



# Icelandic Rye Flatkøkur

(Flat Cakes or Flatbread)

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## The Recipe

Flatkökur is the oldest type of Icelandic bread. The tradition of baking flatbread in Iceland dates back to nearly 874 AD. It makes for a great side to any meal, dipped in honey or served with butter, smoked lamb, smoked salmon or trout.

## Ingredients

- 200 grams wheat
- 200 grams whole wheat
- 200 grams rye flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 500 ml boiling water

## To Finish

Blend the flour, baking powder and salt, then add the boiling water. Knead the dough, and roll out the dough. Cut into 10 pieces. Flatten each piece into a 3 mm thick round cake. Cut the cakes to form by using a plate to ensure they are all the same size. Stack them together and pierce the stack in several places with a pick. This helps the cakes bake evenly. Heat up a crepes pan on the stovetop. Use the highest heat available. Push the cakes down onto the pan to ensure they are evenly baked. Bake the cakes for 1 minute on each side before taking them off and dipping them quickly in cold water. Stack the cakes together under a damp cloth to ensure they do not become hard and brittle. Keep the cakes in an airtight container, and eat within days of baking. The cakes can be froze for serving later. Enjoy! :)