



# Bannock Bread

Bannock has been a staple of Scottish kitchen for centuries, deeply tied to everyday in both the Highlands and Lowlands. Originally cooked on a stone or griddle over an open fire, bannocks were made from simple ingredients like oat or barley and served at family gatherings, celebrations, and seasonal festivals



**Prep:** 15 min    **Cook:** 30 min    **Total:** 45 min    **Servings:** 8

## Ingredients

2 cups oat flour

1 cup all-purpose flour

1 tsp baking soda

1 tsp salt

3/4 cup buttermilk

Oil for cooking

## Directions

1. Mix together oat flour, all-purpose flour, baking soda, and salt.
2. Stir in buttermilk until a dough is formed. If dough is too dry, add a little buttermilk at a time until incorporated.
3. Turn dough onto a lightly floured surface and knead 4-5 times.
4. Shape dough into an 8-inch disc. Score dough into four pieces.
5. Heat skillet over low heat with a little bit of oil. Once hot, add disc of dough to pan.
6. Cook about 15 minutes on one side until golden brown.
7. Turn over and cook an additional 15 minutes, or until cooked through.
8. Slice into pieces and serve warm.



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