

HAPALOS ARTOS (SOFT ROMAN BREAD)

Another bread from Athenaeus and his book, *Deipnosophists* (aka *The Partying Professors*). Athenaeus describes this Greek bread as made with “a little milk and sufficient olive oil and salt.”

We call this an ancient version of a soft hamburger bun. It’s

the oldest recipe for enriched bread that we looked at, and it also included sugar, which was unusual. We had to use our know-how to turn this very sketchy recipe into a loaf of bread.

INGREDIENT	WEIGHT	VOLUME	%
Bread flour	582 g	4⅓ cups	100
Water	182 g	¾ cup	31.27
Milk	131 g	⅔ cup	22.51
Olive oil	87 g	½ cup	14.95
Instant dry yeast (osmotolerant)	8 g	1 Tbsp	1.37
Sugar	5 g	1¼ tsp	0.86
Fine salt	12 g	2½ tsp	2.06

For salt and other notes, see pages 4-viii–4-xi.

PROCEDURE

- ① Mix the ingredients in a mixer’s bowl on low speed for 2 minutes. Cover and rest the dough for 10 minutes. Mix on low speed until the dough has reached medium gluten development (see page 3-88).
- ② Transfer the dough to a lightly oiled, thick plastic tub or bowl, and cover with a lid or plastic wrap.
- ③ Bulk ferment for 1½ hours, performing one fold after 1 hour (see page 3-129). Rest the dough, covered, 30 minutes after the fold.
- ④ Transfer the dough by gently turning the tub or bowl onto a well-floured work surface.
- ⑤ Preshape the dough into a boule (see page 3-152).
- ⑥ Rest the dough 15 minutes.
- ⑦ Shape the dough into a boule (see page 3-152).
- ⑧ Transfer the dough to a wooden board, the back of a sheet pan covered with a floured couche, or a lightly floured, linen-lined wicker basket.
- ⑨ Proof the dough, well covered, for 1½ hours at 21 °C / 70 °F. Perform the fingertip test to check for proper proofing (see page 3-223).
- ⑩ Transfer the dough onto a peel or loader (see page 3-336).
- ⑪ Load the dough into the oven, and bake as instructed for the large boule in the Brioche Baking Times and Temperatures table on page [4-221](#).
- ⑫ Remove the bread from the oven, and cool on a wire rack.
- ⑬ Consume within 1 day or freeze up to 2 months.

NET CONTENTS		
Ingredients	Weight	%
Flour	582 g	100
Water	297.45 g	51.10
Salt	12 g	2.06
Yeast	8 g	1.37
Sugar	11.60 g	1.99
Fat	91.26 g	15.86
Yield	1 kg	

