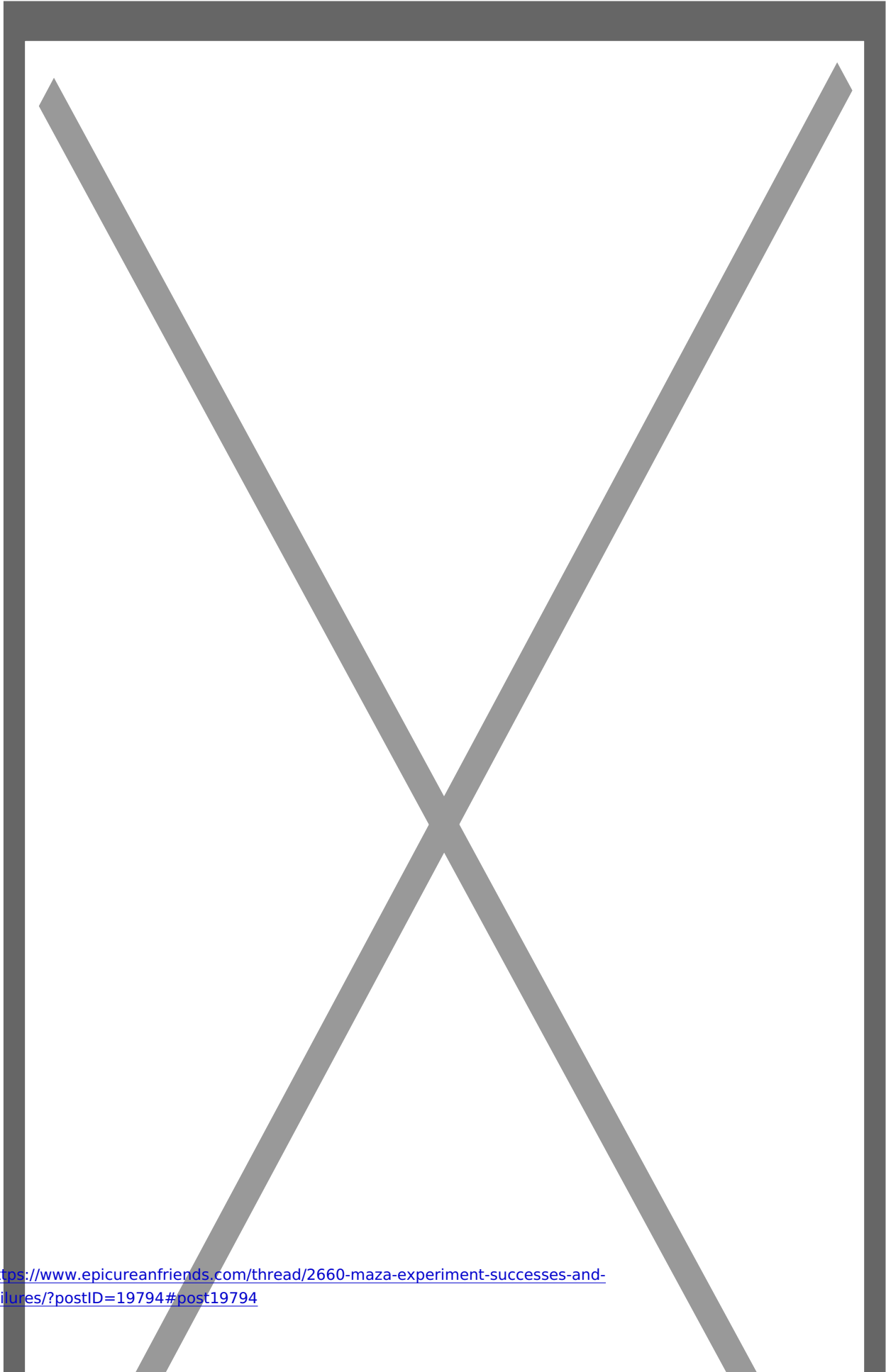


# **Maza Experiment - Successes? and Failures!**

**Post by “Kalosyni” of September 12, 2022 at 9:59 PM**

This seems to say that the barley grains were roasted and then ground into flour:

Image not found or type unknown



<https://www.epicureanfriends.com/thread/2660-maza-experiment-successes-and-failures/?postID=19794#post19794>

[Romans in Britain - Recipe for Maza \(Barley Cake\)](#)

Ancient recipe for Maza (Barley Cake)

[www.romanobritain.org](http://www.romanobritain.org)

<https://www.epicureanfriends.com/thread/2660-maza-experiment-successes-and-failures/?postID=19794#post19794>