



**STAFFORDSHIRE  
OATCAKE  
RECIPE  
BOOK**

Proceeds from the sale of this book will go to the  
NEW VICTORIA THEATRE APPEAL

75 pence



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## FOREWORD

*"Let us pay homage to the Oatcake  
Or Ootcake or woodcake as the old men called them  
The oatcake is not a cake at all really  
Not like the fairy cake or the Eccles cake  
Not a cake in that way  
More of a Potteries Papadum  
A sort of Tunstall Tortilla  
A Clay Suzette"*

Arthur Berry's ODE TO THE OATCAKE, specially written for the Vic Road Show in 1980 and framed in many North Staffordshire Oatcake shops, is the best Foreword to Ellie Fishman's recipe book. The vital ingredient of the Vic's work is its exploration and celebration of the life and history of North Staffordshire, embodied in our musical documentaries, our adaptations from the novels of Arnold Bennett, and the plays of Arthur Berry, who for many of us, either Potters born and bred or immigrant settlers like me, speaks from the very soul of the district. It was inevitable sooner or later that we should weave the oatcake into our work as well as the Vic Coffee Bar menus. ODE TO THE OATCAKE has been performed many times in our theatre in the round to great applause. And we have held several Oatcake competitions for fillings in two classes—Traditional and Exotic—which have formed the starting point for this book and for the Vic's Coffee Bar Oatcake Menu.

This recipe book is modest in format, but formidable in content. It takes the oatcake seriously. No daft oatcake-flirting competitions here. Oh the nervous modesty of us English, which constantly drives us to silly self-deprecation. No wonder that we nearly allowed Real Ale to become extinct! Can you imagine the French treating their wine like we treated our beer? It is no surprise that it has taken an American to come to North Staffordshire and to produce the world's first serious oatcake recipe book.

The impetus of fundraising for the New Victoria Theatre made the occasion to create this amalgam of the versatility of the oatcake, traditional recipes from all over the world, and the creative cooking talents of Ellie Fishman. Besides its 600 seater purpose built theatre in the round, the New Vic will have a self-service restaurant, a coffee bar, and two Real Ale bars—all with views of and access to our beautiful garden.

When you buy this book you will be helping to fund that wonderful new building. But as you (and the friends you buy it for) eat their way through these succulent recipes, remember Arthur Berry's solemn warning concerning the Oatcake and its sweet sister the Pikelet:

*"If over indulged in  
Both these cakes can play the very  
Devil with your waistline  
I must WARN!  
INDULGENCE  
Leads to BULGENCE!"*

Peter Cheeseman  
Theatre Director  
Victoria Theatre  
Hartshill Road  
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## INTRODUCTION

Our North Staffordshire oatcake is basically a pancake made with fine oatmeal, wheat flour, yeast, water, and milk. (The oats, incidentally, are a very healthy ingredient, as research has shown that oat bran and fibre help to protect us against high cholesterol and high blood pressure).

All pancakes can be used as a quick, convenience food. Crêpes in France, tortillas in Mexico, and the very large gallettes in Brittany, are examples of national and regional pancakes which are used for quick meals and snacks. With a variety of fillings, they are rolled or folded—and happily eaten.

In North Staffordshire, oatcakes are a super-convenience food, because they are so readily available: at oatcake shops, bakeries, supermarkets, delicatessens, take-aways, and many butchers shops.

There is, of course, a problem for those who have left North Staffordshire to live and work elsewhere, but are still devoted to the regional delicacy. But this problem has been partly solved by the deep-freeze: no one knows how many hundreds of oatcakes are taken to London, or Edinburgh—indeed, throughout Britain—by visiting relatives and friends, who know that an essential gift to exiles from North Staffordshire is a few dozen oatcakes. Put into the home freezer, and rationed sparingly, they last until the next visitor brings a new supply.

Moreover, our North Staffordshire oatcake travels even further abroad. We have heard from many people about their "Oatcake Missions" to relatives and friends across the seas. No matter how many years the exiles have been away, they still dream of oatcakes, and so the supplies are taken by Staffordshire visitors to every part of the world: Australia, New Zealand, Canada, the U.S., the Caribbean islands, Hong Kong, Singapore, South Africa, and the Near East. Apparently oatcakes can withstand two or three days of long distance air travel, and still remain succulent and soft.

Most readers of this book will probably be residents of North Staffordshire, to whom the oatcake needs no introduction. For those who do not know about our regional speciality, there is a brief historical note as well as a recipe for making oatcakes at home.

Regular consumers of the North Staffordshire oatcake are already aware of the delights of oatcakes with cheese and bacon, cheese and sausage, or just with butter and jam, or honey, or syrup. Many still remember—and continue—the old tradition of sausage, cheese, tomatoes, and oatcakes for Saturday dinner, and bacon, cheese, tomatoes, and oatcakes for Sunday breakfast.

The recipes in this book are an attempt to look at new ways to use our healthy, convenience foods. Some recipes are quick and easy, some more elaborate; but there are assorted flavours to cater for all tastes.

## HISTORY OF THE STAFFORDSHIRE OATCAKE

The Staffordshire oatcake is a regional delicacy which is little known outside North Staffordshire and pockets of Derbyshire, but has long been a favourite of the discerning inhabitants of these areas.

As far back as 1776, James Boswell recorded his impression of this different kind of oatcake, when he accompanied Dr. Johnson on a visit to Lichfield. They stayed at the Three Crowns: "a good old fashioned" inn, which was "the very next house to that in which Johnson was born and brought up". It was there that Boswell first tasted ale made from oats, and also the Staffordshire oatcake—so different from his native Scottish variety, as he duly reported: "oat cakes not hard as in Scotland, but soft like a Yorkshire cake, were served with breakfast".

Boswell went on to make a joking allusion to Johnson's entry on oats in the famous dictionary. (Johnson had defined oats as "a grain, which in England is generally given to horses, but in Scotland supports the people".) Boswell therefore noted that: "It was pleasant to me to find that '*Oats*', the '*food of horses*', were so much used as the *food of the people* in Dr. Johnson's own town."<sup>1</sup>

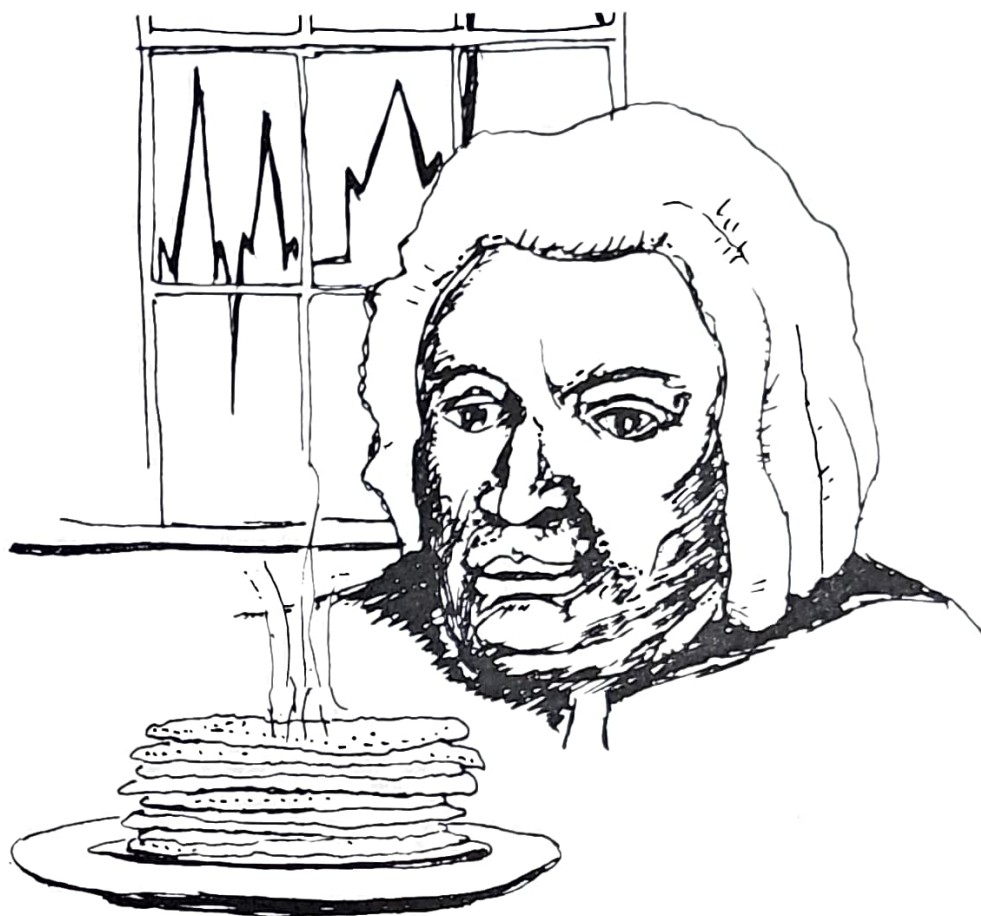
Over a century and a half after Boswell's encounter with the Staffordshire oatcake, Philip Oakes was explaining to his schoolmates in Wolverhampton that oatcakes, one of his favourite foods, were "not biscuits...but soft oatmeal pancakes, delicious with butter and honey, delectable with bacon and eggs."<sup>2</sup>

Elizabeth David, in her definitive book, *English Bread and Yeast Cookery*, devotes a chapter to "Yeast Leavened Pancakes and Oatcakes". As she explains: "In the past, one of the great points about leavened pancakes and all the tribe of griddle cakes was that they provided a means of using meals and flours such as barley, buckwheat, oatmeal, which were not suitable for bread proper".<sup>3</sup>

The recipes included in Elizabeth David's chapter come from a number of counties and regions of Britain, but the Staffordshire oatcake is the only one which is still alive and flourishing. Somehow, it made the transition from a home-produced rural staple (cooked on a bakestone, with the fire underneath) to an urban product, commercially produced, and still regularly consumed in much of North Staffordshire. Over the years, oatcakes have decreased in thickness and diameter (from 16 inches to about 8 inches); but otherwise they have remained unchanged—the basic ingredients are still fine oatmeal, wheat flour, yeast and water.

