

Struan Michael Bannocks

...for Michaelmas (Sept. 29) from the Robertson Clan, Isle of Skye

By Lillian Bridwell-Bowles

ingredients:

- 1 1/3 cups each barley, oat, and rye meal
- 1 cup flour
- 1/2 teaspoon salt
- 2 scant tsp baking soda
- 2 1/3 to 3 cups buttermilk
- 3 tbs honey, or molasses, or brown sugar
- Optional: Any or all of the following—1/2 cup blueberries, blackberries, 1/4 cup raisins or currants, 1-2 tbsp caraway seeds
- 2 eggs
- 1 cup cream
- 4 tbsp melted butter



directions:

- Put barley, oat, and rye meal into a large bowl. Add flour and salt. Mix well.
- Stir the baking soda into 2 1/5 cups buttermilk, and add to the flour mixture. Stir in the honey, and the berries and other optional ingredients.
- Turn the mixture onto a well-floured board. Mix the ingredients only long enough to make a soft dough. Add more flour or buttermilk as necessary to get the right consistency, not too sticky or dry.
- Divide the dough in half. On a sheet of floured waxed paper or foil, roll out one half of the dough into a circle about 8 or 9 inches in diameter (1/2 to 3/4 in thick). Do the same with the other half. (You may choose to make more, smaller bannocks; see below.)
- Heat griddle and grease it lightly. Paint one surface of the bannock with the egg mixture, and, loosening the bannock from the waxed paper, place that surface down on the griddle. (This flipping of a large bannock is the only tricky part of the recipe. But if your bannock breaks, never mind! It tastes just as good. Just push it back together as well as you can. Another solution is to make smaller bannocks.) Cook over moderate heat until the under-surface is brown. While it is cooking, paint the upper surface of the bannock with the egg mixture. Turn and cook the other side, and paint the new top side. The idea is to repeat this procedure until each side of the bannock has been painted and cooked three times.
- Cut bannock into 8 pie-shaped pieces. Serve with honey and butter; also wonderful with blueberry or blackberry jam.