Pease Bread

When wheat flour was scarce in the Summer, before the next harvest, millers and bakers would look to other grains and sources of flour. This situation did not occur every year, but it would be a problem the year after a poor harvest.

Wheat would always be kept aside for the wealthy customers, but the poor would be limited to other grain breads at such times. If barley flour and rye flour were also scarce, then peas and beans would be milled to make “pease flour”. This could then be mixed with other grains or bran and husk to give a “make do” kind of bread which would provide food until the new grain was available. Pease bread was very variable in its content and quality, from wheat and pea flour at one end of the spectrum to bean and bran at the worst instance.

Ingredients A	**Ingredients B**
300g whole wheat flour	500g Bran
300g Pea flour	200g Bean flour
Yeast and water	Yeast and water

Mix the dry ingredients and add the yeast and water. Mix to a stiff dough and kneed thoroughly. Form into small round loaves and leave to rise for 30 minutes. Press a thumb into the centre of the dough ball to signify that the bread is not all wheat bread. Bake at 170° for 25 minutes and leave to cool on a wire tray.







Historical Bread Recipe