Nevertheless, how and when the transition took place is still unclear, as Mrs. Pamela Murray, Curator of the Staffordshire County Museum at Shugborough, has pointed out. She has traced the early history of the oatcake, from 18th century accounts of visitors to the Pennine Moorlands; these stress the local dependence on oats, as the most viable crop, and also describe in detail the process of baking, and the implements used.

But for most of the 19th century there seem to be no written accounts of the oatcake as a feature of rural or urban diet. "Later on in the nineteenth



century, however, at the beginning of the period covered by the memory of the living Potteries people, oatcake-making seems to have been fairly well established within the Six Towns and in smaller towns and villages... Besides farmhouse making there was also a cottage industry providing oatcakes for industrial and craft workers. It was rare for the normal village baker to make oatcakes. Typically the maker was an elderly widow who earned her living making a few dozen each day on an iron bakestone over a stick fire on the kitchen range...".<sup>4</sup>

As the twentieth century progressed, and the oatcake trade flourished, men took over from women as the principal bakers and purveyors. In Philip Oakes' delightful autobiography, *From Middle England*, he describes a typical oatcake shop of the 1930s: "The bottom of its bow window was level with my eyes and I would stand there for an hour at a time watching the oatcakes being made. On the far side of the shop the oatcake man measured oatmeal, flour and milk and water into tall white jugs. He added sugar and salt and yeast and when the mixture had risen he would cross over to his bakestone, a black iron plate which sent waves of heat shimmering to the ceiling, and pour out twelve liquid pats which spread and sizzled on the metal. Bubbles bulged and burst. The mouthwatering smell of toasted oatmeal seeped under the shop door and as the edges turned crisp and golden he would flip them over to cook the other side. When they were done he would stack them in a tender, tottering pile and start on the next batch".<sup>5</sup>

Now, in the 1980s, there are fewer small oatcakes shops of the sort which Philip Oakes described; but they still exist, and are always popular. And

while we now have the advantage of being able to buy oatcakes at any time at the supermarkets and other shops described in the introduction, oatcakes have still retained their subtle individuality: each oatcake baker has his own special recipe, with slight variations and perhaps a secret ingredient. These recipes are carefully preserved, and are an important part of the craft—to be handed down to the next generation in the family, or passed on to the new baker if the business is sold.

Perhaps one day the news of our regional delicacy will have spread to other parts of Britain, and created an irresistible demand: Staffordshire oatcakes in all the supermarkets, bakeries, and groceries throughout the land!

Until then, here is a recipe for making oatcakes at home, for the benefit of those who do not live in North Staffordshire. It was kindly given to us by the *Evening Sentinel*: it is the recipe which is sent by the *Sentinel* in response to the many requests from oatcake lovers across the world.

### OAT CAKES

#### *Ingredients*

½ lb. fine oatmeal  
½ lb. plain white flour  
1 teaspoonful Salt  
1 teaspoonful Sugar  
½ oz. Fresh Yeast  
¾ pt. warm milk and ¾ pt. water

#### *Method*

Sieve the oatmeal and flour into a warm basin.

Add the salt and stir. Dissolve the yeast with a little of the warm liquid and add the sugar. Set aside in a warm place for it to rise. Mix the dry ingredients with the yeast and the rest of the liquid to make a nice batter. Cover with clean cloth and let the batter stand in a warm place for about one hour. Then bake on a well greased bakestone.

This quantity will make twelve oatcakes.

It should also be noted that at least one oatcake shop sells a “Bake at Home” dry prepared Oatcake Mix, with full instructions for the mixing and baking.

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#### Footnotes

1. James Boswell, *Life of Johnson*, (entry for 23 March 1776).
2. Philip Oakes, *From Middle England*, p. 95, Penguin Books, 1983. Quoted with kind permission of the author.
3. Elizabeth David, *English Bread and Yeast Cookery*, p. 407, Allen Lane, 1977. Quoted with kind permission of the author.
4. Pamela Murray, “Oatbread in North Staffordshire”, p. 53, *Folk Life*, Vol. 12, 1974. Quoted with kind permission of the author.
5. Philip Oakes, *op. cit.*, p. 95.

## **ROLLED AND FOLDED OATCAKES**

In this section, the recipes provide a variety of fillings to be put on oatcakes, which are then rolled or folded over. Some are quick, and can be prepared very easily. Others take more time, and must be put in the oven or under the grill for longer periods. (Although we understand that filled and rolled oatcakes can be quickly cooked in a micro-wave oven.)

All of the recipes illustrate the versatility and adaptability of oatcakes—even to Italian and Mexican flavours.

## **CHEESE AND BACON OATCAKES**

Cheese and bacon with oatcakes is a favoured combination in North Staffordshire, and there are many ways of preparing and eating this popular dish. The traditional methods provide plenty of “dip”—the bacon fat in which the oatcake can either be fried or dipped. There seems to be disagreement as to whether to cook the cheese in the bacon fat or separately, but in any case, the bacon and cooked cheese are put on the oatcake, which is then rolled up and eaten.

Still, in these days of health-conscious calorie and cholesterol counters, there seemed a need for a cooking method with less “dip”, but still the same flavours. The following recipe gives you an idea—and you can adapt it to your own taste.

6 oatcakes

6 rashers of bacon

6 to 8 oz/150 to 200 g cheese—either grated or cut into small pieces.

Trim the rind from the bacon rashers and lightly grill or fry them. Put them on kitchen paper, which will absorb the excess fat. Divide the cheese between the oatcakes, and put them under the grill for a few minutes, until the cheese has melted. Put a rasher of bacon on each oatcake, and grill for another minute or two. Roll up the oatcake and serve.

## **SWEET CORN AND COTTAGE CHEESE TURNOVERS**

6 oatcakes

1 8 oz/226 g carton of cottage cheese with chives (or plain cottage cheese)

1 7 oz/198 g tin of sweet corn

2 oz/50 g grated cheese.

Put the cottage cheese in a blender and blend until it is smooth. Drain the liquid from the tin of corn, then put the corn kernels into the blender. Blend briefly—the kernels should not be liquidised, but just partly “mashed”. (If you do not have a blender, use curd cheese, or put the cottage cheese through a sieve. And you can “mash” the corn kernels with a large fork.)

Grease a large ovenproof dish.

Spread 2 to 3 tablespoons of the cottage cheese and corn mixture on an oatcake. Fold the oatcake over, so that you have a “half moon” turnover, and put it in the baking dish. Repeat with the rest of the filling and oatcakes.

Spread the grated cheese evenly over the oatcake turnovers, and cover the dish with foil. Bake in a preheated oven (350°F/108°C/Gas Mark 4) for 20 minutes.

## **CHEESE AND ONION OATCAKES**

Cheese and onion rolls or sandwiches are standard fare, but cheese and onion oatcakes are even more delicious. The following recipe gives you three different ways of preparing them.

6 oatcakes  
6 to 8 oz/150 to 200 g grated cheese  
1 onion.

Peel and chop the onion. Spread equal portions of the cheese on the 6 oatcakes. Put equal portions of the chopped onion on top of the cheese. Put the oatcakes under the grill for a few minutes, until the cheese is thoroughly melted. Roll up, and serve.

These two alternative methods of preparation will give you oatcakes which are crisper, with the flavour of the oatmeal being brought out by the "toasting".

1. First warm one side of the oatcakes under the grill. Then spread the cheese and onion on the untoasted side, and proceed as above in the first method.
2. Put the cheese and onion on the oatcakes. Roll up, and put under the hot grill for 2 minutes. Turn over and grill the other side for one to two minutes. You must be sure that you have left them long enough for the cheese to melt, but be careful not to let the oatcakes get too brown. If you have more time, you can put the rolled oatcakes in a shallow baking tin and put them in a hot oven for 10 to 15 minutes. In this case, they don't need to be turned over.

## **CURRIED VEGETABLE MEDLEY**

This is a versatile recipe, for which you can use different combinations of vegetables: freshly cooked carrots, peas, and green beans; or a mixture of left-over vegetables; or 1 or 2 packets of frozen vegetables, such as the mixed, stir-fry kind.

6 to 8 oatcakes  
8 oz to 1 lb/450 g to 900 g cooked mixed vegetables (depending on the bulk)  
10 fl oz/300 ml yogurt (the thick, whole milk yogurt is very good in this)  
3 tablespoons French or American style mayonnaise  
2 tablespoons cornflour  
1 teaspoon curry powder

In a large bowl, mix the yogurt and mayonnaise. Add the cornflour and curry powder and blend thoroughly.

Be sure that the vegetables are well drained, and chop any large varieties, such as carrots and whole green beans. Add the vegetables to the yogurt mixture.

