

Viking Bread Recipe!!!

This is heavy bread, most likely what you read about when you come across references to “brown bread” in history or historical fiction books. While I wouldn’t recommend it as a substitute for your Italian bread, **it was really good as a snack – warm from the oven and drizzled with honey** – we read that the Vikings likely ate it with honey, so that’s what we did, too.

Ingredients:

- 3 cups wholemeal flour
- 2 cups plain flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 cups water
- 3/4 cup rolled oats
- 1/3 cup rolled oats {for sprinkling on top}
- Honey (for drizzling)
- Butter for spreading?!?

Instructions:

- Mix all dry ingredients and then add the water.
- Stir all of the ingredients with a wooden spoon until you can’t stir any more.
- Then, knead the dough with damp hands until flour is completely incorporated.
- Finally, form the dough into a round, place it on a baking stone sprinkle with reserved oats, and place it in a cold oven.
- Turn the oven to 190-degrees, and leave it alone for an hour.
- After an hour, pull the bread out of the oven, let it cool slightly, then **rip it apart in chunks like a Viking** (or cut it in nice wedges) and drizzle honey on it.

