Riddle Bread

This type of bread was popular in Yorkshire, Lancashire and the Lake District throughout late 18th Century and into the first half of the 19th Century. It is an oat-bread that was very cheap to make and sell, appealing to the working man as a good option for lunch. It was eaten well-buttered, and often with cheese, sliced onion and strong ale.

Ingredients

300g Oatmeal flour
50g Sourdough yeast starter
Warm Water



The oatmeal can be wholegrain or sifted for a better quality product, though wholegrain was normal. Mix the oatmeal and sourdough starter with enough warm water to make a firm dough. The oatmeal will be sticky to handle at this stage and become pliable with the first knead.



Prove for half an hour then re-knead the dough, placing it onto a baking sheet and then using a rolling pin to produce a flat round loaf. After half an hour, press the surface deeply with a skewer to make a riddle shaped pattern on the top. Bake at 200°C for 15 minutes and cool on a rack.





A more likely picture would be of a rough and rind covered lump of cheese and a pewter tankard of ale.

Historical Bread Recipe