

Scottish Oatcake



Makes:

8 servings

Utensil:

Flatbread Pan
medium mixing bowl

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Recipe Description:

Bannock, which originated in Scotland, is a round, unleavened bread originally made from oats in the west of Scotland. Oatcakes have been described as a mix between an oatmeal cookie and a scone. Bannocks are simple to make with all oats or a combination of various grains including barley, wheat or ground dried peas, depending on the region. There are many variations of this recipe; some include using yogurt or buttermilk, bacon fat or lard to replace the butter.

1
cup
all-purpose unbleached flour
(125
g)
1 1/2
cups
oats
(234
g)

¹?₂

teaspoon
natural salt
(3
g)

¹?₂

teaspoon
baking soda
(2
g)

¹?₂

cup
butter, cold cut into small pieces
(114
g)

¹?₂

cup
cold water
(120
mL)

Directions:

1. Place flour, oats, salt and baking soda in mixing bowl and stir to combine.
2. Add butter to flour mixture and rub or cut into the flour with tines of fork until the mixture resembles coarse meal.
3. Make a well in center of flour-butter mixture and pour in cold water; mix gently and quickly until mixture comes together. Do not over mix.
4. Place dough on floured work surface, gather in to a ball, cut in $\frac{1}{2}$ and divide each $\frac{1}{2}$ into 4 pieces.
5. Heat pan over low heat. When several drops of water sprinkled on the pan skitter and dissipate, cook several oatcakes at a time on pan but do not overcrowd. Cook oatcakes for 6 - 8 minutes on each side until lightly browned, slightly charred in spots and chewy inside. Cooked oatcake will be crispy on the outside.
6. Let oatcakes rest for 10 minutes before serving.
7. Oatcakes are best served warm but can be reheated on pan on low heat before serving.

Tips:

- Serve oatcakes as an alternative to toast with breakfast.
- Serve with smoked salmon, eggs or as a snack with a cup of tea.
- Serve oatcakes as an accompaniment to soups, stews, meat or fish dishes.

- For a gluten free cake, substitute oat flour for all-purpose flour.

Nutritional Information per Serving

Calories:

234

Total Fat:

12g

Saturated Fat:

7g

Cholesterol:

31mg

Sodium:

229mg

Total Carbs:

28g

Dietary Fiber:

3g

Sugar:

1g

Protein:

5g