bread exemplifies the Romans resourcefulness in utilizing various grains to create nutritious food. This bread is not only hearty but also packed with flavors and textures, making it a great companion for cheeses, meats, or salads. By making Panis Quadratus, you engage with the culinary heritage of ancient Rome while enjoying a wholesome and satisfying loaf. Its a delightful way to explore the grains that formed the backbone of Roman sustenance, reflecting a balanced diet that has endured through the ages. Panis Hordieus, or Roman Barley Bread, highlights the ancient Romans use of barley as a staple grain. Known for its nutritional value, barley mas commonly used in various forms, including bread. This rustic recipe produces a dense, hearty loaf with a slightly nutty flavor, perfect for pairing with soups or stews. The simplicity of the ingredients: 2 cups barley flour 1 cups warm water (110F) 2 teaspoons salt 2 teaspoons yeast (active dry) 1 tablespoon honey (optional) 2 tablespoons olive oil Instructions: Activate the Yeast: In a small bowl, combine warm water and honey (if using). Add yeast and let it sit for about 10 minutes until frothy. Mix Dry Ingredients: In a small bowl, mix barley flour, whole wheat flour, and salt. Combine Ingredients: Create a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, and stir until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 10 minutes until it is smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Cover the shaped loaf and let it rise again for about 30 minutes. Bake in the preheated oven for 30-35 minutes, or until the bread is golden brown and sounds hollow when tapped. Cool and Serve: Let the bread cool on a wire rack before slicing. Roman Barley Bread is a testament to the resourcefulness of ancient Roman bakers, who used local grains to create nutritious and filling bread. Its hearty texture and nutty flavor make it an excellent choice for hearty meals or as a standalone snack. By incorporating barley into your diet, you not only enjoy a flavorful bread but also connect with the ancient Roman way of life, where barley was a vital source of sustenance and health. Panis Caseus, or Roman Cheese Bread, combines the richness of cheese with the comforting qualities of bread. Cheese was a favored ingredient in ancient Rome, often used to enhance flavors and add nutritional value. This recipe results in a soft, cheese loaf that is perfect for snacking or serving alongside meals. It showcases the Romans culinary creativity, incorporating available ingredients: 3 cups all-purpose flour 1 cup ricotta cheese (or any soft cheese) 1 cup warm water (110F) 2 teaspoons salt 2 teaspoons yeast (active dry) 1 teaspoon black pepper (optional) 2 tablespoons olive oil Optional: herbs (such as oregano or basil) Instructions: Activate the Yeast. Let it sit for about 10 minutes until frothy. Mix Dry Ingredients: In a large mixing bowl, whisk together the flour, salt, and black pepper (if using). Combine Ingredients: Make a well in the center of the flour mixture. Add the ricotta cheese and yeast mixture, and stir until a dough forms. Knead the Dough: Turn the dough onto a floured surface and knead for about 8-10 minutes until it becomes smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 400F (200C). Punch down the dough and shape it into a loaf or round. Place it on a baking sheet lined with parchment paper. Second Rise: Let the shaped bread rise for another 30 minutes. Bake: Bake in the preheated oven for 25-30 minutes or until golden brown. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Cheese Bread is a delightful way to experience the flavors of ancient Rome. The combination of cheese and bread creates a soft, flavorful loaf that can enhance any meal or be enjoyed on its own. This bread reflects the Romans love for cheese, showcasing how they incorporated it into their culinary creations. By making Panis Caseus, you not only enjoy a delicious dish but also embrace a part of the rich history that influenced modern bread-making practices. Panis Nucarius, or Roman Nut Bread, celebrates the use of nuts in ancient Roman cuisine. This recipe incorporates a variety of nuts, creating a nutritious and flavorful bread that was likely enjoyed during special occasions. The addition of nuts adds texture and richness, making it a perfect accompaniment to cheese or honey. This bread embodies the Roman tradition of incorporating diverse ingredients: 2 cups whole wheat flour 1 cup allpurpose flour 1 cup mixed nuts (such as walnuts, almonds, and hazelnuts), roughly chopped 1 cups warm water (110F) 2 teaspoons yeast (active dry) 2 tablespoons solive oil Instructions: Activate the Yeast: In a small bowl, mix warm water and honey. Add yeast and let it sit for about 10 minutes until it becomes frothy. Mix Dry Ingredients: In a large bowl, combine the whole wheat flour, all-purpose flour, salt, and chopped nuts. Combine Ingredients: Make a well in the center of the flour mixture. Pour in the yeast mixture and olive oil, mixing until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Let the shaped bread rise again for about 30 minutes. Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Serve: Allow the bread to cool on a wire rack before slicing. Roman Nut Bread is a unique and hearty addition to any meal, showcasing the ancient Romans appreciation for the nutritional benefits of nuts. The combination of whole wheat and mixed nuts creates a rich flavor profile that pairs beautifully with cheeses, fruits, or honey. Making Panis Nucarius allows you to connect with Roman culinary traditions while enjoying a wholesome bread that enhances your dining experience. This recipe is a wonderful way to explore ancient ingredients that continue to be celebrated in modern kitchens. Panis Ficus, or Roman Fig Bread, highlights the ancient Romans love for figs, a druit that was abundant in their diet. This sweet, dense bread incorporates dried figs, adding natural sweetness and a chewy texture. nutritious snack. The use of figs reflects the Romans ingenuity in utilizing local ingredients: 2 cups all-purpose flour 1 cup whole wheat flour 1 cup whole wheat flour 1 cups warm water (110F) 2 teaspoons salt 2 teaspoons veast (active dry) 1 tablespoon olive oil Optional: 1 teaspoon cinnamon (for added flavor) Instructions: Activate the Yeast: In a small bowl, combine warm water and yeast. Let it sit for about 10 minutes until it becomes frothy. Mix Dry Ingredients: In a large bowl, whisk together the all-purpose flour, whole wheat flour, salt, and cinnamon (if using). Combine Ingredients: Create a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, and mix until a dough forms. Incorporate Figs: Gently fold in the chopped figs until evenly distributed. Knead the Dough: Transfer the dough to a floured surface and knead for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Cover the shaped loaf and let it rise for another 30 minutes. Bake in the preheated oven for 25-30 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Fig Bread is a delightful fusion of sweetness, while the whole wheat flour adds a rustic touch. This bread serves as a perfect accompaniment to cheese platters, or it can be enjoyed as a satisfying snack on its own. By baking Panis Ficus, you not only indulge in a delicious bread but also connect with the ancient traditions that celebrated local fruits and ingredients. Panis Mel,
or Roman Honey Bread, embodies the Romans appreciation for honey, a favored sweetener in ancient times. This slightly sweet bread combines the richness of honey with wholesome flour, creating a soft, fragrant loaf. Its an excellent choice for breakfast, paired with butter or cheese, or served as a sweet treat throughout the day. of using natural ingredients to create satisfying meals. Ingredients: 3 cups all-purpose flour 1 cup warm water (110F) cup honey 2 teaspoons yeast (active dry) 2 tablespoons yeast (active dry) 2 tab Ingredients: In a large bowl, whisk together the flour and salt. Combine Ingredients: Make a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, mixing until a dough forms. Knead the Dough: Transfer the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 350F (175C). Punch down the dough and shape it into a loaf. Place it in a greased loaf pan. Second Rise: Cover the loaf and let it rise for another 30 minutes. Bake in the preheated oven for 25-30 minutes or until golden brown and sounds hollow when tapped. Cool and Serve: Let the bread cool on a wire rack before slicing. Roman Honey Bread is a sweet testament to the flavors of ancient Rome, offering a delightful balance of sweetness and texture. This bread can be enjoyed at breakfast or as a snack throughout the day, highlighting the ancient practice of using natural sweeteners. By making Panis Mel, you celebrate the rich culinary traditions of the Romans, creating a delicious bread that is perfect for any occasion. Panis Lenticularis, or Roman Lentil Bread, showcases the ancient Romans use of lentils, a vital source of protein and nutrition. This unique recipe incorporates lentil flour, resulting in a dense, flavorful loaf that pairs well with a variety of dishes. The breads earthy flavor complements cheeses, olives, and spreads, making it a versatile addition to any meal. This recipe reflects the Romans resourcefulness in utilizing legumes to enhance their dietary staples. Ingredients: 2 cups lentil flour 1 cup all-purpose flour 1 cups warm water (110F) 2 teaspoons salt 2 teaspoons salt 2 teaspoons salt 2 teaspoons veast (active dry) 2 tablespoons salt 2 teaspoons veast (active dry) 2 tablespoons salt 2 teaspoons veast (active dry) 2 tablespoons veast (active dry) 2 Mix Dry Ingredients: In a large bowl, whisk together the lentil flour, all-purpose flour, salt, and any optional herbs. Combine Ingredients: Create a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, mixing until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Let the shaped bread rise for another 30 minutes. Bake: Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Serve: Allow the bread to cool on a wire rack before slicing. Roman Lentil Bread is a nutritious and flavorful addition to any meal, highlighting the ancient Romans use of legumes in their diets. The unique combination of lentil flour and all-purpose flour creates a hearty bread that is both filling and satisfying. This bread pairs well with a variety of foods, making it an excellent choice for feasts or everyday meals. By baking Panis Lenticularis, you not only explore a traditional Roman recipe but also enjoy the health benefits of lentils, continuing the legacy of ancient