



STAFFORDSHIRE OATCAKES

Ingredients to make 7 or 8 nine inch rounds (5 or 6)

430g (215g) lukewarm milk
430g (215g) lukewarm water
20g (10g) fresh yeast or 10g (5g) dried yeast
225g (110g) fine oatmeal (medium oatmeal is OK too)
225g (110g) strong white flour
8g (4g) sea salt

Method

Dissolve the yeast in the warm liquid then add the salt, flour and oatmeal.

Whisk to make a batter. Cover and leave in a warm place for an hour.

Make sure that the griddle or pan has heated thoroughly before you begin cooking, then bake the oatcake on a lightly greased griddle or large frying pan. The first one is always rubbish!

Add enough batter to produce an oatcake about 8-9 inches across. It will gradually become covered in holes as it cooks, and the surface will change from wet & shiny to dull when it is ready to turn, after about 3 minutes. Turn and cook for another 2 - 3 minutes then serve or allow to cool on a wire rack before freezing.

These freeze well. Defrost them enough to unfold them then pop them under the grill. Roll them up with cheese and spring onions, or honey, or whatever takes your fancy.

For wheat free and nearly gluten free version substitute corn flour & brown rice flour (50/50) for the strong white flour. These are a bit fragile so need handled gently but they are delicious too.