

Yorkshire Oatcake

Ingredients:

0.28 L of buttermilk
0.6 L of warm water
½ oz. (14 g) of fresh yeast OR 1 tsp. (4.7 g)
bicarbonate of soda
½ pound (0.25 kg) of fine ground oatmeal



Recipe:

Put half pint (0.28 L) of buttermilk into a bowl
Add one pint (0.6 L) of warm water, hot enough to bring to the mix to heat at 98F (37C)
Crumble in ½ oz (14 g) of fresh yeast OR 1 tsp (4.7 g) bicarbonate of soda
Gradually stir in ½ pound (0.25 kg) of fine ground oatmeal
Stir well then wrap a cloth around the container and leave in a warm place for an hour until risen
Adjust to a thick pouring consistency by adding a little more oatmeal or water

Baking Instructions:

Grease the griddle then test for temperature with a dot of batter

Historic Method: Sift oatmeal onto the riddleboard. Pour on a ladleful of batter then spread and level it by a circular horizontal movement. When even, slide off onto the linen-covered spittle board. With this, 'throw' (flip) it onto the bakstone then take up the linen.

Modern Method: Find or make a special scraper about 12 inches long with short legs at each end to produce the preferred thickness. Pour a ladleful of batter onto the hot griddle and run that scraper over it to make it an oval about 11x6 inches (28x15 cm).

Cook rapidly, 4 to 6 minutes, to preferred colour.

***Have a parent or adult help with the baking**