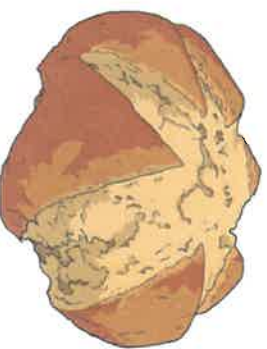


Royal bread recipe

What you need:

- 390 grams of whole wheat flour.
- 260 grams of all-purpose flour.
- 1 teaspoon of baking soda.
- 1 teaspoon of salt.
- 235ml of water.
- 100 grams of rolled oats.
- Baking tray.



Instructions:

- Mix all of the dry ingredients and then add the water. Stir all of the ingredients with a wooden spoon until you can't stir anymore.
- Then, knead the dough with damp hands until flour is completely mixed in.
- Finally, form the dough into a ball and place it on a baking tray. Sprinkle with rolled oats, and place it in a cold oven.
- With help from an adult, turn the oven to 190°C (gas mark 5) and leave it alone for an hour.
- With an adult's help, take the bread out of the oven and let it cool slightly, then rip it apart in chunks like an Anglo-Saxon!

Peasant bread recipe

What you need:

- 130 grams of flour (any type, peasants used whatever they had!).
- Water to mix.
- Bowl.
- Frying pan or griddle pan.



Instructions:

- Mix the flour and the water (a little at a time) together in a bowl.
- Knead the mixture for 5 minutes until there is a smooth texture.
- Flour your hands, then divide the mixture in half. Shape the two pieces of dough into flat disks.
- Pop them straight into a hot pan (ask for an adult's help), cook on both sides.
- Serve warm with a little butter and then enjoy eating like an Anglo-Saxon!