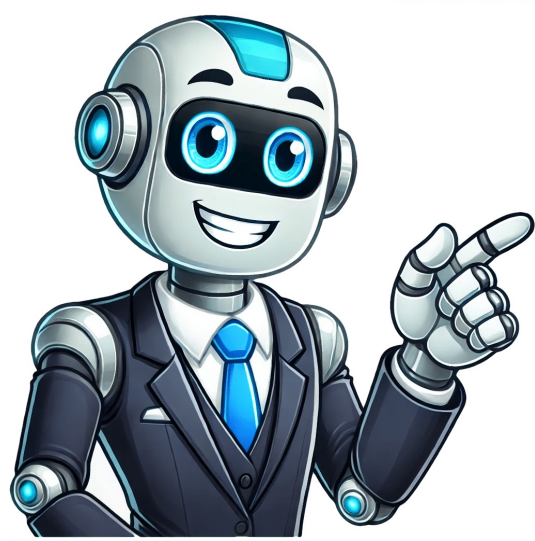


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accompaniment to Mediterranean dishes or a delightful snack on its own. This recipe not only honors ancient traditions but also brings a taste of Rome to your kitchen, reminding us of the importance of local ingredients in medieval meals. Panis Hordeaceus, 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 cup all-purpose flour 1 cups warm water (110F) 2 teaspoons salt 2 teaspoons yeast (active dry) 2 tablespoons honey or molasses (optional for sweetness) 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 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. 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 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 was a primary food source, celebrating the traditions that have shaped our culinary landscape. Panis Spelta, or Roman Spelt Bread, features spelt, an 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 cup all-purpose flour 1 cups warm water (110F) 2 teaspoons salt 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 sweetness of dried figs with a soft, fragrant dough, creating a delightful treat that can be enjoyed at any time 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 Rome. Ideal for breakfast or as a snack, this bread will transport you back to the vibrant markets 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 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 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 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 or divide it into smaller rolls. Second Rise: Cover the shaped 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 Fig Bread is a wonderful blend of sweetness and texture, reflecting the Romans ingenuity in using dried fruits to enhance their meals. The figs provide a natural 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 salt 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 sweetness of honey, which was highly valued in ancient Rome as both a 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 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 or divide it into smaller rolls. Second Rise: Cover the shaped 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 Honey Bread is a deliciously sweet tribute to the ancient Romans love for honey, showcasing its role as a vital ingredient in their diet. The soft texture and subtle sweetness make it an ideal companion for breakfast spreads or as a stand-alone treat. 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 traditions but also brings a touch of sweetness to your modern table. Note: More recipes are coming soon! Steph BA passionate 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.

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