

## A Look at Scottish Oats

Oats have been a traditional part of Scottish, English and Irish diets for centuries. Oats were a staple of European diets because of the simplicity in preparation- just add water and let them sit and you will have oatmeal.

Oats come from a very hardy plant, *Avena sativa*, which originally was a weed found growing amongst wheat and barley. Because oats are high in fiber, they give the body energy and keep you full. Oats could easily be grown and harvested, this made them available to people in all walks of life.

Oatcakes have been a popular food throughout history because they have very little moisture and will last quite a long time with little change in their flavor and texture. The "cakes" require very few ingredients and could be made quickly and easily by soldiers and people on the move.

This recipe is for Scottish Oatcakes. These little "cakes" are firm biscuits made in the Scottish tradition. The cakes are delicious served with jam and tea, or sprinkled with sugar and eaten plain.

### Scottish Oatcakes

#### Ingredients:

1 1/2 cups Bob's Red Mill Scottish Oatmeal  
1/2 cup Whole Wheat Pastry Flour  
2 Tbsp Turbinado Sugar  
1/4 tsp Salt  
1/4 tsp Baking Powder  
1/4 cup Butter or Margarine, melted  
1/2 cup Hot Water

#### Directions:

1. Preheat the oven to 325° F.
2. Set aside 2 Tbsp of Scottish Oatmeal for use later. In a small bowl, combine flour, sugar, salt and baking powder.
3. Add butter to flour mixture and stir until evenly distributed. With a fork, mix in water until mixture is wet. Form the dough into a ball and flatten slightly.
4. Sprinkle the 2 Tbsp of Scottish Oats on a board. Using a rolling pin, roll the dough out until it is 1/4" thick. With a 2-3" round cookie cutter, cut dough into round oatcakes. Re-roll dough and cut additional cakes. Continue until all of the dough has been formed into oatcakes.
5. Place oatcakes on a greased baking sheet about 1/4" apart- they will not spread so they can be close together.
6. Bake oatcakes for approximately 20- 25 minutes, or until oatcakes are golden brown. Let oatcakes cool on a rack.
7. Eat the scrumptious oatcakes with your favorite type of jam! Makes 12 Oatcakes.

# How Oats are Processed into Different Types of Oatmeal.

The finest oats from Canada and the Northern United States are brought to Bob's Red Mill.

The stabilized Oat Groats is put through a steaming process to soften the groats for rolling.

The Oat Groats flow through a steel burr mill and are chopped into small pieces. This is how we make our Steel-cut Oatmeal.

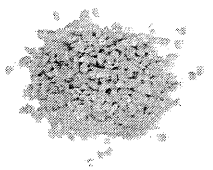
After it is steamed, the Oat Groats flows into a roller mill where it is flattened to various thicknesses depending on whether thick, quick-cooking, or regular oats are desired. It is then air dried and cooled for bagging and shipping.

The Oat Groats is placed in a dry-kiln and brought up to 200° F for 4 to 5 hours. This will help keep them from spoiling.

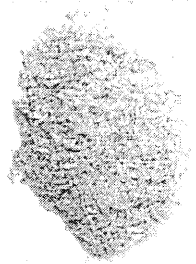
The Oat Groats is ground between our stone mills to a fine, powdery oatmeal. This is how we make our Scottish Oatmeal.



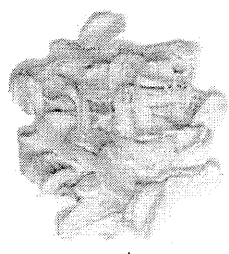
These are Oat Groats before they are processed.



These are Steel Cut Oats.



These are Scottish Oats.



These are Rolled Oats.

This is the way we grind our Scottish Oatmeal. The oat groats go into the hopper and fall down into the stones. The stones rotate, grinding the groats into oatmeal.

