

Scotch Pancakes (makes 6-7)

Also known as drop- or dropped-scones, these pancakes are quick to make and are delicious served warm, often with butter and jam, but the choice is yours. In this recipe half of the wheat flour has been replaced with oat or barley flour but you could substitute it all if you prefer. Crepe-style pancake recipes can also be adapted by using oat or barley flour in the same way and can be served with both sweet and savoury fillings.

Ingredients

50g self-raising flour

50g oat/barley flour

½ teaspoon baking powder

40g sugar

1 egg

125ml of milk

1 tablespoon of oil

Method

1. Sieve the flours and baking powder into a large bowl and add the sugar.
2. Add the egg and milk and beat well until you have a smooth batter.
3. Heat a shallow pan to a moderate heat with some of the oil.
4. Use a ladle to drop batter into a pan forming a round shape.
5. Cook the pancake until bubbles appear, then turn once and leave until cooked.

Nutrition information

Per 100g	Energy 1186kJ 281kcal	Fat 6.5g	Saturates 1.4g	CHO 47.4g	Sugars 20.6g	Protein 7.4g	Fibre 1.4g	Salt 0.50g
----------	-----------------------	----------	----------------	-----------	--------------	--------------	------------	------------

Per Pancake (Av 38g)	Energy 451kJ 107kcal	Fat 2.5g	Saturates 0.5g	CHO 18.0g	Sugars 7.8g	Protein 2.8g	Fibre 0.5g	Salt 0.19g
----------------------	----------------------	----------	----------------	-----------	-------------	--------------	------------	------------

Oat/Barley content

7g

of oats/barley per pancake

