



KINGS LANDING

ALL ABOUT BROWN BREAD



OBJECTIVES

- Learn a brief history of bread making;
- Discover how villagers make bread at Kings Landing and;
- Learn to make brown bread at home.

GRADE LEVEL(S)

- Suitable for most ages from pre-school to middle school
- Assistance from an older friend or relative may be required for the baking activity

MATERIALS NEEDED

- bowl
- measuring cups and spoons
- knife
- bread pans
- water
- oats
- butter
- molasses
- dry yeast
- flour
- salt

A BRIEF HISTORY OF BREAD

The history of bread making dates as far back as humankind itself. Bread was a staple food in ancient agricultural civilizations in the Middle East, North Africa, Europe, Central Asia, and what is now known as North and South America. Baking techniques, basic ingredients, bread flavours and bread shape varied depending on the part of the world.

In this lesson, we will look at how settlers made bread, how bread is made in the Kings Landing Village and why brown bread is special.

From the Kings Landing Exhibit "Early Farming in New Brunswick: Bread"

Bread was a staple food for settlers. If you did not know how to make bread then it was likely you went hungry. There are accounts of early families who survived long winters on mostly bread and it was the basis of many early recipes. As Lydia Child wrote in her 1830 book, *The Frugal Housewife*, "with proper care, there is no need of losing a particle of bread, even in the hottest weather."

There were different ways of cooking bread. Settlers cooked bannock on a griddle beside a fire and an outdoor stone oven would bake large loaves. They cooked bread in a kettle on an open hearth or in a bake oven built into the side of the fireplace.

Bread recipes were simple and grains used included corn, rye or wheat flour. To make basic bread, the baker needed flour, water, salt and a starter or yeast to encourage the dough to rise. A starter usually consisted of a mixture of water and flour or mashed potatoes and hops. After mixing, fermenting and feeding for several days, it would be ready to add to the bread dough. If looked after, starters would last for months and sometimes years.



BAKING BREAD AT KINGS LANDING

Next time you visit Kings Landing, see if you can identify how each household bakes and cooks their food. Some houses might have more than one oven. Look around the home and ask yourself:

- Does the family bake and cook using an open hearth?
- Do they have a wall oven?
- Are they using a cast iron stove?

Each way of cooking and baking has positive and negative aspects. A cast iron stove makes it easy to keep the heat in, but it takes up a lot of space. An open hearth heats the whole room quickly, but it can be dangerous with the open flame.

What would be your favourite way to bake bread if you lived in one of the Kings Landing houses?

Next time you visit, chat with the people in the homes to see what information they have to share about their ovens and how they bake their bread.



OPEN HEARTH



WALL OVEN



CAST IRON STOVE

WHAT'S SO SPECIAL ABOUT BROWN BREAD?

A favourite menu item at the King's Head Inn Restaurant is the famous brown bread. Served warm with melting butter, it is a classic item guests enjoy with their meals. They can also purchase loaves at the Axe & Plough Café.

The question is: what makes brown bread so special?

Brown bread features many of the same ingredients as any other type of bread: flour, water, yeast and salt. For the brown bread made at Kings Landing, and like many brown bread recipes, the special ingredient is molasses. This ingredient is particularly popular in the Maritimes and in the New England States.

Molasses is a thick, brown substance that comes out of the process of making sugar. It can be used as added flavour in various food and drink recipes. In bread recipes, it adds a unique sweetness and makes the brown colour, resulting in the name of brown bread.

Check the next page for the recipe to make a loaf of brown bread at home!

Did you know? In England in 1307, two guilds formed for bread makers: one for those who made white bread and one for those who made brown bread. A guild is a group of people who do the same job or make the same thing and have power in their community. The two guilds were united by Queen Elizabeth I in 1569 under the The Worshipful Company of Bakers. Bread bakers, unite!



BROWN BREAD RECIPE

Ingredients

- 2 1/3 cups water
- 1 cup rolled oats
- ½ cup unsalted butter, softened
- 1/3 cup unsulfured molasses
- 5 tsp active dry yeast
- 5-6 cups flour
- 2 tsp sea salt

Directions

1. In a large bowl, make a warm oat mixture by adding hot water to the oats.
2. Stir in the butter and molasses.
3. Dissolve the yeast in the warm oat mixture made in steps 1 and 2 and let stand for 5 minutes.
4. Add 3 cups of flour and salt, mixing well.
5. Add the remaining 2-3 cups of flour as needed to make soft dough.
6. Knead until smooth and elastic.
7. Form the dough into a ball and transfer to a lightly greased bowl.
8. Cover bowl and let rise about 1 hour until it doubles in size.
9. Grease two 9 by 5 inch loaf pans using the butter.
10. Punch down the dough and cut it in half.
11. Roll into logs; place in prepared loaf pans seam side down.
12. Cover and let rise in warm place until they double in size; 45-60 minutes.
13. Preheat oven to 375F.
14. Bake until golden brown and sounds hollow when tapped on top, 40-45 minutes.
15. Let cool, slice and enjoy with butter, top with your favourite condiment, drizzle with molasses, make a sandwich, and more!



SOURCES

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FURTHER READING

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