

How to make Bannocks: A great recipe to try!



Servings: 20 bannocks

Prep Time: 10 minutes

Cooking Time: 12 minutes

Ingredients:

Self-raising flour - 20 oz / 567 gr

Butter/margarine - 2 oz / 567 gr

Buttermilk - 285 ml***

Plain natural yogurt - 9 oz / 250 gr

Caster sugar - 1 oz / 28 gr

1 egg

Instructions:

Preheat oven to 160°C (fan oven)/gas mark 6 and flour a baking tray.

Combine flour and butter into a bowl and rub together with your fingertips until the mixture resembles coarse breadcrumbs.

Add the sugar, buttermilk, egg, and enough natural yogurt to make a sticky dough.

Turn the dough out onto a floured board and knead, adding enough flour just until the dough is no longer sticky, but is still light.

Using floured hands, gently press the dough down to a thickness of one inch or a couple of cm.

Cut with a biscuit cutter and place slightly spread apart on the floured baking tray.

Bake for 12 minutes until well-risen and golden on the top.

Transfer to a baking rack to cool. Delicious when warm with melted butter!

Bannocks can be cooked on the stove top if you prefer, simply press your dough out slightly thinner, cut and cook on both sides over a moderate heat until browned and well-risen.

*** To make buttermilk: mix 285 ml of milk with 20 ml of lemon juice (or white vinegar). Leave for 10 min, the mixture will thicken and become more acidic. You can also use a mix of 125 ml of milk with 125 gr of yoghurt. It is ready to use.

Acknowledgment: Inspiration from Peter Sinclair's Shetland Bannocks recipe