

# Maza Experiment - Successes? and Failures!

Post by "Don" of September 12, 2022 at 10:03 PM

[Quote from Kalosyni](#)

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

[https://www.romanobritain.org/2-arl\\_food/arl...barley\\_cake.php](https://www.romanobritain.org/2-arl_food/arl...barley_cake.php)

That might work a little better but then it's getting the barley ground into flour which presents its own problems. The Pass the Flamingo says to roast the flour itself:

Quote

Maza begins as álphita: barley flour that has been toasted over a fire,