Grease a large, shallow ovenproof dish. Put 2 to 3 tablespoons of the vegetable and yogurt mixture on an oatcake, roll it up, and put in ovenproof dish, seam side down. Repeat the process with the remaining vegetable mixture and oatcakes.

Cover the dish tightly with foil, and put in a pre-heated oven (350°F/180°C/Gas Mark 4) for approximately 20 minutes.

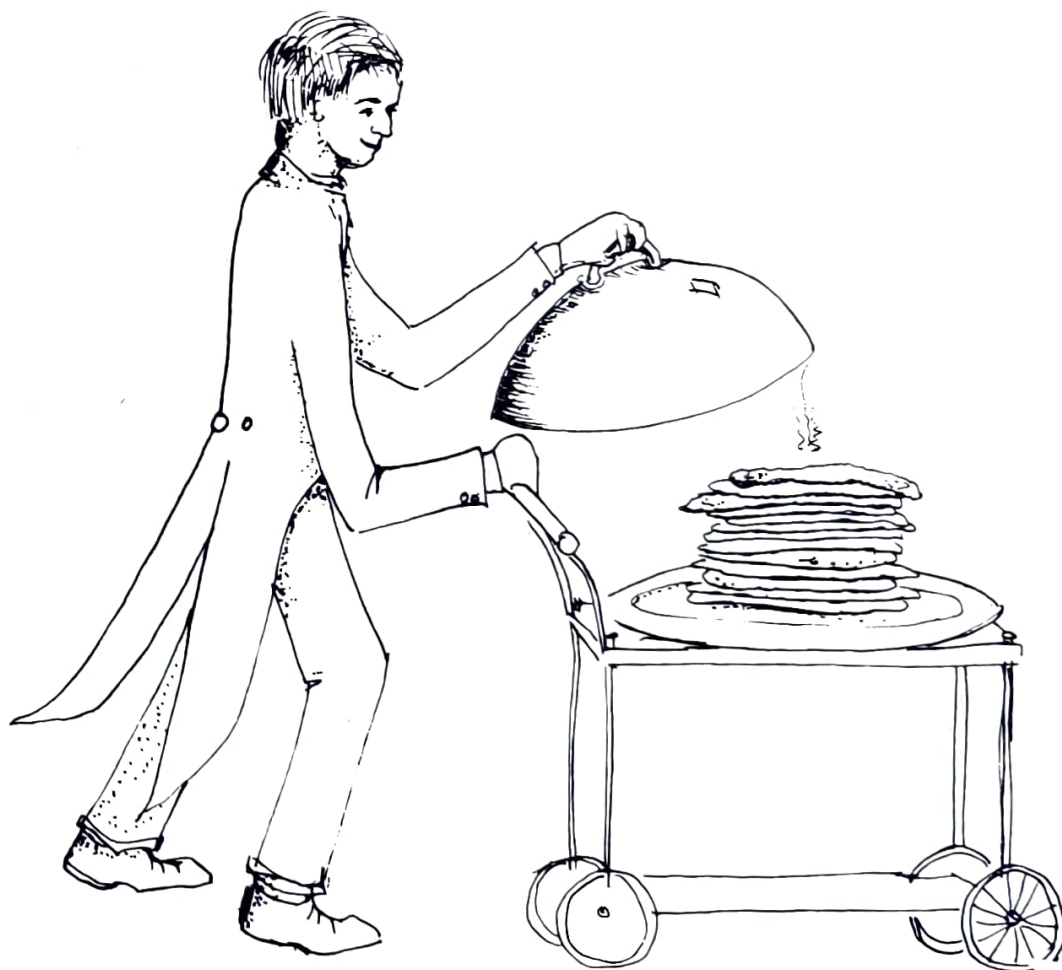
The following recipe was given to us through the generosity of Mr. J. E. Azzopardi, General Manager of the North Stafford Hotel, who said that it is their chef's favourite oatcake recipe. (For strangers to Staffordshire, the North Stafford Hotel is the imposing Victorian building just opposite the Stoke-on-Trent Railway Station).

### **SMOKIE OATCAKE, á la North Stafford Hotel**

2 oz melted butter  
2 lbs Smoked Haddock  
1 onion  
1 small tin whole peeled tomatoes  
6 oatcakes  
½ clove garlic  
Salt and Pepper  
¼ pint double cream

Drain and chop the tomatoes, peel and chop the onion. Sweat the onion in the butter, add the garlic crushed and the chopped tomatoes. Cut the haddock in large dice and add to the tomato mixture. Cook gently for 5 minutes, add the cream, bring to the boil. Remove from heat. Fill the pre-heated oatcakes, roll and serve immediately.

Note on pre-heating the oatcakes: 10 to 15 minutes before they are required wrap the oatcakes tightly in aluminium foil. Put into a very moderate oven until they are hot—but do not let them get too dry. Alternatively, you can heat them briefly under the grill.



## **SPINACH AND CHEESE OATCAKES**

These are similar to the Italian cannelloni, and make a good starter for a meal—or a good main dish for fewer people.

6 to 8 oatcakes  
8 oz/255 g packet frozen spinach  
3 oz/75 gram curd cheese (or low-fat curd cheese)  
1 egg  
2 oz/50 g grated cheddar cheese  
salt and pepper to taste  
grated nutmeg  
for sauce: 3/4 pt./450 ml milk  
2 tablespoons margarine or butter  
3 tablespoons flour  
1 oz/25 gr grated cheddar cheese or grated parmesan  
salt and pepper to taste

Cook the spinach according to directions on the packet. Remove from heat and drain off all excess liquid.

In a bowl, break up the curd cheese with a fork, and gradually add the drained spinach. Beat the egg into the spinach and cheese mixture. Add the grated cheese, a little nutmeg, and salt and pepper to taste.

Melt the butter or margarine in a saucepan over low heat. Gradually add the flour, stirring well. Add the milk slowly. Cook, stirring constantly, until the sauce boils and thickens. Remove from heat and add the cheese, and salt and pepper to taste.

Grease a big, shallow ovenproof dish, large enough to hold the rolled oatcakes.

Put 2 to 3 teaspoons of the spinach mixture on an oatcake, roll it up, and put in baking dish, seam side down. Repeat the process with the remaining spinach mixture and oatcakes.

Spread the sauce evenly over the rolled oatcakes. Put the dish in a preheated oven (350°F/180°C/Gas Mark 4). Bake for 20 minutes, or longer—the sauce should be bubbling hot.

## **BEEF AND TOMATO OATCAKES**

This recipe is also similar to the Italian cannelloni.

6 to 8 oatcakes  
1 onion  
1 clove garlic  
1 tablespoon vegetable oil  
8 oz/225 g minced beef  
1 tin (5 oz/142 g) tomato puree  
1/3 pt/200 ml water  
1/2 teaspoon oregano or mixed herbs  
1/2 teaspoon sugar  
salt and pepper to taste  
for sauce: 3/4 pt/450 ml milk  
2 tablespoons margarine or butter  
3 tablespoons flour  
1 oz/25 g grated cheddar cheese or grated parmesan  
salt and pepper to taste

Peel and chop the onion. Peel and chop or crush the garlic. Put oil in a heavy pan over a gentle heat and cook the onion and garlic for 3 minutes. Add the minced beef and cook over medium heat, stirring frequently, until meat is brown. Add the tomato puree, water, herbs, and sugar, and allow to cook slowly for 20 minutes. Add salt and pepper to taste.

Melt the margarine or butter in a saucepan over low heat. Gradually add the flour, stirring well. Add the milk slowly. Cook, stirring constantly, until the sauce boils and thickens. Remove from heat and add the cheese, and salt and pepper to taste.

Grease a shallow ovenproof dish, large enough to hold the rolled oatcakes.

Put 2 to 3 tablespoons of the meat and tomato sauce mixture on an oatcake, roll it up, and put it in baking dish, seam side down. Repeat the process with the remaining meat mixture and oatcakes. Spread the cheese sauce evenly over the rolled oatcakes, and put the dish in a preheated oven (350°F/180°C/Gas Mark 4). Bake for approximately 20 minutes—the sauce should be bubbling hot.

### DEVILED FISH OATCAKES

6 oatcakes  
¼ pt/150 ml milk  
8 oz/255 g haddock or cod fillets  
1 onion  
1 small green pepper  
1½ oz/40 g margarine or butter  
1 rounded tablespoon flour  
1 tablespoon Worcester sauce  
1 teaspoon dry mustard  
5 drops of Tabasco sauce  
1 oz/25 g fresh breadcrumbs  
salt and pepper to taste.

Put the fish fillets in a saucepan with the milk, cover and put over gentle heat. Let it simmer, without boiling, for 15 minutes. Remove from heat and strain the milk into a bowl. Leave the fish to cool.

Peel and chop the onion. Clean and de-seed the green pepper and chop it finely. Melt the margarine or butter in a pan over gentle heat. Add the onion and green pepper, and cook gently for 10 minutes. Sprinkle the flour over the onion mixture, stirring to amalgamate. Slowly add the milk which was strained from the fish. Cook for a few minutes, stirring constantly, until the sauce has thickened. Remove from heat.

Remove any skin and bones from the fish fillets, and flake them finely. Mix the flaked fish with the onion and pepper mixture. Add the Worcester sauce, mustard, Tabasco, and salt and pepper to taste. Gently stir in the breadcrumbs and taste again for seasoning.

