

Panem Tenuis

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This flat bread was baked across the Roman Empire as quick and easy utility bread. It could be baked in an oven or on a cooking griddle. If it was baked flat it was called *panem tenuis* (Thin Bread) or baked in the round it was called *per panem* (round bread).

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450g wholemeal flour (emmer or spelt)
Dried yeast (or active yeast solution)
1 tablespoon of melted butter
420ml water

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In Egypt and North Africa – 1 teaspoon of salt
or in the rest of the Roman Empire – 1 teaspoon of honey

Mix the melted butter vigorously into the water and add the flour and yeast to mix into a firm dough. Rest of 30 minutes or more.

Shape the dough in to hand sized flats about ½ cm thick and rest for another 30 minutes.

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Bake on a griddle until browned on both sides.

Or – shape into rounds larger than a fist and rest for 30 minutes. Bake in a hot oven for about 25 minutes until done.

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