



DURHAM  
CATHEDRAL  
EDUCATION

## Anglo Saxon Bread



Anglo Saxons would have used this very basic 'bread' recipe to fill out their diet. It only has two ingredients and they would have used any type of grain they had to grind the flour. Our flour today is specially filtered so that we perfectly smooth flour but the Anglo Saxon's flour would have been very coarse and may have even had bits of grit in that hadn't been spotted in the flour making process!

## What you will need:

- 1 cup of flour (any type, Anglo Saxon used whatever they had!)
- Water to mix
- Bowl
- Frying pan or griddle pan

Mix the flour and the water (a little at a time) together in a bowl.

Knead the mixture for 5 minutes until there is a smooth texture.

Flour your hands then divide the mixture in half. Shape the two pieces of dough into flat disks.

Pop them straight into a hot pan (ask for an adult's help), cook on both sides. Serve warm with a little butter and then enjoy eating like a Anglo Saxon!