



# Staffordshire Oatcakes

NIBBLEDISH CONTRIBUTOR

## Ingredients

1. 200g fine [oatmeal](#)
2. 75g plain white flour
3. 1 tsp. salt
4. 20g fresh yeast
5. 300ml water
6. 300ml milk
7. 1 tsp. white sugar

## Instructions

### Preparation:

1. Mix water and milk and heat to 40 C
2. Add salt to oatmeal and flour and mix thoroughly
3. Dissolve yeast with a tablespoon of the water and milk mixture and add the sugar
4. Allow yeast mixture to begin working
5. Mix salted oatmeal with the yeast mixture and the rest of the water & milk to make a batter
6. Cover the batter with a cloth and leave for 1 hour in a warm place, stirring from time to time

### Cooking:

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1. Use a greased or non-stick frying pan
  2. Use medium heat
  3. Cook each side for 2-3 minutes, until brown