



Viking Soda Bread

Ingredients

- 200g plain wholemeal flour
- 200g plain white flour (plus a little extra to flour your work surface)
- 80g oats (plus a handful to use as a topping)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- 250ml warm water

Equipment

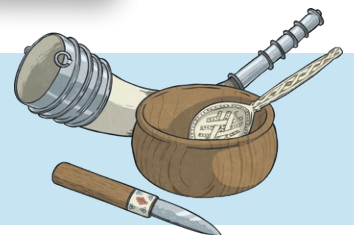
- large mixing bowl
- scales
- measuring jug
- wooden spoon
- baking tray lined with baking paper

Method

1. Mix together the plain flour, oats, salt and bicarbonate of soda in the mixing bowl, using the wooden spoon.
2. Add the water and stir well to form a thick dough.
3. Turn the dough out onto a lightly floured surface and knead with your hands for a few minutes.
4. Form the dough into a ball and flatten it slightly.
5. Place it on the lined baking tray and sprinkle some oats over the top.
6. Turn the oven to 180°C/gas mark 4 and bake the bread for 40 minutes. (The oven should not be preheated.)
7. Allow the bread to cool before eating.



Find out more about the Vikings with the Twinkl Originals story, 'History Hackers: Viking Voyage', available to download [here](#).



We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products - noting potential allergens included in the ingredients.



Viking Pea Soup

Ingredients

- 225g dried split peas
- 4 vegetable stock cubes (Vikings would have made their own stock)
- 2 cloves of garlic
- 1.5l water
- 30g unsalted butter
- handful of crispy bacon bits (optional)

Equipment

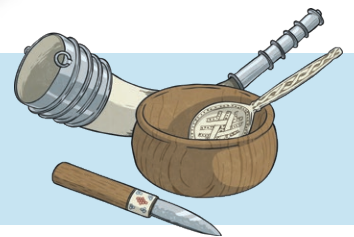
- scales
- measuring jug
- large saucepan
- sieve/colander
- chopping board
- knife
- wooden spoon

Method

1. Put the split peas in the saucepan and add enough water to cover them. Leave them to soak overnight.
2. Drain the water from the peas using the sieve/colander and rinse them using fresh water.
3. Peel the garlic cloves and then crush and chop them.
4. Place the peas, garlic, water, stock cubes and butter in the pan. Bring to the boil, stir and then cook over a low heat on the hob until the peas are soft. This should take around 50 minutes.
5. Serve the soup topped with some crispy bacon bits if you wish.



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Viking Apple Bacon

Ingredients

- 200g bacon medallions
- 1 onion
- 1 cooking apple
- $\frac{1}{2}$ teaspoon mixed spice (optional)
- pepper to taste
- 15g butter

Equipment

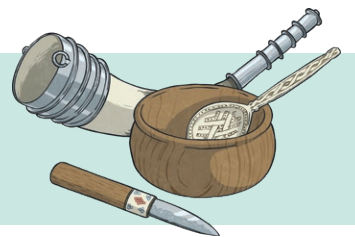
- scales
- large frying pan
- spatula
- peeler
- chopping board
- knife

Method

1. Peel and slice the onion.
2. Peel, core and slice the apple.
3. Cut the bacon into slices.
4. Heat the butter in the frying pan and fry the bacon slices on both sides over a medium heat until they are crisp.
5. Remove the bacon from the pan.
6. Fry the onion and apple slices in the pan, with the pepper and the mixed spice (if using), until they are soft.
7. Return the bacon to the pan, stir everything together and heat until the bacon is warmed through.



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Viking Pancake with Berries

Ingredients

- 100g plain white flour
- 75g plain wholemeal flour
- 450ml milk
- 3 large eggs
- 30g butter
- 150g blueberries

Equipment

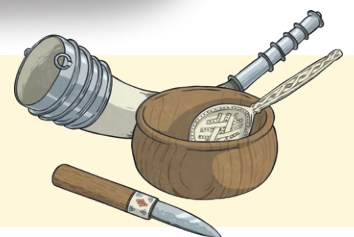
- scales
- measuring jug
- large mixing bowl
- whisk
- wooden spoon
- baking dish (with fairly deep sides)

Method

1. Preheat the oven to 210°C/gas mark 7.
2. Place the butter in the baking dish and heat up in the oven.
3. Put both types of flour into the mixing bowl and whisk in the eggs to make a thick batter.
4. Gradually, add the milk, whisking well and making sure there are no lumps in the mixture.
5. Stir the blueberries into the batter.
6. Carefully, remove the hot baking dish from the oven and pour the batter into it.
7. Bake for about 30 minutes, until the pancake has puffed up and is a golden brown colour.
8. Serve cut into pieces.



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