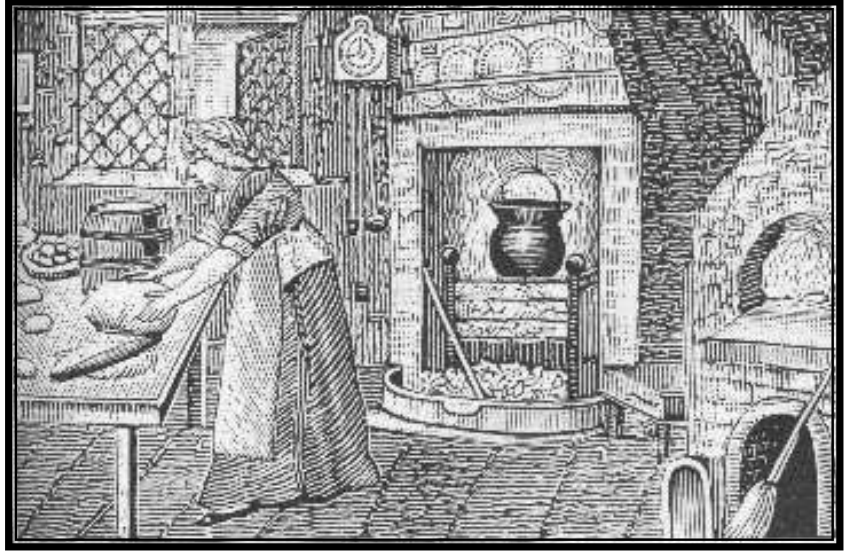




The Olde Scots Kitchin



Bannocks

Ingredients

125g (4 oz) medium oatmeal
2 teaspoons melted fat (bacon fat, if available)
2 pinches of bicarbonate of soda
Pinch of salt
 $\frac{3}{4}$ tablespoons hot water
Additional oatmeal for kneading

Directions

Mix the oatmeal, salt and bicarbonate and pour in the melted fat into the centre of the mixture. Stir well, using a porridge stick if you have one and add enough water to make into a stiff paste. Cover a surface in oatmeal and turn the mixture onto this. Work quickly as the paste is difficult to work if it cools. Divide into two and roll one half into a ball and knead with hands covered in oatmeal to stop it sticking. Roll out to around quarter inch thick. Put a plate which is slightly smaller than the size of your pan over the flattened mixture and cut round to leave a circular oatcake. Cut into quarters (also called farls) and place in a heated pan which has been lightly greased. Cook for about 3 minutes until the edges curl slightly, turn, and cook the other side. Get ready with another oatcake while the first is being cooked.

An alternative method of cooking is to bake them in an oven at Gas5/375F/190C for about 30 minutes or until brown at the edges. The quantities above will be enough for two bannocks about the size of a dessert plate. If you want more, do them in batches rather than making larger quantities of mixture. Store in a tin and reheat in a moderate oven when required.