

# Pompei Arculata

Ringed bread found and reconstructed from a specimen in pompeii.

## Notes

A single loaf is 85g to match the approximate size of the specimen. It's recommended that out of the number that you make, some should be for offering. Additional ingredients are sesame seeds (for the Greek 'koulouria') and nigella seeds (for the Turkish 'simit') and a glaze made from honey and water (4:3). Commonly paired with dried figs, prunes and chestnuts. To be formed into a ring.

A fresco in the Catacombs of St Callixtus shows 5 loafs of this bread, with its distinctive ring shape, alongside a fish; a reference to Jesus' miracle of the 'Feeding of the Five Thousand'. It was also found across Greek and Roman territories.

## Ingredients

|                   | Bakers % | 500g total | 1kg total | 2kg total | 3kg total | 4kg total |
|-------------------|----------|------------|-----------|-----------|-----------|-----------|
| Flour             | 54%      | 156        | 312       | 624       | 936       | 1249      |
| Wholewheat Flour  | 46%      | 133        | 266       | 532       | 798       | 1064      |
| Water             | 52%      | 150        | 301       | 601       | 902       | 1202      |
| Honey             | 12.3%    | 36         | 71        | 142       | 213       | 284       |
| Sourdough Starter | 8%       | 23         | 46        | 92        | 139       | 185       |
| Salt              | 1.5%     | 4.34       | 9         | 17        | 26        | 35        |