Grease a large, shallow ovenproof dish. Put 2 to 3 tablespoons of the fish mixture on an oatcake, roll it up, and put in the dish, seam side down. Repeat the process with the remaining fish mixture and oatcakes. Cover the dish tightly with foil and put in a preheated oven (350°F/180°C/Gas Mark 4) for 20 to 25 minutes.

## **TWO MEXICAN RECIPES**

Mexican tortillas are large pancakes—usually made with finely ground maize, but sometimes with wheat flour. Both are used as a staple bread, and also as a part of many other dishes.

### **TACOS**

One of the most popular snacks made from tortillas are tacos, which are widely sold at stalls and take-away shops in the United States, as well as Mexico.

But tacos can also be made at home—and then it becomes a sort of do-it-yourself meal.

Tacos “shells” are made by folding a tortilla in half and frying it in such a way that the “shell” can then be opened, and a filling put in—like a sandwich. Alternatively, the filling is sometimes put into the tortilla before frying.

In the United States, pre-fried tacos “shells” are available in packets, and need only be heated in the oven. That is when the do-it-yourself part begins. Bowls of hot, spicy beef, shredded lettuce, chopped tomatoes, and grated cheese are put on the table. Each person puts a spoonful or two of the beef into the taco shell, then some of all the other ingredients. The whole thing is then topped with some bottled hot chili sauce! (They are rather messy to eat!)

But if you want to try your hand at tacos, there is a fairly easy way of making a good imitation with oatcakes.

Grease a baking sheet with vegetable oil, and preheat the oven to 400°F/200°C/Gas Mark 6. Fold each oatcake loosely in half and put them on the baking sheet. Put in oven for about 10 minutes—the oatcake should become crisp, but not so brittle that they break when you put the filling inside.

For the spicy beef filling, you can use the first part of the following recipe (enchiladas). Do not include the red kidney beans, as that would make the filling too bulky.

### **ENCHILADAS**

Enchiladas are a favourite, not only in Mexico, but also in the West of the United States. Enclosing a spicy meat or chicken filling, the tortillas are rolled and then baked with a topping of tomato sauce.

6 to 8 oatcakes  
1 tablespoon vegetable oil  
1 onion  
1 tablespoon chili seasoning  
1 teaspoon ground cumin or whole cumin seeds  
6 oz/175 g minced beef  
1 tin (7.23/205 g) red kidney beans  
1 tin (5 oz/142 g) tomato puree  
½ teaspoon sugar  
1/3 pt/200 ml water  
salt and pepper to taste  
2 oz/50 g grated cheese

Peel and chop the onion finely. Put the oil into a heavy pan over low heat. Add the onion and spices, and cook gently for a few minutes, until the onion is soft. With a slotted spoon, remove half of the onion and spice mixture to a small saucepan.

Add the minced beef to the remaining onion mixture in the heavy pan, and cook, stirring frequently, until the meat is brown.

Add the tomato puree, sugar and water, to the onion mixture in the small saucepan. Stir well and put to cook over low heat. Let simmer, stirring occasionally, for a few minutes.

Drain the liquid from the red kidney beans and put them in a shallow bowl. Mash them coarsely with a large fork. Add to the meat mixture and cook over low heat for 2 to 3 minutes.

Add salt and pepper to taste, to the meat and bean mixture, and also to the sauce.

Grease a large, shallow ovenproof dish. Put 2 to 3 tablespoons of the meat and bean mixture on an oatcake, roll it up, and put it in dish, seam side down. Repeat with the remaining filling and oatcakes.

Spread the sauce evenly over the rolled oatcakes. Cover the baking dish with foil and put in preheated oven (350°F/180°C/Gas Mark 4). Bake for 20 minutes, then remove foil and spread the grated cheese over the oatcakes. Return to oven for another 5 to 10 minutes.

### **VEGETARIAN MEXICAN CHILI ROLLS**

6 to 8 oatcakes

1 onion

1 tablespoon vegetable oil

1½ tablespoons chili seasoning

1 teaspoon ground cumin or whole cumin seeds

2 tablespoons flour

3 tablespoons tomato puree

½ pint/300 ml water

1 teaspoon beef stock powder or 1 beef stock cube (or vegetarian equivalent)

1 small tin (7 oz/198 g) sweet corn

1 small tin (7.23 oz/205 g) red kidney beans

Skin and chop the onion. Heat the oil in a heavy pan, add the onion and spices, and cook over gentle heat. Stir frequently for 5 minutes, or until onion is soft. Sprinkle the flour over the onion and mix thoroughly. Slowly add the tomato puree and then the water, stirring to blend. Add the stock powder or cube and cook, stirring frequently, until the sauce has thickened. Remove from heat.

Open the tins of corn and beans, and drain the liquid from both of them. Put the beans into a shallow bowl and mash them coarsely with a large fork. Add the corn to the mashed beans, and then add half of the prepared chili sauce. Mix thoroughly.

Grease a large shallow ovenproof dish. Put 2 to 3 tablespoons of the vegetable mixture on an oatcake, roll it up, and put it in the dish, seam side down. Repeat the process with the remaining vegetable mixture and oatcakes. Pour the remaining chili sauce evenly over the oatcakes, and put the dish in a preheated oven (350°F/180°C/Gas Mark 4) for 20 minutes (the sauce should be hot and bubbling).

Optional: If you like, five minutes before the oatcakes are cooked, spread grated cheese over the rolled oatcakes, and then return to oven to finish cooking.

## **SAVOURY BANANA AND BACON ROLLS**

The use of bananas as a savoury may seem unusual, but banana and bacon is a combination which is often found in American cookery. This is a good accompaniment to an omelette and salad, for lunch or supper.

6 oatcakes  
6 rashers of bacon  
3 bananas  
2 oz/50 g grated cheese

Grease a large, shallow baking dish.

Cut off the bacon rind and partially grill or fry the rashers.

Peel the bananas and cut them in half, lengthwise.

Spread equal portions of the grated cheese on each oatcake. Wrap a bacon rasher around one of the halved bananas, put it on an oatcake, and roll the oatcake around it. Put the rolled oatcake, seam side down, in the baking dish.

Repeat the process with the remaining ingredients and oatcakes. Cover the dish with foil and put it in a preheated oven (350°F/180°/Gas Mark 4), for 15 minutes.

In France, and particularly in Normandy and Brittany, there are cafés which specialise in all kinds of crêpes: you can have a full meal, starting with savoury crêpes, and ending with sweet ones. The following recipes are inspired by suggestions from a native of France, who now lives in Staffordshire, and often uses oatcakes as a substitute for crêpes, in various ways.

## **OATCAKES WITH SCRAMBLED EGG**

1 egg per oatcake  
as many oatcakes needed  
grated cheese  
Salt and pepper to taste

Lightly scramble the eggs, and add salt and pepper to taste. Spread a portion of the scrambled egg on each oatcake, and top with some grated cheese. Put the oatcake under the grill and heat until the cheese has melted. Roll up and serve.

Note: If you are making a quantity of these, and do not have room to put them under the grill all at once, put the first batch into an ovenproof dish, cover it with foil, and put in a low oven until your second batch is ready.

Suggested variation: instead of grated cheese, put some skinned and finely chopped tomato, and a pinch of mixed herbs, on top of the scrambled egg.

## **OATCAKES WITH CHEESE AND CELERY**

6 oatcakes  
3 oz/75 g Blue Stilton (or other blue cheese)  
1 oz/25 g softened butter  
4 oz/100 g curd cheese  
3 tablespoons cream (or top of milk)  
4 to 6 stalks of celery

Mash the Stilton and butter together. Then add the curd cheese, and the cream, mashing and stirring until the mixture is smooth.

Chop the washed celery into very small pieces. Stir them into the cheese mixture.

Put 1 to 2 tablespoons of the cheese and celery mixture on each oatcake, and put the oatcakes under the grill—just until the cheese has started to melt. Roll up and serve.

(If you do not have room for all of the oatcakes to be put under the grill simultaneously, put the first batch in an ovenproof dish, cover with foil, and keep warm in a low oven.)

Alternative choice: instead of celery, you can use cucumber. Cut part of a cucumber in half, lengthwise, and scoop out the seeds. Then chop the cucumber finely, and use in the above recipe, as a substitute for the celery.

### **OATCAKES WITH CHICKEN AND MUSHROOMS**

6 to 8 oatcakes  
1½ oz/40 g butter or margarine  
3 tablespoons flour  
½ pt/300 ml milk  
1 tablespoon grated parmesan cheese  
salt and pepper to taste  
2 tablespoons sherry (optional)  
1 oz/25 g butter or margarine  
4 oz/100 g mushrooms  
6 to 8 oz/150 to 200 g cooked chicken

Melt the butter or margarine in a heavy saucepan over low heat. Gradually add the flour, stirring to blend. Continue stirring while adding the milk. Cook slowly, stirring constantly, until the sauce has come to a boil and thickened. (If you are adding the sherry, stir it into the sauce now). Turn off heat.

Clean and chop the mushrooms. Cook gently, with 1 oz/25 g butter, for a few minutes. Add to sauce.

Cut the cooked chicken into small pieces, and add to the sauce. Over a low heat, stir until the sauce is very hot. Turn off heat, and add the grated parmesan cheese, and salt and pepper to taste.

Put 2 or 3 oatcakes under the grill and heat briefly, on one side. Put some of the filling (about 2 tablespoons) on each oatcake, roll them up, and put in a shallow ovenproof dish. Repeat the process with the remaining oatcakes and the chicken filling. When they are all prepared, put the dish briefly under the grill just long enough to heat the rolled oatcakes further. (If you put the dish well down from the heat, the oatcakes will not get too dry).

