

Viking Bread Recipe

Ingredients

- 3 cups whole wheat flour
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 cups water
- 3/4 cup rolled oats
- 1/3 cup rolled oats {for sprinkling on top}



Instructions

- Mix all dry ingredients and then add the water.
- Stir all of the ingredients with a wooden spoon until you can't stir any more.
- Then, knead the dough with damp hands until flour is completely incorporated.
- Finally, form the dough into a round, place it on a baking stone sprinkle with reserved oats, and place it in a cold oven.
- Turn the oven to 375-degrees, and leave it alone for an hour.
- After an hour, pull the bread out of the oven, let it cool slightly, then **rip it apart in chunks like a Viking** (or cut it in nice wedges) and drizzle honey on it.



Spiced Oat cakes

The Vikings were farmers, but they traded too and a well off farmer might have used spices on special occasions. Don't go mad with them! They would have been terribly expensive and very precious.

When cooked, these cakes are a little like a crumbly flapjack.

- 250g oats (use Scottish porridge oats)
- 125g unsalted butter
- 50g chopped dried apricots or dried apples
- 4 large tablespoons runny honey
- 1 level teaspoon of ground cinnamon

- Weighing scales
- Large saucepan
- Wooden spoon
- Greaseproof paper
- Baking sheet

1. Preheat oven to 180C

2. In a large saucepan over a low heat, melt the butter and remove from the heat

3. Stir in the oats, dried fruit and honey until well mixed

4. Spoon dollops of the mixture onto a well greased baking sheet and flatten slightly

5. Bake in the oven for 10 – 12 minutes or until golden

6. Gently lift cakes onto a wire rack and leave to cool

