



Staffordshire Oatcakes

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 10 g yeast dried
- ☐ 225 g strong wholewheat flour
- ☐ 1 pints warm milk and water
- ☐ 225 g oatmeal fine
- ☐ 1 tsp salt
- ☐ 1 tsp sugar

Equipment

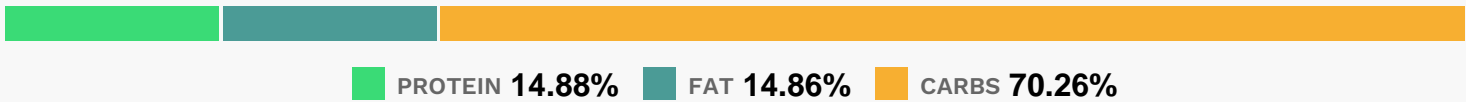
- ☐ frying pan

- ☐ oven
- ☐ grill

Directions

- ☐ Add the salt to the flour and oatmeal.
- ☐ Mix the yeast with a little of the warm liquid and add the sugar. Allow the mixture to become frothy.
- ☐ Mix the dry ingredients with the yeast liquid to make a batter.
- ☐ Cover the batter with a clean cloth and leave in a dry place for an hour.
- ☐ Bake the oatcake on a well-greased griddle or large frying pan.
- ☐ Add enough batter to make an oatcake about 8–9 inches across. It will gradually become covered in holes as it cooks and the surface will change from wet and shiny to dull when it is ready to turn, after about 3 minutes. Turn the oatcake and cook for another 2–3 minutes.
notes:These freeze well. Defrost them enough to unfold them then pop them under the grill.

Nutrition Facts



Properties

Glycemic Index:30.45, Glycemic Load:18.7, Inflammation Score:-4, Nutrition Score:8.1234783789386%

Nutrients (% of daily need)

Calories: 163.92kcal (8.2%), Fat: 2.69g (4.14%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 27.06g (9.84%), Sugar: 3.52g (3.91%), Cholesterol: 7.1mg (2.37%), Sodium: 315.49mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Vitamin B1: 0.41mg (27.52%), Folate: 82.41µg (20.6%), Manganese: 0.36mg (18.1%), Selenium: 12.28µg (17.54%), Vitamin B2: 0.28mg (16.19%), Phosphorus: 119.73mg (11.97%), Vitamin B3: 2.29mg (11.44%), Iron: 1.59mg (8.82%), Calcium: 80.06mg (8.01%), Fiber: 1.57g (6.29%), Vitamin B5: 0.6mg (6%), Zinc: 0.82mg (5.47%), Magnesium: 21.56mg (5.39%), Vitamin B12: 0.32µg (5.34%), Vitamin D: 0.65µg (4.34%), Potassium: 150.51mg (4.3%), Vitamin B6: 0.07mg (3.43%), Copper: 0.07mg (3.38%), Vitamin A: 95.82IU (1.92%)