



SCOTTISH BAPS

Ingredients to make nine

*500g strong white flour (half and half strong white and white spelt is good)
50g butter, softened (or lard if you prefer)
1 level teaspoon salt
1 teaspoon quick-action yeast
1 teaspoon syrup
300 ml mix of half water and half milk, heated and cooled, whole milk is best.*

*Preheat the oven to 220C/200C Fan.
Use 2 greased baking trays.*

Mixing the dough

Mix all the ingredients together to make a soft sticky dough. Cover the bowl with a cloth and leave for 10 minutes or longer to allow the flour to absorb the moisture.

Kneading by fold-stretch-and-rest

Oil the work surface and your hands, and turn out the dough. Scrape the bowl clean and oil it lightly. Press out the dough into a round shape. Fold in two, bringing the top edge down to the bottom edge to make a half circle. Push down lightly with the 'heel' of your hand and push and stretch the dough away from you to about 5-10 cm/2-4 in. turn the dough a quarter, clockwise, and repeat this fold-push-and-stretch. After three or four times the stretchy gluten in the flour will develop and the dough will become more difficult to push and stretch. When this happens, stop and leave dough to relax for at least 10 minutes, or longer. Repeat push-and-stretch twice more and the dough will change texture to smooth, silky and elastic. Put back into the bowl.

Rising the dough

Cover and leave to rise in a warm place until it has risen by 50% probably about an hour.

Shaping

Divide dough into 9 or 10. Shape into round or oval baps. Optionally brush with milk then dust lightly with flour. Place on baking trays leaving space for rising. Cover and put in a warm place till they have risen again by 50%. Press lightly in the centre of each one with your floured forefinger to make an indent in the middle.

Baking

Bake for about 20-25 minutes, when the base should be firm and browned. Leave until cold before removing from tray.

Adapted from the recipe in Scottish Cookery by Catherine Brown