



Selkirk Bannock

Ingredients

Makes 1 large bannock
450g strong white flour
Pinch of salt
7g easy blend dry yeast
25g caster sugar
250ml warm milk
75g softened butter
225g sultanas
1 small beaten egg

Method

- Sift flour and salt into a large bowl then stir in the sugar and yeast
- Add enough warm milk to make a soft dough.
- Knead on a floured surface for at least 10 mins until smooth.
- Place in a bowl, cover and leave to rise 1-2 hrs.
- Divide the butter into 4. Flatten the dough, place a piece of the butter in the centre and fold the dough over then knead until the butter is completely absorbed. Repeat with the rest of the butter.
- Work in the sultanas a handful at a time.
- Shape into a bannock - a round dome with a flattened top.
- Place on a baking sheet, glaze with a little of the egg and leave to rise for an hour or until well risen.
- Pre-heat the oven to 220c/425f/gas 7
- Glaze the bannock with the remaining egg and bake for 8 mins then turn the oven down to 190c/375f/gas 5 and cook for another 15-20 mins. It is done when the base sounds hollow when tapped.