Barley Bread

This is a Saxon recipe which was also used by Vikings and other Northern European people. This bread is a leavened flatbread which is baked on a griddle or firepan.

Ingredients:

2 cups of barley flour
2 cups of wheat flour (*Einkorne or Emmer*)
Yeast starter (or dried yeast)
A spoon of honey
Water

Mix all of the ingredients into a stiff dough – usually in a wooden bread trug – and leave to stand for about an hour. Warm your griddle to a medium heat.





Form the risen dough into rounds about the size of a tennis ball and press flat in the palms of your hand – to about the size of an outstretched hand. Press a cross into the dough using the back edge of a knife blade when it is on the griddle. Cook on one side for about a minute then turn over and finish cooking on the other side.



Eat when cooled, “the burnt bits are the best bits”…..Bread would be served with stew or porridge, meat or fruit.

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