



Avalon Archaeology

The Past Reconstructed

At the Avalon Marshes Centre



Our Roman-Style Sourdough Bread Recipe



Ingredients

500g wholegrain flour
or spelt flour if you want to be more
authentic, we used a mixture of the two
5g salt
360g warm water
100g lively sourdough starter
1 tbsp honey

Instructions

1. Mix the sourdough starter with the water and honey.
2. Combine the flour and salt. If you want, you can add seeds at this point, the Romans might have used poppy seeds, coriander or fennel seeds.
3. Add the flour to the water mixture. Keep mixing until you have a rough ball of dough and no dry flour left in the bowl.
4. Cover and leave the dough to rest for 30 minutes.
5. With slightly wet hands stretch and fold the dough, twisting the bowl as you go. Stretch and fold about 20 times.
6. Wait another 30 minutes then do another round of stretch and folds.
7. Let the dough rise for at least 3 hours. If you want to let your dough ferment for longer put it in the fridge overnight.
8. Sprinkle your work surface with flour and scrape out your dough onto floured baking parchment.
9. Dust the dough with flour, and shape. To make the traditional Roman-shape tie cooking string around it, segment it into 'pizza-slice' shapes by making deep depressions, then make a hole in the centre of your dough. We simply cut our dough into separate wedge shapes. Leave it for the final rise. This may take another hour or two, but you can leave it upto 12 hours for an even longer ferment.
10. Preheat your oven to 230c then bake for 35 minutes, and then 10 minutes uncovered, for the round loaf. Seperate wedge shaped may only take 15 - 20 minutes to bake.