

Taste the Hills



Recipes and Tips

Iron Age flat bread

Einkorn is the earliest type of wheat grown and eaten by people; it produces a flat seed head with two symmetrical rows of very small grains. Barley is another early type of grain grown. This flat bread has a nutty flavour. Eat it by itself or with a stew, as people would have in the Iron Age.

- 1 tablespoon barley flour
- 1 tablespoon einkorn flour
- 1 teaspoon butter
- enough water to bring together

Put the two flours in the bowl and then rub the butter in. When the butter is rubbed into rice sized pieces or smaller, mix with just enough water to be able to pick it up in your hands and roll into a ball and then flatten.

Heat a skillet to medium hot and cook on both sides until brown. Cool for a minute and then eat.

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