Alternative filling: use chopped cooked ham in place of the chicken, or a combination of both ham and chicken.

## OATCAKE LAYERS

A surprising variety of dishes, for lunch, or tea, or supper, can be created by using different fillings and putting them on top of oatcakes, in alternate layers, in an ovenproof dish. The resulting oatcake "pie" is then baked in the oven, and served by cutting into wedges, as you would cut a cake or a pie. The following recipes are only examples of this method—use your imagination to create your own fillings and combinations. You will find that oatcakes are a good accompaniment to all sorts of ingredients and sauces. And don't forget that your oatcake "pie" can be used as a starter, or a main course, or a substantial vegetable dish to be served with fish, or cold chicken or ham.

## OATCAKE LASAGNA

6 oatcakes  
1 onion  
1 tablespoon vegetable oil  
6 oz/150 g minced beef  
1 clove garlic  
1 tin (5 oz/142 g) tomato puree  
¼ pint/150 ml water  
8.82 oz/250 g packet frozen spinach  
1½ oz/38 g margarine or butter  
4 tablespoons flour  
¾ pint/450 ml milk  
3 oz/75 g grated cheese  
¼ teaspoon grated nutmeg  
salt and pepper to taste

Peel and chop the onion. Put oil in pan over gentle heat and cook the onion for 3 minutes. Add the minced beef, and the peeled and crushed garlic, and cook over medium heat, stirring frequently, until meat is brown. Add the tomato puree and the water, and allow to cook slowly for 10 minutes. Add salt and pepper to taste. (Also, ½ teaspoon dried oregano or mixed herbs, if you like.) Remove from heat.

While the meat is cooking, put the frozen spinach in a covered saucepan, on low heat, so that it will defrost. Stir occasionally, and break up the frozen block when possible.

Melt the margarine or butter in a saucepan over moderate heat, and add the flour. Mix very well, and then gradually add the milk, stirring all the time. Continue cooking, stirring or whisking constantly, until the sauce has come to a boil and has thickened. Remove from heat and stir in the grated cheese and the nutmeg. Add salt and pepper to taste.

Drain excess liquid from the defrosted spinach. Add ½ pint/300 ml of the cheese sauce to the spinach.

Grease an ovenproof souffle dish or deep dish. Put an oatcake on the bottom, then a layer of spinach filling, another oatcake, and a layer of meat. Continue making alternate layers, and pour the remaining sauce over the top oatcake. Bake for 25 to 30 minutes in a preheated oven (350°F/180°C/Gas Mark 4).

## **TUNA AND MUSHROOM LAYERS**

6 oatcakes  
1 7 oz/198 g tin of tuna  
6 oz/150 g mushrooms  
1 bunch spring onions  
1 oz/25 g margarine or butter  
2 tablespoons cornflour  
3/4 pt/450 ml water  
1 teaspoon beef stock powder or 1 beef stock cube  
4 tablespoons white wine or sherry  
3 drops of Worcester sauce  
1 carton (5 fl oz/142 ml) sour cream

Take the tuna out of the tin and put into a colander. Rinse briefly with cold water, to wash away some of the oil. Leave in colander to drain.

Clean and chop the mushrooms. Clean and chop the spring onions. Put the margarine or butter in a pan over low heat. Add the mushrooms and cook gently for a few minutes, until they are soft. Add the spring onions and cook for 2 minutes. Remove from heat.

In a saucepan, blend the cornflour and stock powder or cube with a little of the water, until you have a smooth paste. Gradually add the remaining water and cook, over a low heat, stirring constantly, until the sauce has thickened. Remove from heat and add the wine or sherry and the 3 drops of Worcester sauce. Slowly add the sour cream, stirring to blend (or use a wire whisk).

Put the drained tuna into a bowl and flake it with a fork.

Divide the sauce into 3 equal portions. Add one portion to the tuna and mix well. Add one portion to the mushroom mixture, stirring to blend.

Grease an ovenproof souffle dish or deep pie dish. Put an oatcake on the bottom of the dish, then a layer of tuna, another oatcake, and a layer of mushrooms. Continue with alternate layers of oatcake and the different fillings, and pour the remaining sauce over the top oatcake.

Bake in preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

## **CHEESEY COURGETTE AND TOMATO LAYERS**

6 oatcakes  
8 oz/225 g courgettes  
6 oz/175 g tomatoes  
1 pt/600 ml milk  
1½ oz/40 g margarine or butter  
5 tablespoons flour  
3 oz/80 g grated cheese  
salt and pepper to taste

Wash the courgettes and trim off the top and bottom. Cut them in half, lengthwise, and then slice each half into thin slices. Steam them, or boil in small amount of water, for 5 minutes. Remove from heat and drain.

Skin and chop the tomatoes.

Melt the margarine or butter in a saucepan, over a low heat. Slowly add the flour and blend well. Add the milk gradually. Bring to a boil, stirring constantly. Cook until the sauce has thickened. Remove from heat and stir in grated cheese. Add salt and pepper to taste. Then divide the sauce into two equal portions.

Add the courgettes to one portion of the sauce.

Divide the remaining sauce into two equal portions. Reserve one half for topping, and add the chopped tomatoes to the other half.

Grease an ovenproof souffle dish or deep pie dish. Put an oatcake on the bottom, then a layer of courgettes, another oatcake, and a layer of the tomato mixture. Continue making alternative layers, and pour the remaining sauce over the oatcake. Bake for 25 to 30 minutes in a preheated oven (350°F/180°C/Gas Mark 4).

### **CHICKEN AND MUSHROOM LAYERS**

6 oatcakes  
3 oz/75 g margarine or butter  
5 tablespoons flour  
1 pint/600 ml milk  
3 tablespoons sherry  
6 tablespoons grated parmesan cheese  
salt and pepper to taste  
7 oz/190 g cooked chicken  
6 oz/150 g mushrooms  
salt and pepper to taste

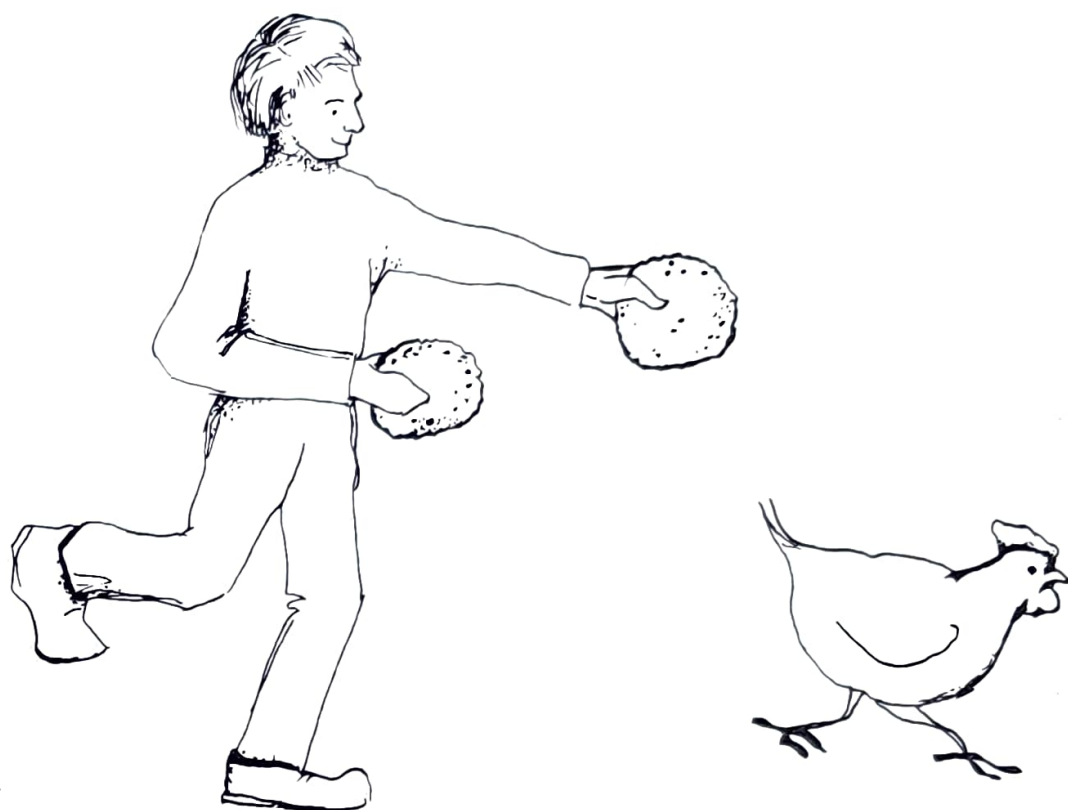
Put half the butter into a heavy saucepan, over low heat. After it has melted, slowly add the flour and blend well for a minute or two. Slowly add the milk and bring to a boil, stirring constantly. Cook until the sauce has thickened and is free from lumps. Remove from heat and add the sherry and half of the parmesan cheese. Add salt and pepper to taste.

Dice the chicken. Add 1/3 of the cheese sauce to it.

Clean and chop the mushrooms. Melt the remaining margarine or butter in a pan and add the mushrooms. Cook slowly for a few minutes, until the mushrooms are soft. Add 1/2 of the remaining cheese sauce.

