

# Oatmeal & Treacle Pancakes Recipe

*Taken from A Wee Taste of Ulster-Scots. Recipes by Paula McIntyre*

## Ingredients

For the Pancakes:

100ml buttermilk

1 tbsp treacle

1 egg

100g soda bread flour

25g porridge oats

Rapeseed oil for greasing

For the fruit syrup:

500g damsons or plums

120g sugar

250 ml water

## Method

### For the Pancakes

Pour buttermilk and treacle into a mixing bowl. Add egg and beat together.

Stir in flour and oats. Mix until it forms a thick batter.

Leave batter to rest for five minutes.

Oil frying pan or griddle and heat until hot.

Reduce heat and drop spoonfuls of batter onto the pan, leaving space between to allow pancakes to expand.

Cook for two to three minutes. When bubbles appear on the surface of pancake, flip over and cook the other side.

Cook until firm to touch.

Build pancakes into a stack and serve warm drizzled with fruit syrup.

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## For the Fruit Syrup

Place damsons, sugar and water into a saucepan.

Gradually bring to a boil.

Once boiled, remove from the heat and let it cool.

Strain through muslin overnight.

The syrup will keep in a sealed jar for five days.

