Oatcakes (makes 15)

Oatcakes have long been a part of the Scottish diet, and like many traditional recipes this simple savoury oat biscuit is subject to many slight variations. The type of oatmeal used affects the texture of the oatcake and more modern varieties can also be flavoured with things like cheese, herbs or seeds. This recipe is for a plain oatcake and although traditionally topped with butter and cheese, oatcakes are suited to all kinds of sweet and savoury toppings.

Ingredients

- 165g oatmeal (keep 30g in reserve to sprinkle on work surface)
- 15g melted butter
- ¼ teaspoon of bicarbonate of soda
- Pinch of salt
- 75ml hot water

Method

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Put the oatmeal in a bowl and mix with the bicarbonate of soda and salt.
3. Add the butter and water.
4. Stir well with a wooden spoon.
5. Sprinkle the work surface with the reserved oatmeal.
6. Roll out the dough to the desired thickness and cut out rounds.
7. Place on a baking tray and bake for about 25 minutes.
8. Once cool keep in an air tight container.

Nutrition information

<table>
<thead>
<tr>
<th>Per 100g</th>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>CHO</th>
<th>Sugars</th>
<th>Protein</th>
<th>Fibre</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1882kJ</td>
<td>15.0g</td>
<td>4.4g</td>
<td>61.0g</td>
<td>trace</td>
<td>12.4g</td>
<td>9.9g</td>
<td>0.87g</td>
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<tr>
<td>Per Oatcake 11g</td>
<td>207kJ</td>
<td>1.7g</td>
<td>0.5g</td>
<td>6.7g</td>
<td>trace</td>
<td>1.4g</td>
<td>1.1g</td>
<td>0.10g</td>
</tr>
</tbody>
</table>

Oat/Barley content

10g per oatcake