

Barony Mills

Bere Meal Recipes



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BERE BANNOCKS

(Based on a recipe used by the Creel Restaurant, St. Margaret's Hope)

Ingredients

100g Beremeal
100g Plain white Flour
1 Teaspoon Cream of Tartar
2 Teaspoons Bicarbonate of Soda

Method

Sieve the above items together. Mix 2 Tablespoons of yoghurt with milk to make very soft dough. Turn out onto a Beremeal coated board, divide mixture into two. Bake on a dry pan on top of the cooker (fairly hot) 5 min. each side.

Beer can be used instead of milk and yoghurt.

BEREMEAL LOAF

For Breadmakers

Ingredients

200ml Water
75gm Beremeal
275gm Strong Flour
1 teaspoon Salt
1½ teaspoons Sugar
1 teaspoon Marvel (or any non fat dried milk)
13gm Margarine
1 teaspoon Instant dried Yeast

Method

Bake as for standard white loaf.

M Phillips
Barony Mills
Birsay

BERE BANNOCKS

Ingredients

2 cups Barony Mills Beremeal
1 cup Plain Flour
1 teaspoon Baking Soda
1 teaspoon Cream of Tartar
Salt (if desired)

Method

Mix thoroughly, add milk, water or buttermilk to make a stiff dough, roll out on a floured (mixture of beremeal and flour) board to form the bannocks (this will make 2 or 3), then cook on a hot, ungreased girdle 5 minutes or so, each side until both sides are browned and the middle is cooked. Practice will make perfect.

Consume with copious amounts of ale (plus plenty of Orkney butter and cheese).

BIRSAY BISCUITS

Ingredients

12 oz Self Raising Flour
4 oz Beremeal
8 oz Castor Sugar
8 oz Margarine
6 oz Sultanas
1 Egg
A good pinch of salt.

Method

Cream the sugar and the margarine. Sieve in the flour and Beremeal, add the sultanas, egg and salt, mix well. Turn out on a floured board, kneed into dough, roll out and cut into biscuit shapes. Grease a tray and bake on top shelf for 16 min at 350°F/180°C/Mark 4. Transfer from baking tray to cooling rack. Biscuits will be soft but will crisp when cooled.

the late J Scott
Chocolate Cottage
Birsay

BEREMEAL SCONES

Ingredients

2 cups Beremeal
1½ cups Self Raising Flour
1 tablespoons Syrup
1½ teaspoons Baking Soda
½ teaspoon Salt
1½ cups Milk (Buttermilk)
2 ozs Margarine

Gas Mark 4
Elec. 350° F
180° C

or

1½ cups Beremeal
1 cup Self Raising Flour
1 tablespoon Syrup
1 teaspoon Baking Soda
½ teaspoon Cream of Tartar
½ teaspoon Salt
2 ozs Margarine
1 cup Buttermilk

Gas Mark 6
Elec. 400° F
200° C

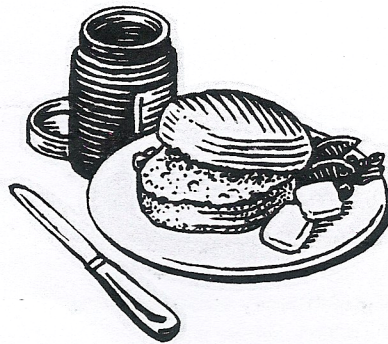
(very soft mixture)

Method

Put all ingredients into a basin and mix to a soft dough. Divide into two, and knead on to a floured board, roll out to ½in. (13mm) thick, divide into 4. Cook in oven for 10 min. Makes 8 scones.

J Irvine
Boddam
Dunrossness
Shetland

M Phillips
Barony Mills
Birsay



BIRSAY BAY BARONY BERE AND BERRY BISCUITS

Ingredients

3 oz Butter
3 ½ oz Golden Castor Sugar
1 small Egg
1 teaspoon Vanilla Essence
1 ½ oz Sultanas
1 ½ oz Dried Cranberries
2 oz Sunflower Seeds
2 oz Beremeal
½ teaspoon Bicarbonate of Soda
½ teaspoon Salt
1½ oz Porridge Oats or Oatmeal

Method

Cream together butter and sugar until light and fluffy. Beat in the egg and vanilla essence. Stir in remaining ingredients until combined. Spoon tablespoons of mixture onto lined baking sheets, leaving room to spread. Bake in top of oven, 12 to 14 minutes at 180 C until golden. Cool flat and store in airtight container.

Birsay Bay Café
Birsay

BEREMEAL BRUNNIES

Ingredients

1 lb. Flour
½ lb Beremeal
1 teaspoon Cream of Tartar
1 teaspoon Baking Soda
2 teaspoon salt

Method

Buttermilk or sour milk (if sweet milk or milk and water are used add 2 teaspoons of Cream of Tartar). Make a soft dough and turn onto a floured board. Roll gently with a flat hand until ½" thick. Cut into rounds and bake on a hot girdle. Keep the Brunnies on edge whilst cooling.

