

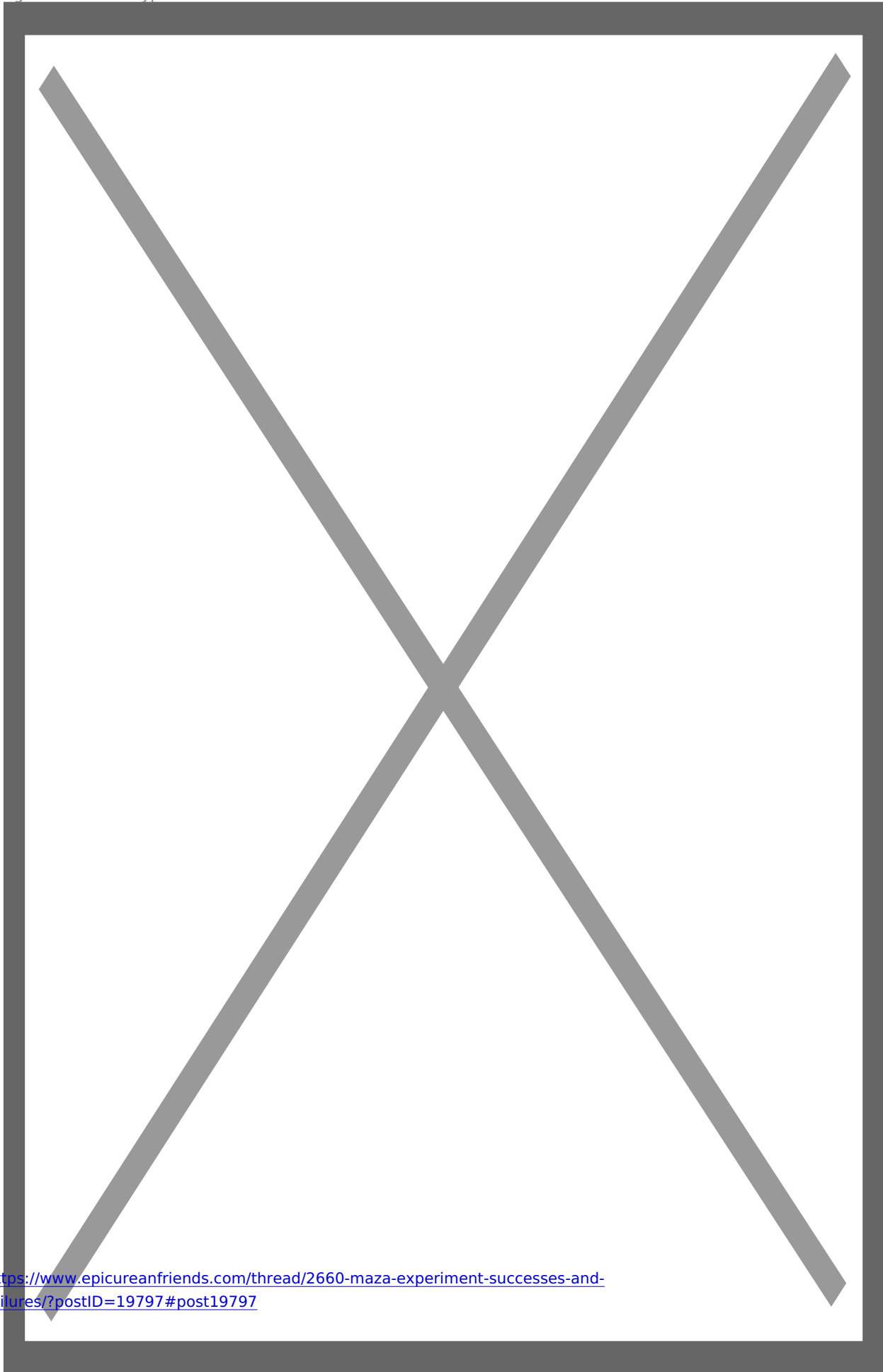
Maza Experiment - Successes? and Failures!

Post by “Kalosyni” of September 12, 2022 at 10:30 PM

Quote

Barley was more demanding than wheat. Barley preparations were nutritious but also rather hard to digest. This is why barley was toasted over a fire before it was ground into flour. Barley flour (**alfita**) was used to prepare a very basic type of bread, the **maza**, which is first mentioned by Hesiod (Works and Days):

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<https://www.epicureanfriends.com/thread/2660-maza-experiment-successes-and-failures/?postID=19797#post19797>

[Grain](#)

The gift of the goddess Demeter
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About the grinding of grains:

"Grinding the grain was no easy task. First it was pounded with a pestle and mortar to remove the shell, then ground in a simple hand mill consisting of two circular stones, a lower stationary one (**quern**) and an upper rotating one (**muller**). Later hand mills have a central hole (**hopper**) for pouring the grain in the upper one. The flour was then sieved and used to make the dough, which was baked in wood-burning ovens.

Bread was made at home and was an important time-consuming and laborious chore for women. Large urban centers also had bakeries, where one could buy bread **maza** (a kind of barley bread), but this was a luxury..."