Saxon Pan Bread

During Saxon times, bread was baked on a griddle plate with a long handle. Such a pan could be placed over the embers at the edge of an open file to warm up. The handle could be stabilised by resting it on a forked stick pushed into the ground.

Ingredients:

6 cups of whole wheat flour (einkorn or emmer)
2½ cups of whey or buttermilk
1 fresh egg

Optional; toasted stinging nettle leaves or toasted crushed nuts.

Beat the egg and buttermilk and add to the flour. Mix the ingredients thoroughly and add any optional flavours, as available. You are aiming for a stiff dough texture.





Warm the griddle to medium hot.
Form the dough into hand sized flat breads about 1cm thick or less. Bake on the griddle on both sides until done. Eat fresh.





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