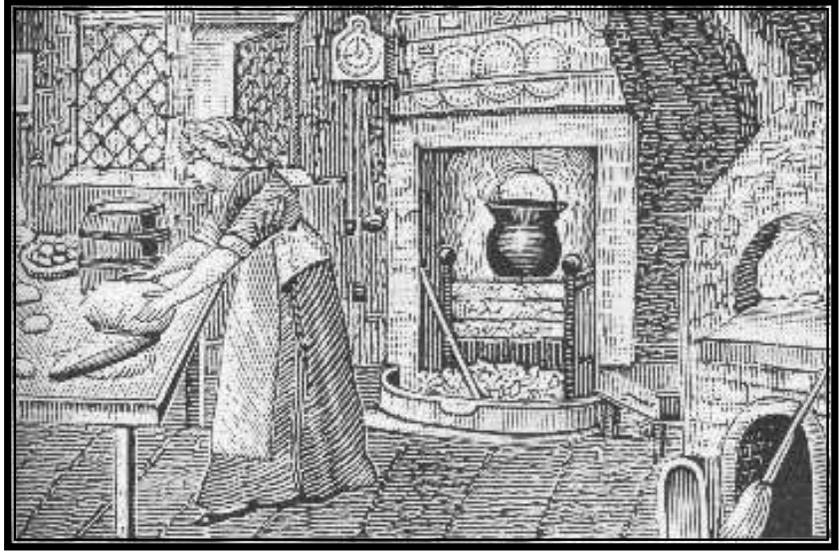




# The Olde Scots Kitchen



## Selkirk Bannock

### Ingredients

455g (1 lb) flour  
225g (8 oz) sultanas (seedless white raisins)  
125g (4 oz) sugar  
60g (2 oz) butter and 2 oz lard  
60g (2 oz) chopped mixed peel  
140lt (¼ pint) milk  
7g (¼ oz) dried yeast  
A tablespoon of milk and sugar for the glaze

### Directions

Sieve the flour and sugar into a bowl, add the yeast and mix well. Melt the butter and lard in a saucepan on a low heat. Remove as soon as it is melted. Warm the milk in another saucepan and then pour it into the melted fats.

Create a hole in the middle of the flour, sugar and yeast and mix well into a smooth dough. Cover the bowl with a warm, damp towel (or plastic cling film) and leave in a warm location for 45 minutes. The dough will rise, doubling in size.

Knead the dough (with flour on your hands to stop it sticking) for five minutes. Add the sultanas and mixed peel and knead well again for another five minutes. Place the dough in a loaf tin and cover with a plastic bag (tied at the top) and leave in a warm place for 20 minutes to allow it to rise again.

Remove the tin from the bag and bake in a preheated oven at 350F/180C/Gas Mark 4 for an hour. Mix the tablespoon of milk and sugar. Remove the cake tin from the oven and place on a heat-resistant surface. Brush the top with the milk and sugar, using a pastry brush. Return the cake tin to the oven (using oven gloves — it's still hot) and bake for another twenty minutes. Test with a skewer - if it is wet, continue baking for another ten minutes. Remove from the oven and allow to cool before removing. Store in an airtight container.