BEREMEAL SCONES

Ingredients

1 lb Self Raising Flour
½ lb Beremeal
4 oz Margarine
1 tablespoon Syrup
1 Large egg
Salt
Milk to mix.

Method

Mix flour and beremeal, rub in margarine, add syrup, salt and egg. Mix with enough milk to a soft consistency. Roll out on to a floured board. Bake on a hot girdle on both sides, cool on a wire tray.

C Gray
Lairg
Sutherland

BEREMEAL PANCAKES

Ingredients

2 oz Plain Flour
2 oz Beremeal
1 oz Sugar
¼ teaspoon Bicarbonate of soda
½ teaspoon Cream of tartar
1 Egg
a good pinch of cinnamon
a pinch of salt
¼ pint of milk (approx)

Method

Sieve dry ingredients and add sugar. Make well in the centre and add egg, mixing carefully. Stir in milk, a little at a time, until mixture is smooth and creamy. Pour tablespoons of mixture on to a hot girdle, and cook until golden brown on one side, then cook the other side. Serve hot with butter.

Anne Neilson
Castlevew
Kilwinning
Ayrshire

BERE BANNOCKS

Ingredients

70g (2½oz) Beremeal

70g (2½oz) Self-raising flour

1 level teaspoon bicarbonate of soda

1 rounded teaspoon cream of tartar

¼ teaspoon salt

½ tablespoon vegetable oil, plus extra for greasing

Method

Mix Beremeal, flour, bicarbonate of soda, cream of tartar and salt in a bowl. Make a well in the middle and add the oil then enough water to combine to a soft dough (5fl.oz/150ml/¼ pint).

Turn out onto a Beremeal covered board, shape and bake as 1 bannock or divide into 4 quarters, bake on a girdle (griddle) or (yetlin) for 4/5 min. each side.

Sue Lawrence

SHETLAND BEREMEAL BANNOCKS

Ingredients

3 cups Beremeal

pinch of salt

2 level teaspoons Cream of Tartar

3 heaped teaspoons Baking Soda

4 oz. Butter & Milk to mix

Method

Rub butter in meal and mix dough with milk. Roll out and bake until browned. 350F/180C/Gas 4 for 20 min approx.

APPLE AND CINNAMON CAKE

(small size)

(Torta di Mele original recipe by Anna del Conte)

Here is a lovely moist cake with a yummy aroma and taste made with the legendary Beremeal (an ancient barley species milled on the Mainland of Orkney at the Barony Mill). Butter is used because it will not break down under sustained high temperature. Molasses cane sugar is used for its high mineral content.

Ingredients

55g (2oz) Sultanas
75g (2.5oz) Butter
100g (3.5oz) Molasses cane sugar
1 Egg
175g (6oz) Beremeal
5ml (1 tsp) Cinnamon
7.5ml (1½ tsp) Bicarbonate of Soda
2.5ml (½ tsp) Cream of Tartar
2.5ml (½ tsp) Sea Salt
225g (7oz) Dessert Apples (organic) (to the nearest whole apple)
1 Grated rind of Lemon

Method

Soak the sultanas in warm water* for 20 minutes. Melt butter and whisk in sugar. Cut apples into small pieces but include skin and core (that's the reason for choosing organic). Blend the butter/sugar mix and apples into a liquid. Now blend in the egg. Mix Beremeal, cinnamon, bicarbonate of soda, cream of tartar and salt. Drain the sultanas and add the flour mixture. Finally, add the liquid and form the dough and add to a buttered and floured tin and bake for between 1 hour to 1½ hrs in a moderate oven, gas mark 4, 350°F/180°C, until the skewer comes out dry.

Due the low gluten content of the Beremeal, this cake is best made "wide and thin", an 8 inch baking tin is ideal.

* Sultanas will imbibe almost twice their weight when soaked in liquid. Try this for an even better cake: Place the Sultanas in a small container and just cover with cloudy apple juice (Lidl) and leave for 12 hours. These juice-plumped sultanas give a wonderful extra flavour over plain water.

BEREMEAL CHAPATIS

Ingredients

5 oz Beremeal
½ teaspoon Salt
½ tablespoons Cooking oil
2 fluid oz. Water (approx) to mix.

Method

Mix the beremeal with the salt and oil, and add the water - just enough for mixture to hold together - not too wet. Leave covered in the fridge for at least 2 hours. Divide mixture into 8 and roll each piece to about saucer size. Cook on a hot bake stone/girdle or clean dry frying pan over high heat, until going brown in patches on the underside, then turn and cook other side.

Wrap in a clean dry towel as you cook them, and serve as warm as possible.

These are particularly good with soup, curry or with jam/marmalade for breakfast.

Anne Newcombe
Feeding Grounds Cottage
Mellington
Churchstoke
Powys

Storing beremeal in a fridge or freezer
will prolong shelf life

BARONY MILLS, BIRSAY, ORKNEY

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