



STAFFORDSHIRE OATCAKES

These yeasted oat pancakes were sold in pancake takeaways in the Potteries when I worked there in the 60s. I hope they still are.

Ingredients to make 7 or 8 nine inch rounds

*430g lukewarm milk
430g lukewarm water
20g fresh yeast or 10g dried yeast
10g brown sugar*

*225g fine oatmeal
225g strong wholewheat flour or white spelt
8 sea salt*

Method

Dissolve the **yeast** and **sugar** in the **warm liquid**. Allow the mixture to become frothy. Add the **salt** to the **flour** and **oatmeal**.

Whisk the yeast liquid into the flour mixture to make a batter.

Cover the batter with a clean cloth and leave it 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 well-greased griddle, or large frying pan.

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 the oatcake 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.

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