Oatcakes

In Saxon times, this was an old recipe. The mix was cooked on a griddle to resemble pikelets, somewhat thicker then modern oatcakes.

Ingredients:

1 cup of fine oatmeal
2 cups of wholemeal wheat flour (einkorne or emmer)
1 large spoon of melted dripping or lard
Water

Mix the ingredients thoroughly into a wet dough. Cover and let stand for an hour to allow the dough to thicken as the oatmeal will absorb moisture.





Warm a griddle to hot. It is important to coat the griddle in fat like lard or dripping to prevent the oatcake mix from sticking. Using a large spoon, place a dob of moist dough onto the griddle and flatten. Allow to cook and lift with a wooden spatula.

The oatcakes should be flexible and suitable to wrap around other food items like fish, meat or boiled vegetables.



Measurements in Saxon times would have been made with whatever was at hand. For this recipe, a cup is about 200 grams or about 300 ml. Proportions and texture are more important than accuracy.

Historical Bread Recipe