Grease an ovenproof souffle or deep pie dish. Put an oatcake on the bottom, then a layer of chicken filling, another oatcake, and a layer of mushroom filling. Continue making alternate layers (you should have 3 of chicken and 2 of mushroom), and pour the remaining sauce over the top oatcake.

Bake in a preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.



### SPICY CHICKEN LIVER LAYERS

6 oatcakes  
8 oz/225 g chicken livers  
1 oz/25 g margarine or butter  
1 onion  
1 tablespoon flour  
 $\frac{1}{2}$  teaspoon dry mustard  
1 teaspoon sugar  
1 tablespoon Worcester sauce  
 $\frac{1}{2}$  pt/300 ml water  
1 tin (4.9 Oz/140 g) tomato puree  
1 tablespoon vegetable oil  
4 oz/100 g mushrooms  
1 green pepper  
1 5 oz/150 ml carton sour cream (or yogurt)  
salt and pepper to taste

Trim and chop the chicken livers. Peel and mince the onion. Melt the margarine or butter in a frying pan and cook the minced onion gently for 3 minutes. Add the chicken livers and cook for a further 5 minutes, stirring frequently. Sprinkle the flour and dry mustard over the liver and onion mixture, stirring to blend. Add the Worcester sauce and sugar. Slowly add the water and tomato puree, and cook gently for 10 minutes, stirring frequently. Add salt and pepper to taste, and remove from heat.

Clean and de-seed the green pepper and cut into small dice. Clean and chop the mushrooms. Put the oil into a pan over low heat, and add the pepper and mushrooms.

Let them cook for 10 minutes, stirring occasionally. Remove from heat and stir in the sour cream. (If you use yogurt instead, add a teaspoon of cornflour to the yogurt, before stirring it into the vegetable mixture).

Grease an ovenproof souffle dish or deep casserole. Put an oatcake on the bottom, then a layer of the liver filling, another oatcake, and a layer of the vegetables. Continue making alternate layers and top with an oatcake. Cover the dish with foil and bake in preheated oven (350°F/180°C/Gas Mark 4) for 25 minutes.

Optional: 5 minutes before the Chicken Liver Layers are done, remove the foil from the dish, and spread grated cheese, or sour cream, over the top oatcake. Return to oven for another 5 or 10 minutes.

### **FISH AND MUSHROOM LAYERS**

6 oatcakes  
8 oz/225 g haddock or cod fillets  
1 pt/600 ml milk  
1 onion  
1 bayleaf (or equivalent of powdered bayleaf)  
few sprigs of parsley  
2 oz/50 g margarine or butter  
4 tablespoons flour  
6 oz/150 g mushrooms  
2 oz/50 g grated cheese  
salt and pepper to taste  
1 oz/25 g grated cheese  
optional: half wineglass of white wine

Peel the onion. Put the milk in a heavy saucepan over low heat. Add the onion, bay leaf, parsley, and fish fillets. Cover the pan and let the fish simmer, without boiling, for 15 minutes. Strain the milk into a bowl and leave the fish to cool (Discard the onion, bay leaf and parsley.)

Melt 1 oz/25 g of the margarine or butter in a heavy saucepan, over low heat. Slowly add the flour and mix thoroughly, stirring for 1 or 2 minutes. Slowly add the hot milk which you have strained from the fish, stirring constantly. Continue stirring until the sauce comes to a boil, and continue until the sauce has thickened. Remove from heat and stir in 2 oz/50 g of grated cheese. Also add the white wine, if desired. Season to taste.

Clean and chop the mushrooms. Melt the remaining margarine or butter and cook gently for a few minutes. Remove from heat.

Carefully flake the cooked fish, removing any skin and bones.

Divide the sauce into 3 equal portions. Add one portion to the mushroom mixture. Add one portion to the flaked fish. Reserve the remaining portion for the topping.

Grease an ovenproof souffle dish or deep pie dish. Put an oatcake on the bottom, then a layer of fish, another oatcake, and a layer of mushrooms. Continue with alternate layers of oatcake and the different fillings, and pour the remaining sauce over the top oatcake.

Put in preheated oven (350°F/180°C/Gas Mark 4) for 20 minutes. Then sprinkle 1 oz/25 g grated cheese over the top and return to oven for another 5 to 10 minutes.

## LAMB CURRY OATCAKES

6 oatcakes  
8 oz/225 g boneless lamb  
1 onion  
1½ tablespoons vegetable oil  
1 tablespoon curry powder (or less, if you prefer mild curry)  
½ teaspoon powdered cinnamon  
1 tablespoon flour  
½ teaspoon chicken stock powder or ½ chicken stock cube  
1/3 pt/175 ml water  
1 banana  
1 small packet salted peanuts  
For the sauce: 1 oz/25 g margarine or butter  
1 onion  
1 tablespoon curry powder (or less, if you prefer mild curry)  
1 teaspoon powdered cinnamon  
2 tablespoons chutney (or apricot jam)  
1 teaspoon chicken stock powder or chicken stock cube  
1 5 fl oz/150 ml carton natural yogurt  
1½ tablespoons cornflour  
½ pt/300 ml water

Cut the lamb into very small pieces. Peel and chop the onion. Put the oil into a frying pan over low heat, and add the onion and spices. Cook gently for 3 minutes. Add the lamb and raise the heat to medium. Cook for 10 minutes, stirring frequently. Blend the flour with the lamb mixture, and gradually add the water, stirring briskly. Add the stock powder or stock cube. Reduce heat and cook for 15 minutes, stirring occasionally.

To make the sauce: peel and chop the onion. Put margarine or butter in pan over low heat. Add onion and spices and cook for 5 minutes. Add the stock powder and the chutney or jam. Gradually add the water. Simmer for 10 minutes. Stir the cornflour into the yogurt, mixing thoroughly. Add the yogurt slowly to the sauce. Cook for another few minutes, stirring constantly, until the sauce has thickened.

Peel the banana and cut into small dice. Put into a bowl with the peanuts. Divide the sauce into two equal portions and add one portion to the banana and peanuts.

Grease an ovenproof soufflé dish or deep pie dish. Put an oatcake on the bottom, then a layer of lamb filling, another oatcake, and a layer of bananas. Continue making alternate layers, and pour the remaining sauce over the top oatcake.

Bake for 25 to 30 minutes in a preheated oven (360°F/180°C/Gas Mark 4).

## SMOKED FISH AND BROCCOLI LAYERS

1¼ pts/725 ml milk  
8 to 10 oz/225 to 275 g smoked haddock or smoked cod fillets  
1 bay leaf, or ½ teaspoon powdered bay leaves  
2 oz/50 g margarine or butter  
5 tablespoons flour  
salt and pepper to taste  
8 oz/225 g broccoli

Put the fish fillets and the bay leaf in a saucepan and cover with the milk. Put on low heat, and bring to simmering point (but do not allow to boil). Simmer for 10 minutes. Then cover the saucepan, remove from heat, and allow to stand for 10 minutes.

Strain the milk into a bowl, and leave the fish to cool. Discard bay leaf.

Melt the margarine or butter in a saucepan over low heat. Add the flour, stirring constantly. Slowly add the milk. Continue to cook, stirring often, until sauce comes to a boil and thickens. Add salt and pepper to taste, and remove from heat.

After removing skin and bones from the cooled fillets, flake the fish and put in a bowl. Take  $\frac{1}{2}$  pt/300 ml of the sauce, and add to the fish.

After washing the broccoli, cut the lower stalks and leaves away and discard (but they can be used to make a soup). Cut the small upper stalks and leaves into small pieces, and separate the flower heads into several pieces. Cook the chopped stalks, leaves and flowers for 5 minutes, either by steaming or in a small amount of boiling water. Remove from heat and drain.

Remove  $\frac{1}{4}$  pt/150 ml of the sauce, and reserve for the topping. Mix the broccoli with the remainder of the sauce.

Grease an ovenproof souffle dish or deep pie dish. Put an oatcake on the bottom, then a layer of fish, another oatcake, and a layer of broccoli. Continue with alternate layers of oatcake and the different fillings, and pour the remaining sauce over the top oatcake.

