

## Mescaline Bread

The word Mescaline comes from the French *miscelin* (to mix). The names Maslin and Miscellin were also used as corruptions of the word and they are linked to different dialects. This bread was made from a mixture of flours based on wheat flour and one or two other grains. Rye was commonly used and Barley was another cheap mixer. The exact mixture depended on the cost of the flours at the time and the cheapest option was always used to maximise profit. This was bread for the masses and it was baked as large loaves or small rolls (*you may want to halve or quarter the recipe*).

### Ingredients

- 1 kg stoneground wheat flour
- 600g rye flour
- 200g barley flour
- 2 tsp ground sea salt
- 1.5 litres warm water (30-40°C)
- 30g dried yeast and tablespoon of sugar

Mix the dry ingredients in a very large bowl. Add most of the water and mix into a stiff dough. Allow to prove for an hour, then knock back and knead thoroughly until the dough resists pressure. Using a large baking tray, form into a tall round loaf. Allow to prove for a further half hour. Bake in a hot oven (230°C) for 45 minutes, reduce the temperature by 10°C every 10 minutes. Allow to cool before using.

This recipe would be used in large houses and manors for the use of the staff and servants. The base of the bread may go to the top table as dining plates. The bottom of each loaf would be cut off about 2cm deep to be used as a trencher. This is a food plate from which to eat your meal. Often the bread trencher would be given to the poor and needy after the meal.

This type of bread was also made into small loaves or rolls for sale. For rolls, the cooking time needs to be reduced to 16-20 minutes depending upon the size of the rolls.

Normally, the baker would use a **sourdough starter** for each loaf. This is made by taking 200g of dough from the mix before baking. The dough is mixed with an equal amount of water and mixed into a loose state. This can be covered and it will ferment for a couple of days. This started would be added to the mix of a new batch of flour instead of yeast. Again 200g of dough would be recovered for the next started before baking the mix.