culinary practices. Panis Oliverius, or Roman Olive Bread, celebrates the ancient Romans love for olives, a staple in their diet. This savory bread incorporates olives into the dough, providing a burst of flavor with each bite. into olive oil or pairing with cheeses. This bread not only represents the Romans culinary traditions but also showcases their ability to incorporate local ingredients: 3 cups all-purpose flour 1 cup warm water (110F) 1 cup pitted olives, chopped (green or black) 2 teaspoons salt 2 teaspoons yeast (active dry) 2 tablespoons olive oil Optional: 1 tablespoon fresh herbs. (like rosemary or thyme) Instructions: Activate the Yeast: In a small bowl, combine until it becomes frothy. Mix Dry Ingredients: In a small bowl, combine until it becomes frothy. Mix Dry Ingredients: In a small bowl, combine until it becomes frothy. Mix Dry Ingredients: In a small bowl, combine until it becomes frothy. Mix Dry Ingredients: In a small bowl, combine until it becomes frothy. center of the dry mixture. Pour in the yeast mixture and olives until a dough forms. Incorporate Olives: Gently fold in the chopped olives until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and let it rise for another 30 minutes. Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Olive Bread is a flavorful representation of the ancient Romans culinary heritage, showcasing their fondness for olives. The salty, briny flavor of the olives melds beautifully with the bread, making it an excellent

accompaniment to Mediterranean dishes or a delightful snack on its own. This recipe not only honors ancient traditions but also brings a taste of Rome to your kitchen, reminding us of the importance of local ingredients in creating delicious meals. Panis Hordeaceus, or Roman Barley Bread, is a hearty loaf that reflects the ancient Romans use of barley as a staple grain. Barley was commonly consumed due to its nutritional value and ability to thrive in various climates. This rustic bread has a dense texture and a slightly nutty flavor, making it an excellent choice for pairing with stews and soups. Barley bread showcases the resourcefulness of the Romans in utilizing available grains, creating sustenance that is both filling and nutritious. Ingredients: 2 cups barley flour 1 cups warm water (110F) 2 teaspoons salt 2 until frothy. Mix Dry Ingredients: In a large bowl, whisk together the barley flour, all-purpose flour, and salt. Combine Ingredients: Make a well in the center of the dry mixture. Pour in the yeast mixture and honey (if using), mixing until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf. it rise for another 30 minutes. Bake: Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Barley Bread is a wholesome tribute to ancient Roman grain usage, providing a satisfying texture and flavor that enhances any meal. This bread pairs wonderfully with hearty stews, roasted vegetables, or can be enjoyed with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a time when barley making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. By making Panis Hordeaceus, you connect with a simple spread of butter or cheese. 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By making Panis Hordeaceus, you connect with a simple ancient grain cherished for its nutty flavor and health benefits. Spelt was a popular choice among the Romans, providing a nutritious alternative to modern wheat. This bread has a slightly dense texture with a rich, earthy flavor that pairs well with both savory and sweet toppings. Baking with spelt not only honors the ancient Roman diet but also promotes the use of whole grains in contemporary baking. Ingredients: 2 cups spelt flour 1 cups warm water (110F) 2 teaspoons yeast (active dry) 2 tablespoons olive oil Optional: seeds (like sunflower or sesame) for topping Instructions: Activate the Yeast: In a small bowl, combine warm water and yeast. Let it sit for about 10 minutes until frothy. Mix Dry Ingredients: In a large bowl, whisk together the spelt flour, all-purpose flour, and salt. Combine Ingredients: Create a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, mixing until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round or oval loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Cover the loaf and let it rise for another 30 minutes. If using, sprinkle seeds on top before baking. Bake: Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Spelt Bread is a delicious way to explore ancient grains that have stood the test of time. The nutty flavor of spelt adds depth to the bread, making it a versatile addition to any meal. Whether enjoyed with savory spreads or sweet jams, this bread reflects the Romans appreciation for wholesome ingredients. By baking Panis Spelta, you not only embrace a part of culinary history but also introduce a nutritious and flavorful option to your modern kitchen. Panis Ficus, or Roman Fig Bread, showcases the sweet and rich flavors of figs, which were highly prized in ancient Roman cuisine. This bread combines the sweet as a combines the sweet as a combine of the day. Traditionally, figs were used as a natural sweetener and added moisture to bread, making this recipe a delicious way to experience the flavors of ancient cities. Ingredients: 2 cups all-purpose flour 1 cup whole wheat flour 1 cup dried figs, chopped 1 cups warm water (110F) 2 teaspoons salt 2 teaspoons yeast (active dry) 2 tablespoons honey (optional) Instructions: Activate the Yeast: In a small bowl, combine until it becomes frothy. Mix Dry Ingredients: In a large bowl, whisk together the all-purpose flour, salt, and chopped figs. Combine Ingredients: Make a well in the center of the dry mixture. Pour in the yeast mixture and honey (if using), mixing until a dough forms. Knead the Dough: Transfer the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf or divide it into smaller rolls. Second Rise: Cover the shaped loaf and let it rise for another 30 minutes. Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Fig Bread is a wonderful blend of sweetness that pairs beautifully with cheeses or can be enjoyed simply with butter. This bread not only offers a taste of ancient culinary practices but also highlights the importance of figs in Roman agriculture and diet. Making Panis Ficus connects you to a time when bread was both a staple and a delight, showcasing the creativity of ancient bakers. Panis Lenticus, or Roman Lentil Bread, incorporates lentils, a staple protein source for the ancient Romans. This hearty bread combines ground lentils with flour, resulting in a dense and nutritious loaf packed with flavor and health benefits. The use of lentils not only enhances the breads protein content but also provides a unique earthiness that complements a variety of dishes. This recipe serves as an excellent source of nourishment, reflecting the Romans resourcefulness in utilizing legumes in their diets. Ingredients: 1 cup lentil flour (or finely ground cooked lentils) 2 cups all-purpose flour 1 cups warm water (110F) 2 teaspoons yeast (active dry) 2 tablespoons olive oil Optional: spices (like cumin or coriander) for added flavor Instructions: Activate the Yeast: In a small bowl, combine warm water and yeast. Allow it to sit for about 10 minutes until frothy. Mix Dry Ingredients: In a large bowl, whisk together the lentil flour, all-purpose flour, salt, and optional spices. Combine Ingredients: Make a well in the center of the dry mixture. Pour in the yeast mixture and olive oil, mixing until a dough forms. Knead the Dough: Transfer the dough to a floured surface and knead for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round or oval loaf. Place it on a baking sheet lined with parchment paper. Second Rise: Cover the loaf and let it rise for another 30 minutes. Bake: Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Lentil Bread is a nourishing option that highlights the importance of legumes in ancient Roman cuisine. The inclusion of lentils not only adds protein but also imparts a unique flavor that pairs wonderfully with soups, salads, or as part of a cheese platter. This recipe honors the traditional methods of Roman baking while providing a modern twist with nutritious ingredients. Enjoying Panis Lenticus allows you to savor the flavors of ancient Rome while embracing the wholesome qualities of legumes. Panis Mellitus, or Roman Honey Bread, captures the sweetener and a flavor enhancer. This recipe produces a soft, slightly sweet bread that is perfect for breakfast or dessert. The natural sweetness of honey, combined with the warmth of freshly baked bread, creates a comforting treat reminiscent of ancient Roman feasts. This bread not only reflects the Romans appreciation for honey but also their ability to create delightful confections from simple ingredients. Ingredients: 3 cups all-purpose flour 1 cup warm milk (110F) cup honey 2 teaspoons salt 2 teaspoons yeast (active dry) 2 tablespoons olive oil Optional: cinnamon or nuts for added flavor and texture Instructions: Activate the Yeast: In a small bowl, combine warm milk and yeast. Let it sit for about 10 minutes until frothy. Mix Dry Ingredients: In a large bowl, whisk together the flour, salt, and optional cinnamon or nuts. Combine Ingredients: Create a well in the center of the dry mixture. Pour in the yeast mixture, honey, and olive oil, mixing until a dough for about 8-10 minutes until smooth and elastic. First Rise: Place the dough in a greased bowl, cover it with a cloth, and let it rise in a warm area until doubled in size, about 1-2 hours. Shape the Bread: Preheat the oven to 375F (190C). Punch down the dough and shape it into a round loaf or divide it rise for another 30 minutes. Bake: Bake in the preheated oven for 30-35 minutes or until golden brown and sounds hollow when tapped. Cool and Slice: Allow the bread to cool on a wire rack before slicing. Roman Honey Bread is a deliciously sweet tribute to the ancient Romans love for honey, showcasing its role as a vital ingredient in their diet. This recipe brings a piece of Roman history into your home, allowing you to enjoy the flavors that once graced the tables of emperors. Baking Panis Mellitus not only honors ancient culinary enthusiast living in the United States. With her flair for creating mouthwatering homemade delicacies, she has carved a niche for herself in the world of cooking. Stephs journey in the culinary realm began as a simple hobby but soon transformed into an exciting adventure that she cherishes to this day.

Roman bread recipe. Roman honey bread recipe. Roman honey bread. Ancient roman bread recipe. Roman honey. Ancient roman honey cakes.