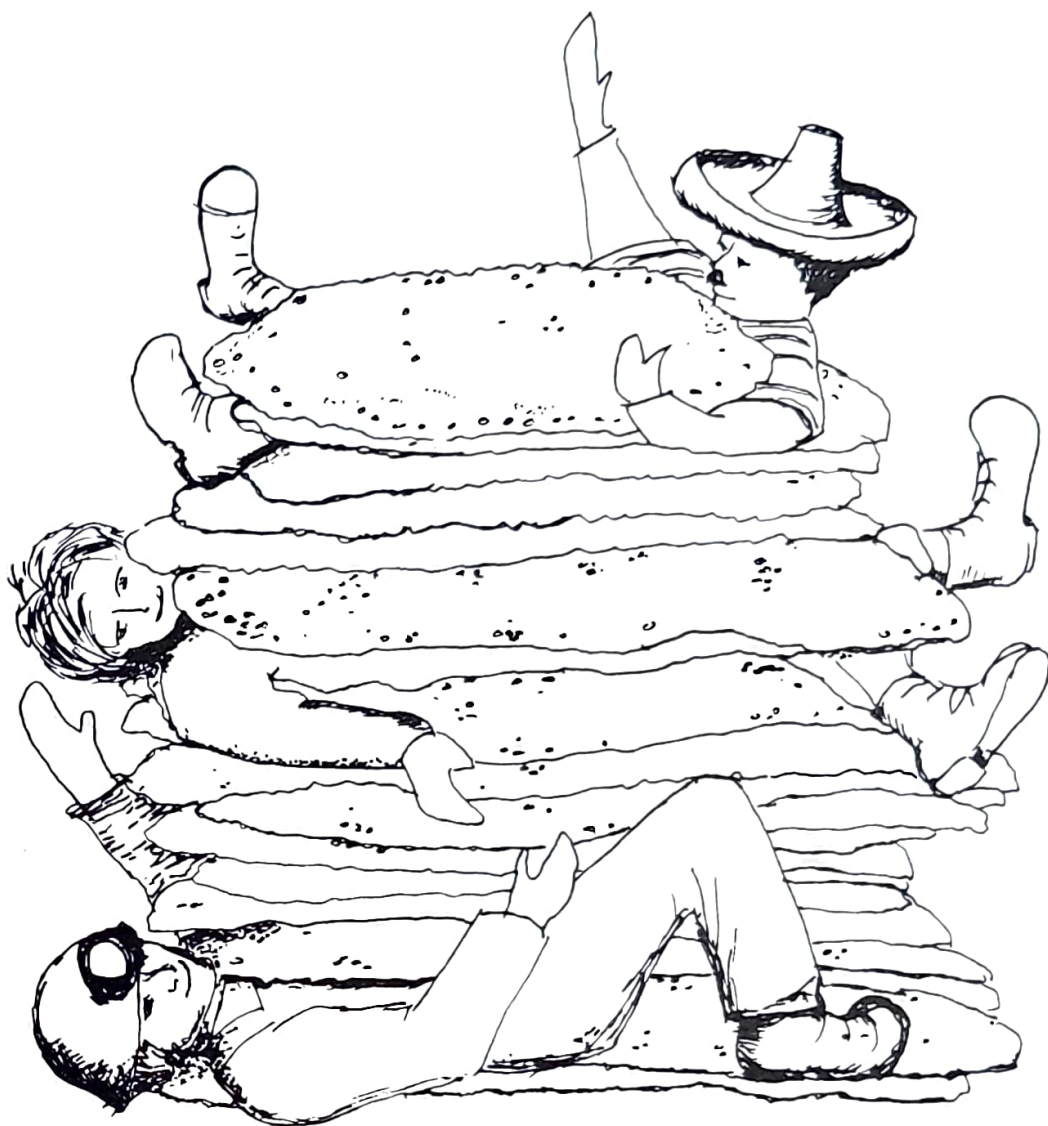
Bake in preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

Note: if you prefer, you can substitute frozen spinach for the broccoli.

### **MEXICAN CHILI LAYERS**

6 oatcakes  
1 tablespoon vegetable oil  
1 onion  
1 tablespoon chili seasoning  
1 teaspoon ground cumin (or whole cumin seeds)  
8 oz/225 g minced beef  
salt and pepper to taste  
1 15 oz/425 g tin of red kidney beans  
1 tablespoon vegetable oil  
1 onion  
1 clove garlic  
2 tablespoons chili seasoning  
1 teaspoon cumin  
1 tablespoon flour  
1 teaspoon beef stock powder or 1 beef stock cube  
 $\frac{3}{4}$  pint water  
salt and pepper to taste  
1 oz/25 g grated cheese

Peel and chop the onion. Heat the oil in a frying pan over moderate heat, and add the onion and spices. Cook for 3 minutes, then add the minced beef. Continue cooking, stirring frequently, until the meat is brown and well cooked. Remove from heat.



To make the sauce: Peel and chop the onion. Peel garlic and mince or crush it. Put one tablespoon of oil into a saucepan and put over low heat. Add the onion, garlic, chili seasoning and cumin. Cook, stirring constantly, until the onion is soft. Sprinkle 2 tablespoons of flour over the onion mixture and blend. Add the tomato puree and blend. Slowly add the water and stock powder and cook, stirring often, until the sauce has thickened. Taste before adding salt and pepper.

Open the tin of red kidney beans and drain the liquid from them. Put the beans into a shallow bowl and mash them coarsely with a large fork. Divide the sauce into two equal portions, and add one half to the beans.

Take 4 tablespoons of sauce from the remaining portion, and add them to the meat and onion mixture. Add salt and pepper to taste.

Grease an ovenproof souffle or deep pie dish. Put an oatcake on the bottom, then a layer of meat filling, another oatcake, and a layer of beans. Continue making alternate layers, and pour the remaining sauce over the top oatcake. Bake for 25 to 30 minutes in a preheated oven (350°F/180°C/Gas Mark 4).

## OATCAKES CHOP SUEY

6 oatcakes  
1 pint/600 ml water  
4 tablespoons cornflour  
3 tablespoons soy sauce  
2 tablespoons sherry  
1 tablespoon vegetable oil  
1 bunch spring onions or ½ onion  
1 small green pepper  
6 oz/150 g cooked chicken  
4 oz/100 g mushrooms  
4 oz/100 g bean sprouts

In a saucepan, mix the cornflour, soy sauce, and sherry, with a little of the water, to make a smooth paste. Gradually add the remainder of the water, while stirring, over a low heat. Cook slowly until the sauce thickens and becomes translucent. Remove from heat.

Clean and trim the spring onions, and chop finely. (Alternatively, chop half of an onion). Wash and de-seed the green pepper, and chop finely. Put the oil into a small pan over low heat and add the green pepper. Cook slowly for 10 minutes. While it is cooking, cut the cooked chicken into small pieces. Remove the pepper from the heat and add the chicken and chopped onion to the pan.

Clean and chop the mushrooms. Wash the bean sprouts in a colander and leave to drain. Put the mushrooms in a large pan.

Take 4 tablespoons of the sauce, and keep in reserve. Divide the remaining sauce, and add equal portions to the chicken and pepper mixture, and to the mushrooms.

Put the mushrooms and sauce on low heat, and cook gently for 5 minutes. Turn off heat and stir in the bean sprouts.

Grease an ovenproof souffle dish or deep casserole. Put an oatcake on the bottom, then a layer of mushrooms and bean sprouts, another oatcake, and a layer of the chicken mixture. Continue making alternative layers (you should have 3 of beansprouts and 2 of chicken), and pour the remaining sauce over the top oatcake. Cover the dish with foil and bake in a preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

## SWEET AND SOUR PORK LAYERS

6 oatcakes  
8 oz/225 g boneless pork  
1 tablespoon soy sauce  
1 onion  
2 tablespoons vegetable oil  
1 green pepper  
1 tin (12 oz/340 g) pineapple chunks  
for sauce: ¾ pt/450 ml water  
4 tablespoons cornflour  
3 tablespoons soy sauce  
2 tablespoons sugar (preferably light brown sugar)  
1 teaspoon powdered ginger  
3 tablespoons vinegar (preferably cider or wine vinegar)  
salt and pepper to taste

Cut the pork into very small pieces. Put in a bowl and mix with 1 tablespoon of soy sauce. Leave to marinate while you peel and chop the onion. Put 1 tablespoon of oil into a heavy pan over a low heat. Fry the onion for 2 or 3 minutes. Raise the heat and add the pork mixture. Cook for 10 to 15 minutes, stirring frequently, until pork is thoroughly cooked.

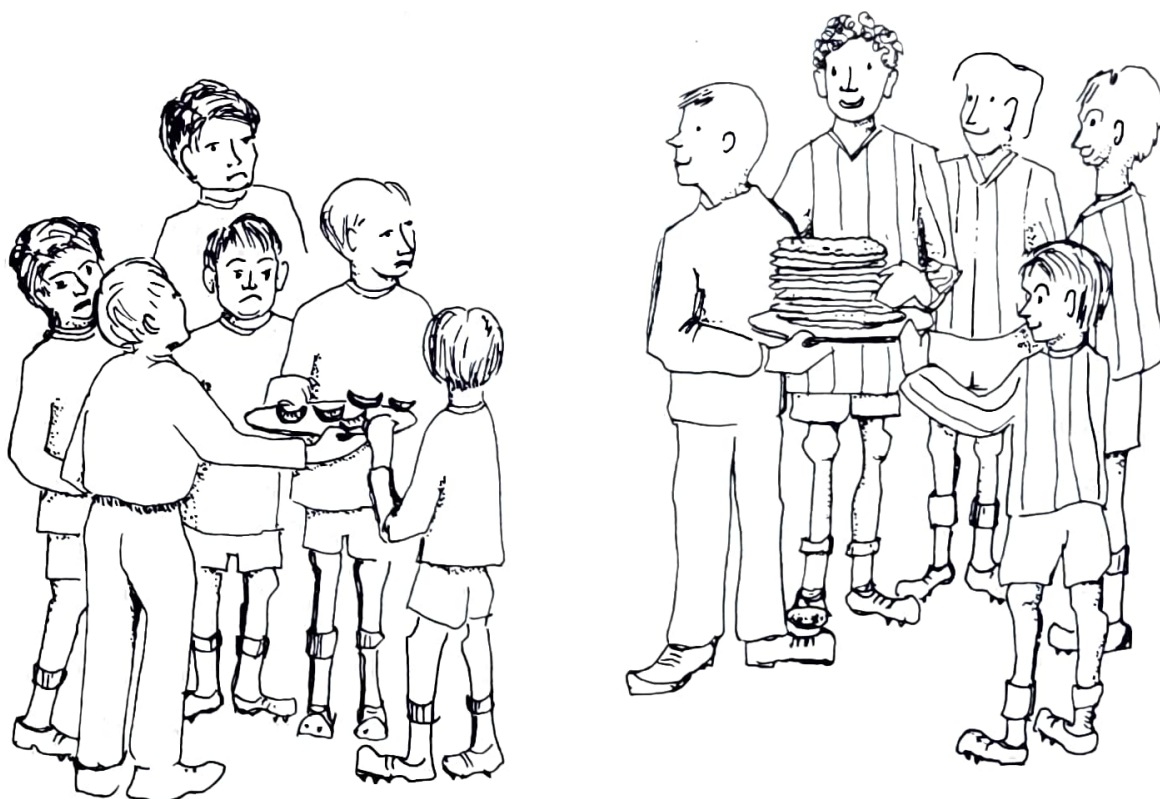
Wash and de-seed the green pepper, and cut it into small dice. Put 1 tablespoon of oil into a pan over low heat and add the green pepper. Cook for 10 minutes, or until the pepper has softened.

