

## A Modern Recipe for Viking-era Flatbread

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<http://www.hurstwic.com/>

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cooking bread on the fire at the reconstructed [Viking-age longhouse](#) at [Eiríksstaðir](#) in Iceland

We routinely make bread at our Viking feasts that is delicious and always well received by guests. We don't really know what sort of bread Viking families made and ate, but this recipe is consistent with the [ingredients and techniques](#) that would have been available to Viking era households.

The recipe originally came from the [viking.no](#) website (no longer operating) and was downloaded in 1998.

I've modified the recipe several times to improve it. Here is the modified recipe, with American units of measurement, along with metric units. I have not tested the metric version, so please use with caution.

- 7 cups (900 g) of flour. I use a mixture of wheat, barley, oat, and rye flours. Old-style stone-ground flour is better than modern commercial flour.
- 3 cups (750 ml) of buttermilk
- 1 egg
- 1 dash of salt
- ¼ - ½ cup (60-100 ml) of honey
- ½ - 1 cup (100 g) nuts, such as chopped walnuts

Mix and knead the ingredients thoroughly. I use an electric mixer with a dough hook to knead the dough. The dough is thick, moist, and sticky. Caution: a regular, home electric mixer isn't up to the task, unless you make small batches.

Using your hands covered with flour, form the dough into small balls, about 2-3 inches in diameter (5-8 cm). At this point, the dough can be refrigerated or frozen until it is needed.

To bake, press the balls flat, about ½ inch thick (1 cm), and bake on a flat pan greased with butter over the fire. Turn the bread once, to cook on both sides.

When done, the bread is light brown and sounds hollow when tapped, about 2-3 minutes on each side. Eat the bread warm.



bread cooking on a flat pan under the stew pot  
at a recent Hurstwic feast

If you try the recipe, we'd like to hear from you, especially if you have some modifications that make it even better.

Contact us by e-mail at Hurstwic [here](#).

