

# Make your own Viking bread

The recipe is based on an analysis of Viking Age bread, found in Birka, Sweden.

*About 150 g barley flour*

*About 50 g wholemeal flour*

*2 tsp crushed flax seeds*

*About 100 ml water*

*2 tsp lard or butter*

*A pinch of salt*



*Viking Age bread  
made of barley*

Work all the ingredients together into a dough and knead. If the dough is too wet or hard, add flour or water. Let the dough rest cold for at least one hour, preferably longer.

Shape the dough into flat cakes (about 1/2cm thick). Bake them in a dry cast iron pan on the stove over medium heat, a few minutes on each side, or in the oven at 150 degrees, for 10–13 minutes.



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