



Scottish oatcakes

Ingredients

160g medium oatmeal
140g medium porridge oats
a small handful of sunflower seeds
75ml olive oil (rapeseed works well too)

Method

1. Mix all the dry ingredients together in a bowl and mix in the oil.
2. Pour in the boiling water - it should be around 150ml, but add less because you can always add more.
3. Mix with a spoon at first until it's cooled a bit, then knead with your hands and shape the dough into a ball
4. Sprinkle some oatmeal on a flat surface, turn out the dough and roll or pat it out until it's 5mm thick.
5. Cut into rounds with a biscuit cutter, re-roll and continue until all the dough is used up.
6. Carefully lift the oatcakes onto a lightly greased baking tray and bake in an oven preheated to 180°C for 20-25 minutes.
7. Place on a wire cooling rack and then store in an airtight tin for up to a week.

12
oatcakes

