**Roma**n **style bread**

**Comments:** The extra liquid in this recipe makes a loaf with a crumpet like crumb structure.   
**Preparation Time:** 40 minutes **Cook time** = 40/45 minutes  
**Number of servings:** 2 small loaves  
**Serving suggestions:** Enjoy warm with butter

**This is a vegetarian recipe**  
  
Spelt is a traditional flour – as used in Roman times – but wholemeal can be used if spelt is unavailable.

You will need x2 = 500g/1lb loaf tins

You can use a bread maker if you have one (spelt programme)

**Ingredients**

* 500g wholemeal spelt flour
* ½ teaspoon salt
* 1 teaspoon quick yeast
* 1 tablespoon runny honey
* 400ml warm water
* 1 tablespoon olive oil

**Making and cooking it**

1. In a large bowl mix together the flour, salt and quick yeast.
2. Dissolve the honey into the warm water and mix it into the flour mixture
3. Whilst the dough is still “craggy” – add the oil and mix well.
4. Turn out and knead the dough on a floured surface for a few minutes.
5. Divide into 2 loaf tins, cover and leave in a warm place to for 25/30 minutes.
6. Bake in a pre-heated oven (200°C, fan 180°C/400°F, gas 6)