

# SELKIRK BANNOCK



## Ingredients to make two small bannocks

225g warm milk  
25g fresh yeast or 10g dried yeast  
120g caster sugar or light brown sugar  
55g lard  
55g butter

500g strong white flour  
half a teaspoon salt  
1 to 2 teaspoons ground ginger to taste (or none as in the original recipe)  
half a teaspoon ground nutmeg (or none as in the original recipe)

125g sultanas  
125g raisins or all raisins or all sultanas ie what you have or what you like.

## Method

Add the yeast and sugar to the warm milk in a bowl and stir in until dissolved. Melt the butter and lard together then add to the milk when lukewarm. Mix the strong white flour, salt, nutmeg and ginger in a bowl approx (2 litre). Mix the liquid into the flour to produce a soft dough. Knead the dough for roughly 10 minutes until it is smooth and springy. Put the dough in a lightly oiled bowl covered with a cloth in a warm place for an hour. Knock it back, i.e. gently punch all the gas out of it, then rest it for 10 minutes.

Split the dough in two equal parts then add the dried fruit by kneading it in. (Flatten the dough, sprinkle some dried fruit over it, fold in the corners, flatten, sprinkle, fold in etc.)

Shape each part into a ball by tucking in the bottom edge repeatedly.

Put each bannock in a suitable sized bowl lined with a well floured cloth. Flip the corners of the cloth over to cover it then leave in a warm place covered for about 45 minutes by which time the dough should have doubled in size. Don't worry if it hasn't quite.

Turn on the oven in plenty time for it to heat up to 200°C.

Glaze with egg yolk mixed with a very little water if you like a shiny finish.

Bake for 5 minutes at 200° then reduce to 180° for 40 minutes

Cool on a wire rack.

Great straight from the oven or toasted later with/without butter/jam.

This recipe is from Scottish Cookery: Catherine Brown