

Roman Slipper Bread

Panis Calceus

This type of bread was used as an accompaniment to an evening meal. It has many similarities with modern ciabatta bread, being an oily bread that is based on a sourdough starter.

For the starter, take a 1:1 mix of warm water and flour (about 50ml) and add 6 grams of dried yeast and a little honey. Stir well and leave covered for 24 hours.

500 grams of Wholegrain Spelt flour
350 ml of warm water
15 ml of runny honey
15 ml of olive oil
Sourdough starter

Put the flour into a large bowl. Using a measuring jug, dissolve the honey into the warm water and add the sourdough starter mixture. Mix the wet ingredients into the dry ingredients thoroughly to form a wet dough. Add the olive oil and mix into the dough.

Lift the sticky dough out of the bowl and throw it firmly back into the bowl. This should be done seven times – once for each of the Seven Hills of Rome. Oil two baking trays and cut the dough in half, placing each on its own tray. Shape into a slipper shaped loaves and leave to rise for an hour. Heat the oven to 220°C.

Bake in the hot oven for 30 minutes and cool on a rack.



Sourdough Starter Mix



Panis Calceus is very rich in olive oil and keeps quite well.