Barley Bread



Barley flour is quite fine and will often contain a few gristy bits when milled. It is generally softer than wheat flour and has less gluten. For best results, barley flour should be mixed with strong wheat flour in a 1:1 ratio. This will give the loaf a better rise.

200g barley flour mixed with 200g strong white flour.
5g dried yeast
5g sugar
25ml mild olive oil
300ml warm water

Mix the dry ingredients in a large bowl using a whisk to combine the flours evenly. Add the oil and most of the water and work into a stiff dough. Dust with flour and knead into a firm dough ball. Cover and prove for an hour.

Knock back the dough and kneed thoroughly. Shape into a round loaf shape on a dusted baking tray and leave to prove for a further half hour or more, until the dough had doubled in size.

Bake in a hot oven at about 210°C for 25 minutes and cool on a rack for at least an hour.





Barley bread will have a firm crust and a distinct barley taste. It is a sweeter bread that cuts well and toasts well. It also works well as an accompaniment to cheese and makes an interesting sandwich.

For a finer loaf use sifted barley flour and this will give a very soft bread with a firm crust. Also, barley four alone will produce a bread suitable for wheat intolerant people. The dough will not rise as well, but the flavour is good.