Bannock – Flat Bread recipe

3 Cups of Plain Flour (cup measure is in the kitchen cupboard)

1 teaspoon salt

2 tablespoons baking powder

½ teaspoon salt

1 tablespoon sugar

2 tablespoons of olive oil

Optional – Herbs – this is the fun bit just take a selection of what you fancy from the pots. Chop or scissor cut into the dough.

¾ - 1 cup of milk or water

Mix everything together starting with only ¾ cup of liquid. Add more if needed to get it into a dough that is soft but not too sticky.

Knead until smooth.

Shape into a ball and flatten into a circle about an inch thick.

Heat the skillet on the fire then add the bannock. Cook on one side then turn and cook on the other. Eat while hot. Delicious dipped in balsamic vinegar and olive oil.

Fire Foccacia Bread

500g Strong White Bread Flour

2 tsp salt

2 sachets dried easy blend yeast

2 tbsp olive oil

14floz cold water

Olive oil for drizzling

Herbs

Method

1. Place flour, salt, yeast, olive oil and 300ml/10 floz of water into a large bowl. Gently stir to form a dough then knead for 5 mins gradually adding the remaining water so the dough stays together but doesn’t stick to the bowl.
2. Turn onto a floured surface and knead for another 5 mins or so.
3. Return the dough to a bowl, cover and leave somewhere warm to double in size.
4. Cut dough into 2 portions and press one into the skillet. Sprinkle with herbs and poke some into the dough.
5. Leave the other portion to rise on a tray.
6. Leave to prove for an hour then cook over the fire.
7. Delicious warm dipped in olive oil and balsamic vinegar.