

# Staffordshire Oatcakes (makes 9)

Staffordshire oatcakes, as the name suggests, come from the North Staffordshire area where they are known locally simply as oatcakes. Unlike the Scottish oatcake these are a type of savoury pancake and use oatmeal, flour and yeast as the base ingredients. Cheese is a very common filling for these oatcakes and they are usually served warm, but they are incredibly versatile and can be used for many savoury and sweet fillings, much as a normal crepe-style pancake, or a tortilla wrap would be used.

## Ingredients

120g fine oatmeal	500ml equally mixed milk and water - warmed
70g oat flour	50ml warm water or milk for final mixing
50g plain flour	1 teaspoon sugar
½ teaspoon of salt	1 teaspoon olive oil
7g of dried yeast	

## Method

1. Mix milk/water, yeast and sugar and set aside in a warm place for a few minutes to froth.
2. Add oatmeal, flour, and salt to a bowl and mix.
3. Add milk mixture and oil and whisk.
4. Leave to rise in warm place for an hour.
5. Lightly whisk - adding the 50 ml more warm water/milk.
6. Cook as for pancakes - ladle mix into pan wiped with cooking oil and fry on high heat until top “dries”, flip over and cook the other side.
7. Once cooked, cool on a cake rack.
8. These oatcakes are much nicer used after they have cooled, ideally in the fridge for a few hours (overnight is best).
9. Can then be eaten warm or cold. Simply add the filling of your choice and roll them up.

## Nutrition information

Per 100g	Energy 772kJ 183kcal	Fat 4.3g	Saturates 0.8g	CHO 28.2g	Sugars 3.2g	Protein 6.3g	Fibre 3.0g	Salt 0.70g
Per Serving 335g	Energy 525kJ 125kcal	Fat 3g	Saturates 0.5g	CHO 19.2g	Sugars 2.1g	Protein 4.3g	Fibre 2.1g	Salt 0.47g

Oat/Barley content

**20g**  
of oats per  
oatcake

