

Oat and Barley Brose

Historically brose was a drink made from oatmeal, or other grains, soaked in water. Over the years the drink has developed and the Atholl Brose version, made with the addition of whisky and honey has become more popular. Now it is also served as a pudding by adding cream.

Oat brose can be used as a dairy substitute for drinks such as smoothies or hot chocolate, or to replace milk on breakfast cereals, or maybe to replace milk in batter recipes such as for pancakes. It could even be used as the liquid component of porridge for an extra thick and creamy version.

Barley brose, or barley water as it is more commonly called, is made in virtually the same way as the oat version but has developed more as a soft drink flavoured with citrus fruits and sugar.

The barley can be soaked in the water at room temperature for around 24 hours before straining, or it can be cooked for around 20-25 minutes. Either way the mixture should then be sieved or passed through a muslin cloth to collect the barley water. This can be flavoured with the juice from freshly squeezed citrus fruits, such as oranges and lemons, and sugar or honey can be added for sweetness.

Oatmeal brose

200g oatmeal
400ml water

Barley brose

100g barley
300ml water

Method

1. Soak the oatmeal in the water for at least 30 minutes.
2. Pass the mixture through a fine sieve or muslin cloth to collect the liquid i.e. the brose. Use a spoon to push as much as possible through.
3. The brose can then be used as a drink by itself or as the basis of other drinks in place of dairy products such as milk or yoghurt - see Oat Drinks.
4. This recipe should produce on average 250ml of brose.

Nutrition information

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|----------|-------------------------|----------|----------------|-----------|-------------|--------------|------------|------------|
| Per 100g | Energy 450kJ 107kcal | Fat 2.2g | Saturates 0.0g | CHO 16.9g | Sugars 0.0g | Protein 3.4g | Fibre 2.7g | Salt 0.02g |
|----------|-------------------------|----------|----------------|-----------|-------------|--------------|------------|------------|

Oat/Barley content

65g

oats contained
per 100g

