

BEREMEAL BANNOCK WORKSHOP

<p>Rationale: Beremeal Bannocks are the traditional crofter's bread made every day mainly from freshly milled grain and buttermilk from the house cow. See flyer http://www.croftingconnections.com/attachments/Bannocks%20Flyer%20.pdf</p>		<p>Aims:</p> <ul style="list-style-type: none"> • Increase understanding of traditional and modern cereal crops • Develop hands on activities to make bannocks - milling, measuring, mixing, rolling, cutting, flipping, sharing
<p>Resources: Equipment – non-stick frying pan and hob or electric grill, mixing bowls, wooden spoons, grain mill, measuring scales, cutting boards, rolling pins, pudding bowls, kitchen knives, teaspoons, desert spoons, tea towels</p>		
<p>Ingredients: <i>(this is enough to make 2 bannocks)</i> 100g beremeal 25g ground wheat flour 25g plain wheat flour (you can use 50g of this if you don't have ground wheat flour) Pinch salt ¼ tsp bicarbonate of soda Enough buttermilk to make a medium dough Butter and jam to taste</p>	<p>Setup: <i>each station should have</i> Cutting board and rolling pin Mixing bowl and mixing spoon teaspoon Access to grain mill with bowl of wheat grain and desert spoon to use to put into mill and bowl to catch ground flour Access to ingredients and measuring scales Switch on hob or grill beforehand so surface to use is medium heat</p>	<p>Discussions: (10-15 minutes) <i>Health and safety – explain about staying away from hot surfaces</i></p> <ol style="list-style-type: none"> 1. Ask children about what foods would be grown, reared, made on crofts in the past – e.g. grain – barley, oats, vegetables, cows (milk, butter, cheese, buttermilk etc), sheep, hens 2. If you have samples of cereals help identify wheat, oats (clue used in porridge) barley (clue used in whisky) 3. Discuss how older varieties suit our climate (bere sown late and harvested early) 4. Taller older varieties help biodiversity on crofts as little light gets into ground reducing chance of weeds growing so no pesticides and herbicides necessary and insects and small animals beneficial to soil are protected 5. Longer stems used to make ropes, baskets, furniture etc 6. Ground grain is wholemeal flour – white from inside of kernel and brown from crushed outside (bran). Bran very nutritious as contains the vitamins and trace elements which help our blood, nerves grow and optimise other body functions 7. How would crofters have ground grain – quern stones powered by hand, animals, water or wind in larger versions 8. Origin of the term daily grind – today this means something we HAVE to do to make money to live – comes from the fact that in the past everyone had to grind grain to make bread every day to live – the daily grind 9. Anyone made bread before? Usually this will be bread which takes a long time i.e. using yeast. Crofters didn't have a lot of time. Bread made every morning for the day – no access to shops – bread

		<p>10. Crofters would have eaten bannocks with butter they made themselves and/or on special occasions with jam made from items from the hedgerows or garden – brambles, elderberries, apples, rhubarb to name a few</p> <p>11. Introduce Gaelic or dialect words - <i>bonnach</i> cake or bannock, <i>Aran Eòrna</i> barley bannocks in Western Isles</p>
<p>Method: (15-20 minutes)</p> <p><i>Hint – it's a good idea to have enough wheat grains ground beforehand as children become very distracted by this instead of doing the baking – they can get the hands on milling while the bannocks are baking</i></p> <ol style="list-style-type: none"> 1. Measure dry ingredients – maths tip total amount of wheat flour is 25+25=50 so ratio of beremeal flour to wheat flour is 2:1 2. Start adding buttermilk to mixture about a tablespoon at a time and mix until the mixture starts to come together and comes away from the sides of the bowl 3. Sprinkle some flour (I use the beremeal) onto the cutting board to prevent the dough sticking 4. Spoon out half the mixture onto the cutting board. 5. Roll around until it is covered in flour 6. Lift into your hand to roll it into a ball – like making a snowball 7. Place back on cutting board 8. Roll out very gently into a circle turning the bannock to prevent it becoming an oval shape or sticking to the bottom 9. Roll out to about 0.5-1cm thick – this is your BANNOCK 10. Place carefully onto dry pan or grill on medium heat 11. After a few minutes make cuts in the bannock so there are 6 equal triangle portions. Cuts only need to go down halfway. Each triangle is called a FARL 12. Flip the bannock over to cook on the other side 13. After a few minutes lift the bannock, wrap in a tea towel and put on a plate to cool a bit while making the other bannock 14. Repeat steps 3-13 for the other half of the mixture 15. Put bannocks in middle of table and break into pieces as crofters would have done to share their bread and enjoy! 		

See more about Crofting Connections at www.croftingconnections.com or contact prodway@soilassociation.org or bmckibben@soilassociation.org