

## Bread of Picenum

First known from Picenum in the area near to what is now Ancona, on the Italian Adriatic coast, this bread became a favourite with Roman aristocrats. It was documented by Pliny the Elder (*Gaius Plinius Secundus*) around 60AD. The bread is made from Alica and Raisins. Alica is coarsely ground whole-wheat Emmer flour used throughout Northern Italy at that time.

**Mother Dough.** Chop **50g** of raisins and add to **100g** of whole-wheat Emmer flour. Mix with **100ml** of boiling water and leave for 9 days to ferment. The raisin skins are a source of natural yeast. *Alternatively, use warm water, adding extra dried yeast and leave for 24 hours.*



**500g** Whole-wheat Emmer flour  
**200ml** of warm milk, **2** teaspoons of runny honey and **50g** raisins.  
**25ml** Olive oil

Add the raisins and honey to warm milk and leave for an hour to soak. Mix in the flour, olive oil and **2** tablespoons of the mother dough starter to form into a stiff dough. Knead thoroughly and shape into a round loaf. Leave to rise for at least an hour until increased in size. Bake at 190°C for 35 minutes until done and cool on a rack.



Emmer flour produces distinctively pliable and sticky dough. Do not expect the bread to rise as well as modern common wheat.