

Staffordshire Oatcake Recipe

300g (10 OZS.) OF MEDIUM COARSE OATMEAL.
170g (6 OZS) STRONG WHITE PLAIN FLOUR.
1½ TBLS. DRIED SKIMMED MILK.
2 TSPS. QUICK ACT DRIED YEAST.
1 TSPS. SUGAR.

(TBLS – Tablespoons)

(TSPS - Teaspoon)

This mix should make between 15 and 18 thinish Oatcakes.

Place all ingredients into large bowl and make well in centre. Put in 500ml warm water and mix well. (Mixture should be quite "loose" like pancake batter. This may thicken after standing "loosen" again to a batter consistency). It is fine to add a little more warm water.

Now cover and place in a warm place (airing cupboard) for about 1 hour 30 mins. - 2 hours.

After standing, uncover and mix well. Add more warm water if necessary, possibly about 200 -300ml to make it into 'loose' batter. Now add 1 - 1½ tsps salt (depending on taste) - do not do this sooner or you will kill the yeast.

Heat a skillet or frying pan on high and make yourself an oiling pad as in the picture. Once heated, pad the cooking surface with oil (I use regular olive oil) as shown. Turn down heat slightly and pour your oatcake mix from a ladle and roll the pan to thin the mixture out. Cook on the first side until the edges start to curl up slightly and the mixture on the top has all but changed to a darker shade. Turn the oatcake over to cook the other side, cook until all mixture is set. Make sure you 'roll' the pan to get an even coveridge - you'll soon get the idea of how thick you want them. Re-oil pan with your pad between oatcakes.

You will probably waste quite a few at first until you get used to the mix. You should try to avoid thick oatcakes with this mix as it is designed for a thin oatcake and will not cook right and end up stodgy and incorrect.

You are aiming for a very light golden tinge on the first cooked side and either the same but probably lighter on the second.

Cool on racks (very important as they will stick and sweat if put together whilst warm). These are now ready to do as you want with; either fill with bacon, cheese and skillet them. or wrap cheese in them and warm in microwave or under grill.

You can now batch what you don't want today and pop in the freezer (remembering to put in the right amount for each meal or you won't be able to separate them while they are frozen). You can now have oatcakes just when you fancy them, enjoy them!

Courtesy of 'Bodge' – www.bushcraftuk.com