

Horse Bread

When the grain harvests failed, or in times of famine, poor people made bread by grinding up the dried peas which were usually fed to horses. The bread this pea flour made was dense and heavy but it was wholesome and filling.

This recipe use gram flour which is made from chickpeas peas - a reasonable alternative to grinding up dried peas by hand!

Ingredients

- 650 gram flour (or ground up dried peas)
- 1 teaspoon - 1 tablespoon salt (depending on taste)
- 450ml warm water
- 1 x 7g packet fast acting dried yeast
(or 15g dried yeast or 30g fresh yeast made up according to instructions)

Method

1. In a large bowl mix the gram flour, salt and yeast.
2. Make a well in the centre and add the water.
3. Bring the dough together using your fingers (add extra flour if the dough is too sticky).
4. Knead the dough on a floured surface for a few minutes until it feels smoother.
5. Make the dough into a ball, put back in the bowl, cover with a loose light cloth or oiled cling film and allow to rise in a warm place for about 2 hrs.
6. Knead again on a floured surface for about 1 min.
7. Make into a loaf shape (or smaller rolls) and place onto a greased non stick baking tray.
8. Leave to rise for another ½ hour.
9. Place in preheated oven 230c/450f/gas 8 and bake for approx 30 mins – until browned and sounding hollow when tapped on the bottom.
10. When cooked, leave to cool, covered with cloth, on wire rack.

NB cooking on baking sheets tends to make the crust harder. To create a softer crust, bake in deep cake tins.