

# Bannocks

Bannocks are a variety of flat bread that are traditionally from Scotland, Ireland and Northern England. They are usually made in rounds and then cut into quarters for serving with butter, cheese or jam. There are many different varieties of bannock, such as the Orkney Beremeal bannock made with flour from bere barley, or the Selkirk bannock which is more similar to a fruitcake in texture. The bannock recipe here, courtesy of Anne Johnson in Orkney, offers both barley and oat versions.

## Ingredients

115g beremeal/barley flour or oatmeal/oat flour

115g plain white flour

6g baking powder

pinch of salt

15g vegetable oil spread

160ml semi-skimmed milk

15g sugar (optional)

## Method

1. Sift the dry ingredients together. Add sugar.
2. Rub in vegetable oil spread.
3. Add milk and mix.
4. Spilt into two and shape into large rounds about 2cm thick.
5. Heat a griddle or thick bottomed pan (the correct temperature is reached when flour sprinkled onto the pan turns golden).
6. Cook the bannocks on each side for about 3-5 minutes.
7. The bannocks can also be baked in the oven instead of on a griddle or pan, at 180°C for around 20 minutes.

## Nutrition information

Per 100g	Energy 1108kJ	Fat 3.3g	Saturates 0.9g	CHO 49.2g	Sugars 6.1g	Protein 7.2g	Fibre 3.4g	Salt 0.58g
Bannock	262kcal							

Oat/Barley content

**14g**

of oats/barley per  
¼ bannock

