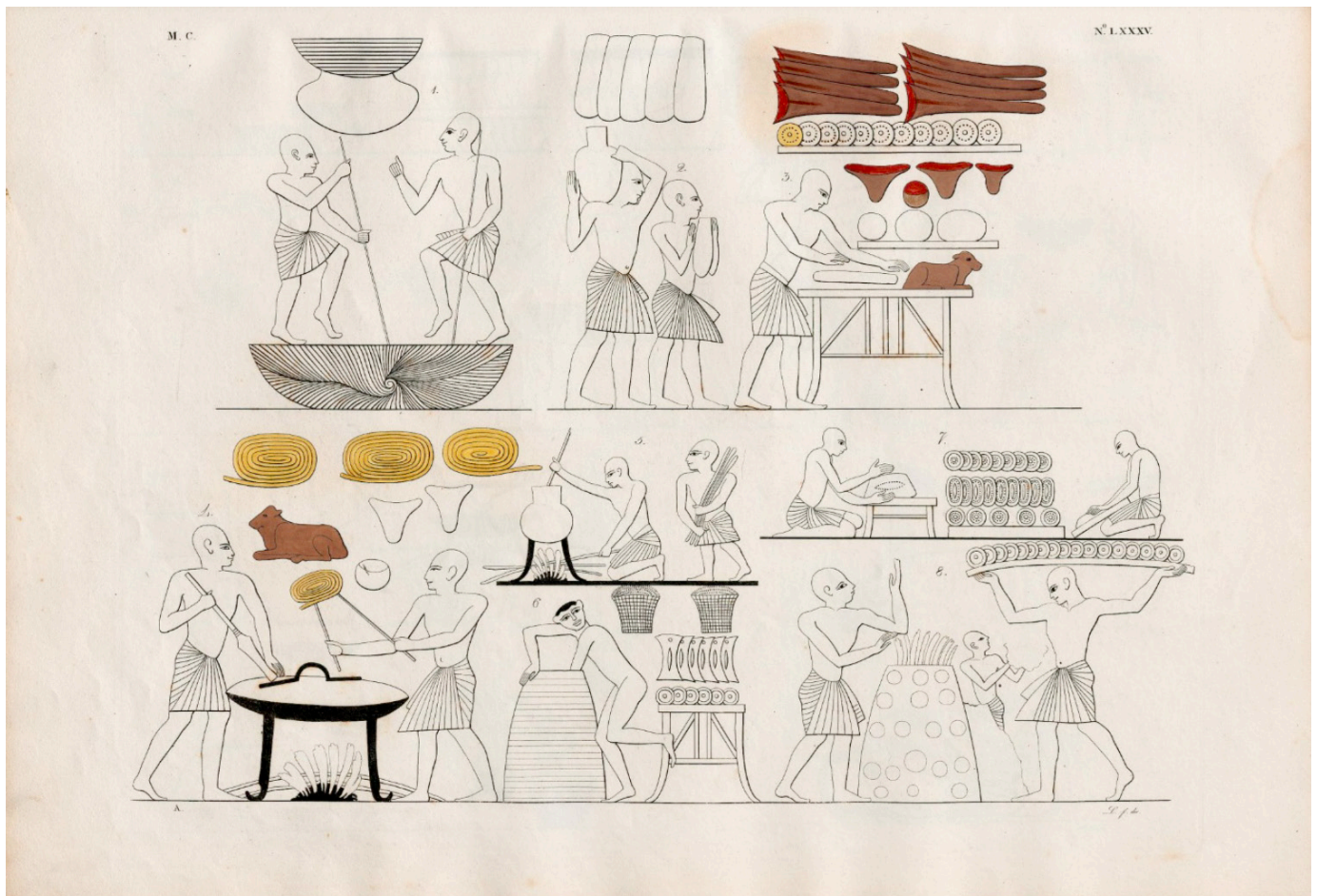


RAMSES III BREAD

Bread and beer were two very important foods in Ancient Egypt. In fact the Egyptians are credited with inventing beer! Bread and beer have one very important thing in common: yeast. Yeast makes the bread rise and makes the beer alcoholic.

In ancient Egypt, they used wild yeast for both beer and bread. These days we can buy yeast in a packet, which makes baking easier! If you want to be really authentic, you can make your Egyptian bread using a sourdough starter, but if you don't already have a sourdough starter, normal dried yeast will be fine!

This bread is shown on the walls of the tomb of Ramses III, so you'll be eating bread fit for a King!



Recipe:

- 500g Wholewheat bread flour
- ½ tbsp honey
- 1 tbsp dry yeast OR a sourdough starter
- ½ tbsp salt
- Grape juice



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Method

1. If you're not using a sourdough starter, activate the yeast. Put a splash of boiling water from the kettle into a cup, and add the same amount of cold water. Add the yeast and honey and stir. Leave for 15 minutes or until the yeasty water starts to bubble.
2. Put the flour and salt into a large mixing bowl and add the yeast water. Mix by hand until it starts to stick together.
3. Add the grape juice. How much you need depends on much water you added to the yeast. Add the grape juice a little at a time until the dough starts to come naturally away from the side of the bowl as you're mixing it. It shouldn't be too dry.
4. Lightly flour your worktop and turn the dough out onto it. Knead the dough for 10 minutes or until it starts to stretch when you pull at it.
5. Put the dough back in the bowl and cover it with a clean tea towel. Put it somewhere warm to rise. In Egypt you could put it in the sun, but in Britain you'll probably need an airing cupboard or a radiator!
6. Leave the dough to rise for about an hour.
7. When it has doubled in size, turn it back out onto the floured worktop and cut it into 4 pieces.
8. Roll each piece into a long sausage and then coil it up like a snail's shell
9. Cover it back over and leave to rise another 30 mins.
10. In the meantime, preheat the oven to 240°C and bring a shallow pan of water to the boil.
11. Put the spirals into the water one at a time and boil them for around a minute.
12. Take the spirals out and lay on a clean tea towel to dry off any excess water, then put them on an oiled baking tray.
13. Bake them for around 10-15 mins depending on how thick you rolled your spirals, until they are golden on top.
14. Allow to cool on a rack and then enjoy!

