

The UoA Collections

A Wartime Aberdeen Buttery (or Rowie) made with margarine



Think you can create a Buttery without butter using a recipe from a Wartime Cookery Book issued by the Rowett Institute in 1944. When butter was in short supply, margarine was proposed as an alternative in wartime cooking.

Butteries

Make 1lb. of dough. Sift 1lb. flour into a warm baking bowl, with ½ teaspoonful mixed spice and ½ teaspoonful cinnamon. Add 4 ozs. sugar and rub in 3ozs. margarine. Beat 1 egg and add to it 1 1/2 gills of lukewarm liquid yeast. Pour over the flour and mix well. Set to rise. Having a firm dough, roll out as for flaky pastry; and dot an ounce of margarine over it. Fold in three and roll out again and repeat with another oz. of margarine. Put the dough in a roly-poly form into a warm bowl and leave to rise. When well risen turn out on a floured board, handle as little as possible, roll out and cut with a 3 inch cutter. This may seem small, but in proving they spread and rise considerably. Prove in a warm place and bake in a hot oven. Just before taking from the oven, brush with melted margarine.

We'd love to see your photos of the marg butteries – better yet a short video of you having a go at our Collection-inspired bake. #UoAgreathistoricbakeoff