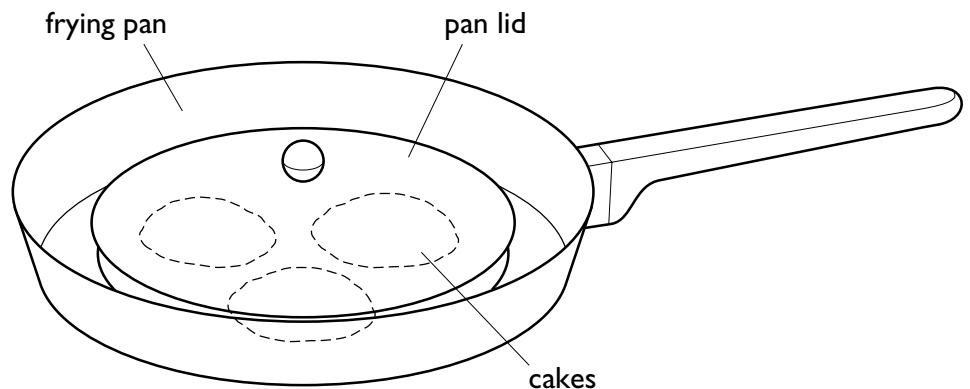


# Make Viking hearth cakes

Vikings used to make cakes of ground barleymeal and oat meal and put them on stones around the fire in the house. They may have placed a metal bowl called a cauldron over them to make an oven to help the cakes bake.

1. You will need some finely ground oatmeal, some barley flakes, butter, salt, a bowl, a tablespoon, weighing scales, a frying pan, a saucepan lid, oven and an adult to help you.
2. Grind the barley flakes with a mortar and pestel to make fine ground powder. If you cannot do this ask an adult to grind up some barley flakes in a food processor.
3. Measure out two tablespoons of oatmeal and put it in a bowl.
4. Measure out two tablespoons of barleymeal and put it in the bowl.
5. Weigh out 57 g of butter and add it to the bowl.
6. Add a pinch of salt.
7. Mix the butter, oatmeal and barleymeal together by rubbing the butter into the meal.
8. Divide up the mixture into three or four lumps and make into flat cakes about 6 cm in diameter and 1 cm thick.
9. Carefully place the cakes in the frying pan.
10. Slowly heat the frying pan and keep the heat supply low.
11. When the butter starts to melt and bubble, put the pan lid over them as the diagram shows.



12. Leave the cakes to bake for about an hour but check them regularly to see that the meal is not burning.
13. Switch off the heat and allow the pan to cool before removing the cakes.

# Make Viking hearth cakes

## Age range

- Years 3/4 (SP4/5).
- Years 5/6 (SP6/7).

## Resources

Copies of the worksheets, barley flakes and fine ground oatmeal (from a health food shop), butter, tablespoon, weighing scales, mortar and pestel, food processor, frying pan, saucepan lid, oven, adult supervision.

## Using the worksheet

This activity could be done at school if hygienic conditions can be provided. Alternatively it can be given out as an activity for the students to do at home with adult supervision. If you have done the previous activity on grinding oatmeal you may wish to remind the students of it when they are using a mortar and pestel. (Do not use oatmeal from activity 12b as the meal will not have been prepared in hygienic conditions.) The cakes can be made with meal ground in a mortar and pestel but there is less chance of the meal burning if it is ground finer in a food processor.

## Younger students

You may feel that younger students should only participate in the weighing, measuring and mixing part of the activity and the whole baking process is done by adults.

## Outcomes

The students can:

- Measure out amounts of materials.
- See how materials change.

## Older students

You may feel that older students can carry out most of the activities on the worksheet and only need adult supervision for activities around the oven.

## Outcomes

The students can:

- Follow instructions.
- Measure out amounts of materials.
- Follow procedures safely.
- See how materials change.