Make Viking bread!

Vikings were not only accomplished adventurers and warriors, but also skilled farmers. They grew many grains and cereals including oat and millet and really liked rye and barley. All of these would be ground up into flour and used to make hearty bread, porridge and beer.

The Vikings loved a sweet treat as well. They were known to like their porridge with berries, apples and all kinds of nuts mixed in, and topped with honey.

Ages 7–11



This whalebone Viking plaque, used as serving platters or possibly as chopping boards, in the British Museum collection, comes all the way from Norway and dates back to the ninth century. Take a closer look on Collection online and see if you can spot the two horse heads carved into the top.



Whalebone plaque, Norway, 9th century AD.

You'll need:

400g wholemeal bread flour

270g plain flour

80g rolled or old-fashioned oats

1tsp bicarbonate of soda

1tsp salt

470ml water

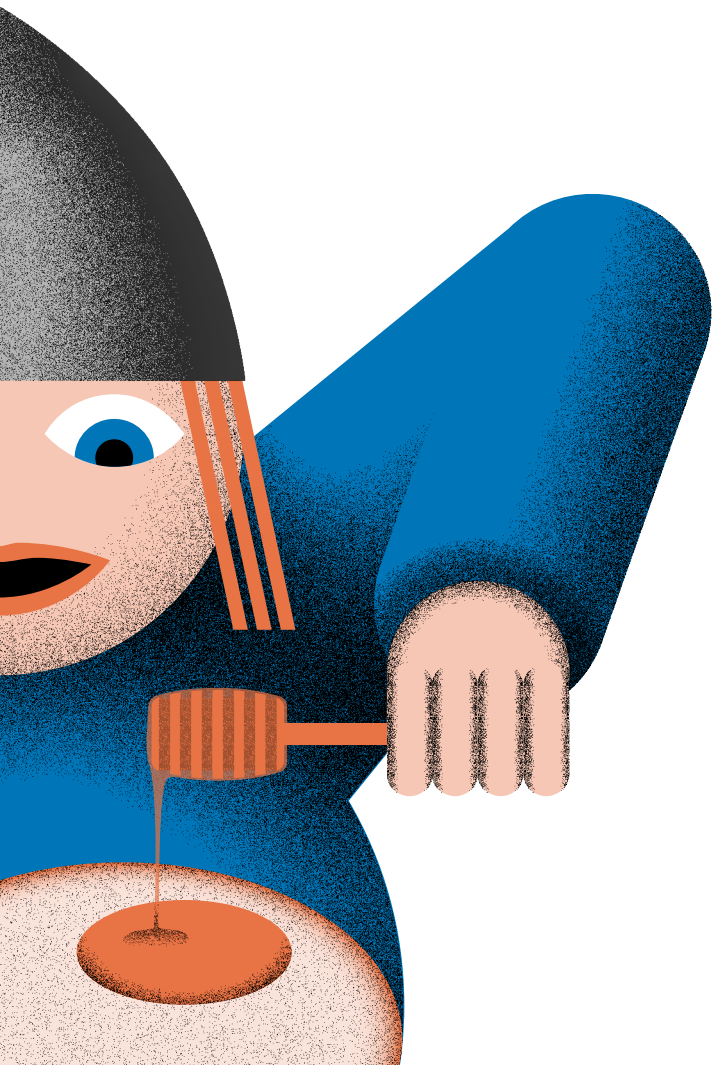
Baking tray

Baking parchment

Dried fruit and/or nuts (optional)

Extra rolled oats for topping (optional)

1. In a large bowl, combine the wholemeal bread flour, plain flour, oats, bicarbonate of soda and salt.
2. Add the water and stir with a wooden spoon until it is mixed. You can also mix dried fruit and/or nuts into the dough.
3. Knead the dough in the bowl with your hands for a few minutes until dough is smooth and elastic.
4. Divide into six even balls. Place onto a baking tray lined with baking parchment. Sprinkle the extra oats on top if you wish.
5. Place the baking tray into the oven and bake at 190°C/fan 170°C/gas mark 5 for 25–30 minutes, or until the tops start to turn golden brown.
6. Carefully remove the tray from the oven and let your bread cool.



This Viking bread is super tasty on its own or, if you like, tear your rolls apart and spread them with some butter or drizzle with honey! Enjoy!

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