

IRON AGE BANNOCK RECIPE.

1. Mix the oatmeal and flour together in your bowl and add salt.
2. Turn the heat on low to start heating your griddle/skillet. Keep it on a low heat.
3. Measure out your buttermilk, if you've made more than required.
4. Add the baking soda to the milk. The buttermilk will bubble and increase in size slightly, don't worry this is your raising agent and it's quite normal!
5. Add your milk mixture to your bowl with the flour, salt and oatmeal bringing it together with a spoon to form a dough.



(Started with one cup of milk and then slowly added the rest because it can get sticky and wet, so don't feel you have to use it all. If your mix does get too wet just keep adding a little flour at a time until you have a workable dough.)

6. Take your mix out of the bowl and place it on a floured surface.
7. Split the dough into two. Manipulate the dough into a flat circle about one inch in thickness and the right diameter to suit your griddle, skillet or frying pan.



8. Indent your dough to provide 4 quarters then gently add the dough to your griddle/skillet making sure the heat is focused in the centre of the pan.
9. You should only have to turn your bannock once, leaving it longer on the first side to do the majority of cooking then turning it over to lightly brown the top.



Don't be afraid to give it a shake while cooking to make sure it's not stuck to the bottom but allow it to cook a little first.

Your bannock should rise a little from maybe 3/4 of an inch to an inch raw to 1.5-2 inches once fully cooked. If your bannock is too thick you may need to turn cook for a bit longer on the second side to ensure the middle is cooked, this will depend on your griddle/skillet size.

Remove and cook the other round.

- **Bannock recipe**
- 330g Oatmeal (2 5/8 Cups) – We mean ground oats
- 265g Plain flour (2 1/8 Cups)
- 2 tsp Baking soda
- 1.5 tsp Salt
- 1.5 Cups Buttermilk (375ml)