

Clapbread

This is one of the least appealing Medieval bread recipes that I have come across. This bread survived well into the Tudor period. During the making of high quality breads by sifting flour through muslin cloth bags, there was a lot of bran and husk left over. This was used along with other remnants of flour from the days baking and probably the floor sweepings of flour from the mill and bakery to make cheap bread for sale to the poor. This type of bread does not have a strict recipe as it is essentially left overs baked on the day. It is high in bran and husk and low in nutrition.

Generous recipe:

200g bran mixed with 200g rye flour or barley flour
Yeast
300ml warm water



Mix into a stiff dough and leave to rise for an hour. Bake in a warm oven at about 180°C for about 30 minutes and leave to cool. Clapbread would have been put into the ovens after the last baking and the ovens would not be re-heated for this cheap bread. This was the poorest quality bread produced in any period of history.



This bread will not rise very well and it tastes very nutty, having a very chewy and hard texture. It has poor keeping quality and needs to be eaten on the day of baking to be edible. If it is stale it can be immersed in warm milk to soften it. This is referred to as "pobs".