



# Make Viking Flatbreads

Try this tasty flatbread recipe, fit for a Viking.

To make bread, the Vikings would have to grind their own grain to make flour. They would cook the bread over an open fire.

## You will need:

### Ingredients:

(Makes 4 flatbreads)

- 225g plain flour



- ¼ teaspoon salt



- 1 tablespoon honey (optional)



- 120ml water



### Equipment:

- a large bowl



- a wooden spoon



- a rolling pin



- a small bowl



- a measuring jug



- a large non-stick frying pan



## Method:

1

Wash your hands.



2

Mix the flour and salt together in a large bowl with a wooden spoon.



3

Add the honey (if using) and gradually pour in the water. Stir the mixture until it makes a thick dough.



# Method:

- 4** Sprinkle flour onto a clean work surface and tip the dough out of the bowl.



- 5** Knead the dough with your hands until it is smooth.



- 6** Put some flour on your rolling pin and roll out the dough until it is 1cm thick.



- 7** Use something round like a small bowl to cut out round shapes from your dough.



- 8** Ask an adult to put a large non-stick frying pan over a medium-high heat and ask them to cook each flatbread for 1-2 minutes on each side until golden brown.



- 9** Make sure that you don't touch the pan or the breads. Leave them to one side until they're completely cool.



- 10** Once cool, tear it with your hands like a Viking. Eat it drizzled with your favourite topping.

