

Cooking with Mrs Roberts

Viking Bread Recipe



This Viking bread recipe is fun because you can use all the dough to make one big loaf and then rip it apart with your bare hands to share with your family. You can also divide it into smaller loaves so everyone gets their own loaf to tear into. Enjoy!!

You will need help from an adult when using the oven – be very careful and don't forget to wash your hands before and after cooking.

Ingredients for Viking Bread Dough

(Think it is an American recipes hence the 'cups')

- 3 cups whole wheat flour
- 2 cups all purpose flour

This traditional recipe is meant to be a combination of whole wheat and normal flour but you can use whatever flour you have. I used self raising.

- 1 cup oats (porridge)
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups water

Topping

- 1/3 cup oats (porridge)

Equipment

- Large mixing bowl
- Wooden spoon
- Cup
- Oven tray
- Baking paper (optional but will help to prevent the bread from sticking to the tray in the oven)

Instructions

1. DO NOT preheat the oven.
2. In a large bowl, combine the flour, oats, baking soda and salt.



3. Add the water and stir with a wooden spoon until it is all mixed in and starts to form a dough.



4. Knead the dough with your hands for a few minutes until all of the ingredients are combined.



5. Place the dough onto an oven tray lined with baking paper or an oven stone and sprinkle the remaining oats on top of the dough.



6. Place the bread in the oven and turn it on to 190 degrees.
7. Bake for 1 hour or until the top is starting to turn golden brown.
8. After an hour and with an adult, take the bread out of the oven and let it cool for a few minutes.



9. While you are waiting for it to cool down make sure you help with the clearing up!!!

10. Enjoy with butter and traditionally honey – delicious!!

