Barley Flatbread

This Saxon recipe was common across Britain and Scandinavia and is referred to in some texts as *Osyrat Kornbröd*. It was normally baked on a firepan, an iron plate about 30cm in diameter with a long iron handle about 1 metre long. This pan could be placed on the edge embers of an open fire.

Ingredients:
3 cups of barley flour
1 cup of water

Honey, herbs or crushed flax seeds (dark linseed) could also be added for flavour.

Mix the ingredients to form a stiff dough. Warm a griddle to medium hot. Divide the dough into small rounds about the size of a squash ball and flatten between your hands.





Place on the griddle for about a minute, turning to cook both sides. Eat whilst still warm.





Measurements in Saxon times would have been made with whatever was at hand. For this recipe, a cup is about 200 grams or about 300 ml. Proportions and texture are more important than accuracy.

Historical Bread Recipe