



prep: 15 mins | cook: 25 mins | total: 40 mins

## Ingredients:

- 330 g ground oats (2 5/8 Cups)
- 1.5 tsp salt
- 265 g all-purpose flour (2 1/8 Cups)
- 1.5 cups buttermilk (375ml)
- 2 tsp baking soda

## Instructions:

- Mix oats, salt, and flour together in a large bowl.
- Combine buttermilk and baking soda in separate bowl.
- Add buttermilk mixture slowly to the oats and flour mix — start by adding a cup and then continue adding a spoonful at a time until the mixture comes together (you may not use the full amount).
- Turn the dough out onto a floured surface and split into two.
- Spread the dough out into flat circles roughly the size of your griddle, skillet or frying pan (whichever you are using). Don't overwork the dough at this stage; you want to avoid deflating it.

## **Scottish Bannocks Instructions (cont.):**

- Heat your griddle/skillet with a little oil over medium-high heat.
- Using a knife or pizza wheel, make slight indentations on the dough to create 4 equal sections.
- Once preheated, add the dough to your griddle/skillet.
- You should only have to turn your bannock once, leave it to brown on the underside but don't be afraid to give it a shake to make sure it's not stuck to the surface of the pan.
- Once you're sure it's cooked, turn the bannock over to lightly brown the other side. You should be able to tap it and hear a hollow sound.
- If your bannock is too thick you may need to cook for longer on the second side but this will depend on your griddle/skillet size.

**Note:** If you don't have buttermilk, you can make your own. Add two tablespoons of lemon juice per cup of milk, cover and allow to sit in the fridge for about 30 minutes.