



DURHAM
CATHEDRAL
EDUCATION

Viking Oat Cakes



Vikings would have eaten these nutritious oatcakes either fresh from the griddle or let them cool and store them.

Remember they would have to grow or trade for the ingredients, grind the flour by hand and set the fire before they could even start on the recipe!

What you will need:

- 125g of wholemeal flour
- 60g of porridge oats
- Pinch of salt
- 1 dessert spoon of vegetable oil or other fat such as butter or lard melted (when melting ask for an adult's help)
- Water to mix

Mix all the ingredients together in one bowl.

Cover the bowl with a clean tea towel and leave somewhere warm for 30 minutes. This could be on a windowsill in the sun or next to a radiator.

Divide the mix up into 50p sized balls (you may want to flour your hands to stop the mixture sticking). Squash into a thick flat disk no thicker than 0.5cm.

Pop them straight into a hot pan (ask for an adult's help), cook on both sides turning regularly until golden brown. Either serve warm or leave to cool and store for later.