

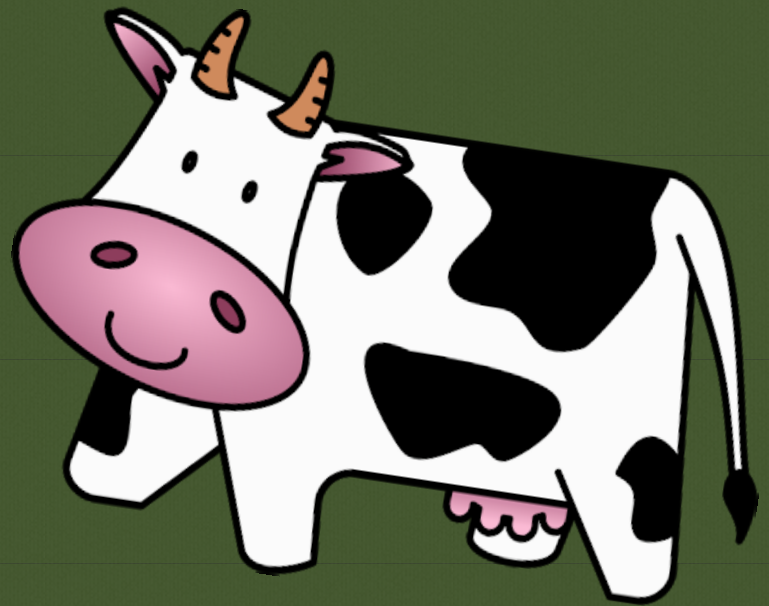
# Bake with Tamara

Shetland Amenity Trust  
Caring for Shetland's heritage

heritage  
Shetland  
culture

One of the things Shetlanders used to make from flour was bannocks.

They're quite easy to make.  
Remember you need a grown up to help you though



I helped make the ingredients - I pooped on the soil to help the crops grow that make flour, and I made the milk!

I like eating them with butter and cheese - I made those too!



## Easy Bannock Recipe

### Ingredients:

340 grams self-raising flour  
1.5 tsp baking powder  
Large pinch of salt  
1 dtsp sunflower or olive oil  
200ml milk

Makes approximately 16 bannocks

1. Sieve the flour, baking powder and salt into a bowl.
2. Make a well in the centre and add the oil and some of the milk.
3. Gently mix by hand, gradually pulling the mixture in from the sides of the well.
4. Gradually add more milk and mix until the dough is just as soft as can be easily handled.
5. Turn out onto a floured board, and roll out to 1cm thick.
6. Cut into squares and cook slowly on a low heat, on a flat non-stick frying pan, until slightly browned on both sides.
7. Leave to cool on a rack, with a tea towel draped over the bannocks.

Enjoy!

