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