

Iron Age Recipes

Snacks

Griddle Cakes

Ingredients

250g wholemeal flour
100g lard or butter
1 egg (optional)
3 to 6 tbsp milk
Pinch of salt

This is a basic savoury recipe. To liven it up add some herbs, onions, leeks or other greens.

Preparation

Combine the flour and salt in a bowl then add the lard or butter and rub in with your fingers until the mixture resembles fine breadcrumbs.

Stir in the egg (if using) then add just enough milk to bring the mixture together as a firm dough.

Pinch off pieces of the dough, shape into balls about 4cm in diameter then flatten into patties about 0.5cm thick.

Heat your griddle or frying pan and grease lightly with butter.

Add the griddle cakes and fry until nicely browned on both sides and cooked through, about 5 minutes per side, but the exact time will depend on your cooker.

These make an excellent accompaniment to any savoury dish.

To make a sweet version add 2 tbsp honey when you add the milk.

Oatcakes

Ingredients

500g medium-ground oatmeal
250g stone-ground (or coarse) bread wheat flour (use emmer or spelt flour to be more authentic; these can now be found in health-food shops and some supermarkets)
60g lard
1 tsp sea salt
Water to mix

Preparation

In a large bowl, mix the flour and oatmeal together then add the salt along with a teaspoon of water and mix in well.

Cut the lard into small cubes, add to the bowl and rub into the mixture with your fingers.

Once the lard has mixed with the flour add just enough water to make a dry dough and shape into small cakes about 0.5 to 1cm thick.

Cook these cakes on a griddle or frying pan until lightly browned on both sides then set aside to cool.

Once cool serve with cheese.

Fruited Bread

Ingredients

500g stone-ground or coarse wholemeal bread flour
300g soft fruit (blackberries preferably)
250g honey
1 tsp salt
Water to mix

Preparation

Tip the flour into a large bowl, add the blackberries and stir thoroughly together.

Next add the salt and honey and fold gently into the mixture using a metal spoon.

Finally add enough water to form a firm dough.

Tear small balls from the mixture, pressing these down into rounds of about 1.5cm in thickness which can be cooked on a griddle or frying pan until golden brown on both sides.

Alternatively you can shape the dough into a single large round loaf which can be cooked in an oven pre-heated to 170°C (Gas 3) for an hour or until the loaf turns a firm golden-brown colour.

Savoury Bean Fritters

Ingredients

120g butter
70g chopped, roasted, hazelnuts
1 bunch of sea beet or fat hen greens, chopped (you can also use Swiss chard or spinach)
1 handful of freshly-grated horseradish (or use a couple of tablespoons from a jar)
500g processed Celtic Beans (see below)
1 egg
Pinch of salt
Strong wholemeal bread flour

Celtic Beans:

Use one third dried black-eyed peas to two thirds dried broad (fava) beans.

Soak the beans overnight then drain and place in a large saucepan.

Cover with plenty of water, bring to the boil and cook for at least 3 hours.

Take off the heat, cover, and allow them to cool in the water.

You now need to remove the hard skins from the beans.

Alternatively you can use tinned beans!

Preparation for the fritters

Melt a little butter in a pan and use to gently fry the hazelnuts and sea beet (spinach) until wilted.

Take off the heat and transfer to a bowl.

Mix in the horseradish and beans then add the egg.

Stir to combine then season with salt and add just enough flour to bring the ingredients together as a stiff dough.

Shape the dough into rissoles (sausage shapes about 3cm in diameter and 6cm long), melt the remaining butter in a large pan and fry the shaped rissoles until browned all over.

These can be served either hot or cold.

Sweet Bean Cakes

Ingredients

250g butter
500g processed Celtic Beans (see above)
200g roasted hazelnuts, ground to a flour
350g strong wholemeal bread flour (or acorn flour)
500ml honey

Preparation

Prepare the Celtic Beans as per the recipe above.

Sift the flour into a bowl then rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.

Stir in the beans and hazelnuts and add the honey.

Mix to a stiff batter.

Drop heaped tablespoons of the mixture onto a hot, lightly-greased griddle and cook until lightly-browned on both sides (about 6 minutes per side).