Pan Bread

This type of bread was found in central and southern Europe in Saxon and Norman times and used spelt, emmer or atta wholemeal flour depending upon what was available. The bread would have been cooked on an open fire using a griddle pan with a long handle.

6 measures of wholemeal wheat flour
2½ measures of whey or buttermilk
1 egg
Butter or lard for coating the griddle pan

Mix the egg and buttermilk – add to the flour and mix to a stiff dough. Kneed for a short while to set the dough and form into small balls about the size of a tennis ball.





Heat a griddle pan to a medium heat (too hot will burn the bread before the inside is cooked). Form the balls of dough into flatbreads in the palms of your hand and grease the hot griddle with fat. Cook the bread on both sides until done and eat whilst fresh.



Historical Bread Recipe