

BARLEY BANNOCKS

Girdle Recipe.

INGREDIENTS

2 Cups Barley Meal
½ - ¾ Cup SR Flour
Sour Milk
1 oz Margarine (not butter)
1 teaspoonful Sugar (or more to taste)
1 teaspoonful Cream of Tartar
2 teaspoonful Bicarbonate of Soda
A good pinch of Salt

METHOD

Mix Meal, Flour, Sugar and Salt etc together.
Rub in Margarine until crumbly.
Add Milk to centre to bind.
Do not make too soft.
Roll quite thin, cut into squares or rounds.
Bake on a hot girdle – do one side well before turning.

BARLEY BANNOCKS – ARAN EORNA

Oven Recipe.

INGREDIENTS

1 lb Barley Meal.
1 Handful of Flour (Plain or SR)
½ teaspoon of Salt.
1 teaspoonful Cream of Tartar
1 teaspoonful Baking Soda
3 oz Margarine
1 tablespoon Syrup

METHOD

Dissolve Margarine and Syrup in a little warm water.
Mix the dry ingredients
Add the Margarine and Syrup mixture
Bind together with milk.
Roll out thinly
Cook in a very hot oven.

Barley Bread by Bread Machine

Makes 1 large loaf.

Ingredients:

1 large egg
200ml (7fl oz) milk
1 tsp easy-blend dried yeast
375g (13oz) strong white bread flour
125g (4oz) barley meal
1 tsp salt
2 tsp honey
25g (1oz) butter

Method

1. Lightly beat the egg in a measuring jug. Add the milk, then make up to 350ml (12fl oz) with water
2. Put the ingredients into the bread maker bucket, following any instructions in the machine manual
3. Fit the bucket into the bread maker and set to the basic programme. Press start.
4. Just before baking starts make shallow diagonal cuts across the bread then repeat on the other diagonal to make a diamond pattern. (ALTERNATIVELY place the dough in a bread-pan and bake in your oven.)
5. After baking, remove the bread from the machine (or oven) and shake out on a wire rack to cool.

Victoria Sandwich Chocolate Cake with Barley Meal

<u>Metric</u>		<u>Imperial</u>
175g	Margarine	6 oz
175g	Castor Sugar	6 oz
3	Eggs	3
125g	Self-Raising Flour*	5 oz
25g	Garrabost Barley Flour*	1 oz
25g	Cocoa powder*	1 oz
* sifted together		
	Greaseproof paper	
2x 19cm	shallow cake tins	2x 7½-inch

Prepare the cake tins. Cut two circles of greaseproof paper the same size as the tins. Grease the tins, put in the paper circles and grease these also.

1.	Cream the margarine with the sugar really well.
2.	Add the eggs one at a time with 1 teaspoon of the flour.
3.	Fold the sifted flours and cocoa into the mixture. Add a little milk if the mixture is too dry.
4.	Divide mixture between the two tins and bake in a moderately hot oven (190°C, 375°F, Gas Mark 5) for 25-30 minutes until the sponge springs back when touched.
5.	Turn the cakes out onto a wire rack and remove paper circle. Immediately turn the cakes over again so that there will not be marks from the wire rack on top.
6.	Leave to cool. Later, sandwich together with butter icing and decorate as desired.

Chocolate Chip Cookies

<u>Metric</u>		<u>Imperial</u>
75g	Butter or margarine	3 oz
75g	Castor sugar	3 oz
75g	Light Soft Brown sugar	3 oz
	Few Drops Vanilla Essence	
1	Egg	1
125g	Self-Raising Flour	5 oz
25g	Garrabost Barley Flour	1 oz
50g	Walnuts – chopped	2 oz
50-100g	Chocolate chips	2-4 oz
	Pinch of Salt	

1.	Cream together butter or margarine, sugars and vanilla essence until pale and fluffy, then gradually beat in the egg.
2.	Sift the flours and salt together and fold in with the walnuts and chocolate chips.
3.	Drop spoonfuls of mixture onto two greased baking sheets and bake in the oven (180°C, 350°F, Gas Mark 4) for 12-15 minutes.
4.	Cool on the baking sheets for 1 minute, then transfer to wire rack to finish cooling.

Cup Cakes / Fairy Cakes

Metric

Imperial

125g	Butter or Margarine	4 oz
125g	Castor Sugar	4 oz
2	Eggs	
125g	Self Raising Flour ~ take out 1 Tablespoon SR Flour & replace with Barley Flour – sifted together.	4 oz

1.	Cream Butter and Sugar together until light and fluffy.
2.	Gradually beat in eggs one at a time together with a spoonful of sifted flours.
3.	Gently fold in sifted flours.
4.	Divide between paper cases in an ungreased bun tin.
5.	Bake in centre of oven for 20-25 minutes Gas 5 until well risen and golden.
For fairy cakes add 20z currents before folding in the flours.	

CHOC CHIP BROWNIES

Makes 12.

150g dark choc, broken.
4 eggs, beaten
225g butter, softened
75g nuts, chopped
200g SR flour + 25g Barley Meal
100g white choc, chopped
125g castor sugar

Icing sugar for dusting.

1. Lightly grease tin and line. (23cm/9".)
 2. Melt dark choc and butter in bowl over water.
 3. Sieve flour into separate bowl and stir in castor sugar.
 4. Stir eggs into melted choc then pour this mixture into the flour and sugar mix, beating well. Stir in nuts and white choc and pour mix into tin.
 5. Oven 4 for 30-35 mins. Leave to cool in tin for 20 mins then turn out on to a wire rack.
 6. Dust with icing sugar and cut into 12 pieces when cold.
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