



# The Vikings

Art & D.T. - L.O. To write out a recipe  
and bake some Viking bread.

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## Key Words

**Settlements** - a place where people establish a community.

**Hearth stone** - a flat stone used for cooking

**Tradition** - customs or beliefs from generation to generation

**Recipe** - a set of instructions for preparing a particular dish, including a list of the ingredients required.

**Knead** - massage or squeeze with the hands.

**Invaders** - Norseman, Northman any of the Danes, Norwegians, and Swedes who raided countries by sea.

**Settlers** - Vikings that travelled from Scandinavia to Britain.

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# The Vikings - Settlers

Vikings travelled from Scandinavia to Britain. They mostly settled in the Danelaw, to the north and east of England.

Some Norwegian Vikings or 'Norse' sailed to Scotland. They made settlements in the north, and on the Shetland and Orkney Islands.

Vikings also settled on the Isle of Man and often raided Wales, but few made homes there. In Ireland, the Vikings founded the city of Dublin.



Over 10,000 people lived in Danelaw (known as Northumbria, East Anglia, and the Five Boroughs). It was an important place to trade goods including all different types of bread.

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# Viking Bread

During the Viking Age bread was most often baked in the form of flat cookie on embers, directly on the hearth stone, or on frying pans. There were also occasional vaulted baking ovens for larger loaves of bread.

When the Viking's settled in England they would share the recipes with their new wives and have them recreate their childhood memories. The richer you were the finer bread you ate and Viking tradition was to eat it warm from the oven with some sweet honey (yum!).

© Can you find the names of three different types of popular Viking breads?  
(email me your answer along with your work!)



Viking Age breads would use ingredients like oats, rye, wheat, pea flour, bark, flax seed, grains, mashed acorns, hazelnuts, roots and weeds.

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# Viking Bread Recipe

Whenever we cook or bake something we always need to look at the ingredients and method before we start to make sure we have everything we need and we can prepare for the cooking..

I've come across a problem! I need you to write the recipe out for the Viking bread but some of the words have been muddled up and the instructions are in the wrong order!



## Starter Task!

Can you write out this recipe correctly before you bake?

Go to the next slide to see what a mess we're in!

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### Starter Task!

Can you write out this recipe correctly before you bake?  
Some of those words in the ingredients don't look right!

### Method

1. Finally, turn the oven to 190°C, and leave it alone for an hour.
2. Next, Stir all of the ingredients with a wooden spoon until you can't stir any more.
3. 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.
4. Then, knead the dough with damp hands until the flour is completely incorporated.
5. When it's fully mixed together, form the dough into a round, place it in a baking tin or on a baking tray and sprinkle with reserved oats, and place it in a cold oven.
6. First, mix all dry ingredients and then add the water.

### Ingredients

- 385g whole theaw lofur
- 155g all-purpose lofur
- 1 tsp. baking doas
- 1 tsp. last
- 475ml wreat
- 115g rolled sato
- 35g rolled sato (for sprinkling on top)
- 3 tbsp. yohen

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# Viking Bread Baking! - Children at home

Don't forget  
to wash your  
hands!!

Ok! Now we have the recipe in the right order and everything makes sense in the ingredients - let's start baking!

## Adult Supervision

Please remember to always have adult supervision when using kitchen utensils. Also please make sure your adult is operating the oven.

## Equipment

- You will need -
- Your ingredients and recipe
  - An apron or old t-shirt
  - Mixing bowl
  - A wooden spoon
  - Weighing scales
  - Bread baking tin or baking tray

## Lesson

Please do not worry if you cannot do the bread baking. Still email me over your recipe in the right order and we will all share some bread baking results next week!

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# Viking Bread Baking - The Recipe

## Ingredients

- 385g whole wheat flour
- 155g all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 475ml water
- 115g rolled oats
- 35g rolled oats (for sprinkling on top)
- 3 tbsp. honey

## Method

1. First, mix all dry ingredients and then add the water.
2. Next, Stir all of the ingredients with a wooden spoon until you can't stir any more.
3. Then, knead the dough with damp hands until the flour is completely incorporated (mixed in).
4. When it's fully mixed together, form the dough into a round, place it in a baking tin or on a baking tray and sprinkle with reserved oats, and place it in a cold oven.
5. Finally, turn the oven to 190°C, and leave it alone for an hour.
6. 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.