

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 loaves 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