

# Sempre Affamato

Southern Italian Cooking School



## About this bread

This bread reminds me of my child hood making what we called “Italian bread” at my Aunt’s in the Forno. As I found out latter that this bread is called ciabatta, which translate to slipper.

I like the spelt flavour as it gives nutty texture, as well is a nod to times gone by when wheat flour was hard to come by. This bread is a true southern Italian classic.

## Steps

1. Mix ingredients
2. Knead dough for 10 minutes
3. Rest for 24 hours
4. Bake

## Ingredients

200 grams of spelt flour

350 grams of strong flour

1 teaspoon of dried yeast

2 teaspoons of salt

1 tablespoon of olive oil

425 ml of warm water

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# Instructions

- Place flours in large mixing bowl and add yeast and mix through.
- Slowly pour in water and mix with wooden spoon until incorporated.
- Add salt and olive oil and mix through.
- Dust bench with a little flour and scoop out dough and commence kneading for around 10 minutes. Note – this mixture will be stickier than normal bread dough.
- Alternatively, use a stand mixture with a dough hook and mix on a low setting for 10 minutes.
- Transfer dough mixture to another bowl that has been oiled with olive oil, as this prevents the dough from sticking to the bowl.
- Cover dough with backing paper and then a tea towel and let sit in a warm area for 24 hours. You may need to move the bowl around during the day to find the warm spots.
- Resting for 24 hours allows the dough to get a thick crust, which is required for a typical ciabatta.
- Line a baking tray with baking paper and a dusting of spelt flour. Both needed to stop bread from sticking.
- Dust your hands with spelt flour and scoop dough out of bowl, ensuring the dough crust is facing upwards on the tray.
- Dust hands again with flour and form a loaf shape with the dough. Cover and let rest for 1 hour.
- Preheat oven to 190 degrees. Fill a skillet or oven tray with hot water and place on bottom of oven. The water will create steam, which will keep the bread moist and give a thicker crust.
- Bake in oven for 25 – 30 minutes. You will know it is cooked when you tap the bottom of the loaf and it sound hollow.
- Cool on a wire rack for at least 1 hour to allow the crust to form.