Drain the juice from the pineapple, and reserve the juice for the sauce. Cut the pineapple chunks into smaller pieces, and add to the green pepper. Remove from heat.

To make sauce: Blend the reserved pineapple juice with the cornflour and soy sauce, until you have a smooth paste. Add the ginger and sugar. Put into saucepan and gradually add the water and vinegar. Cook over low heat, stirring constantly until sauce has thickened and become translucent. Add salt and pepper to taste.

Remove 5 tablespoons of the sauce, and keep for topping. Divide the remaining sauce into two equal portions. Add one portion to the pork mixture and one portion to the pineapple and pepper mixture.

Grease an ovenproof souffle dish or deep casserole. Put an oatcake on the bottom, then a layer of pork, another oatcake, and a layer of pineapple and pepper. Continue with alternate layers of oatcake and the different fillings, and pour the remaining sauce over the top oatcake. Cover the dish with foil, and put in a preheated oven (350°F/180°C/Gas Mark 4). Bake for 25 to 30 minutes.



## **QUICK AND EASY LAYERS**

Since we know that oatcakes are a quick convenience food, there have to be some recipes which include other quick ingredients: put them together and you have almost an instant meal. The following recipes use tinned soups for the sauce, but you could vary them by using packet sauces (perhaps a curry sauce), or tinned gourmet sauces (perhaps a white wine sauce).

### **QUICK HAM AND SWEET CORN LAYERS**

5 to 6 oatcakes  
8 oz/225 g cooked ham  
1 tin (7 oz/198 g) sweet corn  
1 tin (15 oz/425 g) cream of chicken soup

Dice the ham and put it in a bowl. Drain the corn well and put it in another bowl.

Put aside three tablespoons of the soup for the topping, and divide the remainder equally. Add one portion to the ham, and one portion to the corn.

Grease a souffle dish or casserole. Put an oatcake on the bottom of the dish, then a layer of corn mixture, another oatcake, and a layer of ham. Continue with alternate layers of oatcakes and fillings.

Add 1 tablespoon of milk to the soup which has been put aside, and spread the mixture over the top oatcake. Cover the dish with foil and put in a preheated oven (350°F/180°C/Gas Mark 4). Bake for 25 to 30 minutes.

### **QUICK PEAS AND TUNA LAYERS**

5 to 6 oatcakes  
1 tin (7 oz/198 g) tuna  
4 oz/100 g frozen peas  
1 tin (15 oz/425 g) cream of mushroom soup

Put the frozen peas into a small pan with 2 or 3 tablespoons of water, and cover. Place over low heat—just long enough for the peas to defrost, but do not allow to boil.

Put the tuna into a colander and quickly rinse with cold water, to remove some of the oil. After it has drained, put the tuna into a bowl and flake it with a fork.

Remove the peas from heat, and drain off any water.

Put aside 3 tablespoons of the soup for the topping, and divide the remainder equally. Add one portion to the tuna, and one portion to the peas.

Grease a souffle dish or casserole. Put an oatcake on the bottom of the dish, then a layer of the tuna mixture, another oatcake, and a layer of peas. Continue with alternate layers of oatcakes and fillings.

Add 1 tablespoon of milk to the soup which has been put aside, and spread the mixture over the top oatcake. Cover the dish with foil.

Bake in preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.



### QUICK SALMON AND MUSHROOM LAYERS

5 to 6 oatcakes  
1 tin (7 3/4 oz/220 g) of salmon  
4 oz/100 g mushrooms (or small tin of mushrooms, drained)  
1/2 oz/15 g margarine or butter  
1 tablespoon water  
1 tin (15 oz/425 g) cream of celery soup

Take the salmon from the tin, put it in a bowl and flake it with a fork.

Clean and chop the mushrooms. Melt the butter in a small pan, and add the mushrooms and water. Cover the pan and let simmer over low heat until the mushrooms are soft. Remove from heat.

Put aside 3 tablespoons of the soup for the topping, and divide the remainder equally. Add one portion to the mushrooms, and one portion to the salmon.

Grease a souffle dish or casserole. Put an oatcake on the bottom of the dish, then a layer of the salmon mixture, another oatcake, and a layer of mushrooms. Continue with alternate layers of oatcakes and fillings.

Add 1 tablespoon of milk to the soup which has been put aside, and spread the sauce evenly over the top oatcake. Cover the dish with foil and put in a preheated oven (350°F/180°C/Gas Mark 4). Bake for 25 to 30 minutes.

### **DOUBLE-DECKER POTTERIES PIZZA**

4 oatcakes  
1 tablespoon vegetable oil  
1 onion  
1 tin (14oz/400 g) tomatoes  
½ teaspoon oregano or mixed herbs  
salt and pepper to taste  
6 oz/150 g grated cheese  
topping of your choice (anchovies, or chopped salami, or mushrooms)

Peel and chop the onion. Heat the oil in a pan, add the onion and cook for 3 minutes. Drain the liquid from the tomatoes, and chop them coarsely. Cook over medium to high heat, stirring frequently, until most of the remaining liquid has evaporated. Add salt and pepper to taste and the herbs.

Spread an equal amount of the tomato mixture on each of the 4 oatcakes. Divide the grated cheese in 4 equal portions and spread on top of the tomato mixture on each oatcake. Top with the anchovies or alternative topping.

Put 2 of the oatcakes under a hot grill, just long enough for the cheese to begin to melt. Remove the grill pan from heat, and put another prepared oatcake on top of each of the partially cooked ones. Put back under heat and allow to cook until the cheese on the top oatcakes is thoroughly melted and bubbling.

Remove grill pan from heat, and allow the "pizzas" to cool slightly before you lift them onto a serving dish.

Cut the "pizzas" in wedges, and serve.

## **SWEET OATCAKE PUDDINGS**

Oatcakes combined with fruit, in different combinations and in different ways, make surprisingly good puddings.

### **BLACKBERRY AND APPLE LAYERS**

5 to 6 oatcakes  
1½ to 2 lbs/675 g to 900 g apples  
8 oz/200 g blackberries  
¼ pt/150 ml water  
3 to 4 oz/75 to 100 g sugar

Peel and core the apples and cut them into small slices. Put them in a saucepan with the water, and cover. Put the pan over low heat and let the apples simmer until they are soft and mushy. Add the washed blackberries and the sugar and simmer for another 10 minutes. Taste to see if the fruit mixture is sufficiently sweet, and add sugar if necessary.

Strain the juice from the fruit, and set it aside.

Grease an ovenproof soufflé dish or casserole. Put an oatcake on the bottom, then a layer of fruit, and another oatcake. Continue with alternate layers of fruit and oatcake. Over the final oatcake, pour the juice which was drained from the fruit. (This should be at least ¼ pt/150 ml—add some water if it is less than that.)

Cover the dish with foil and bake for 25 to 30 minutes, in preheated oven (350°F/180°C/Gas Mark 4).

### **SWEET BANANA ROLLS**

6 oatcakes  
3 bananas  
3 oz soft brown sugar  
¼ pt/150 ml orange juice  
optional: chopped walnuts

Grease a shallow ovenproof dish, large enough to hold 6 rolled oatcakes.

Peel the bananas and cut each one in half, lengthwise. Sprinkle 1 teaspoon of the brown sugar on an oatcake, and put one of the halved bananas on the top of the sugared oatcake. (At this point, add some chopped walnuts, if you like.) Roll the oatcake around the banana, and put the rolled oatcake in the baking dish, seam side down. Repeat the process with the remaining halved bananas and oatcakes.

Combine the remaining brown sugar with the orange juice in a small saucepan. Put on low heat and stir, just until the sugar has dissolved. Remove from heat and pour the sugar syrup evenly over the rolled oatcakes.

Put the dish in a preheated oven (350°F/180°C/Gas Mark 4) and bake for 15 to 20 minutes.

Can be eaten plain, or with cream or custard.

## GINGER PEAR AND PINEAPPLE LAYERS

5 oatcakes  
1¼ lbs/575 g pears  
1/3 pt/200 ml orange juice  
3 oz/75 g sugar  
1 tablespoon cornflour  
2 tablespoons ginger marmalade or ginger preserves  
1 tin (13¼ oz/376 g) crushed pineapple

Peel the pears and cut into quarters, removing cores and seeds. Chop the quartered pears into small pieces, and put them in a saucepan with the orange juice. Cover the pan and let the pears simmer over low heat, until they are tender.

Strain the juice from the pears. In a small saucepan, mix the sugar, cornflour and ginger marmalade or preserves. Gradually add the reserved orange juice, stirring constantly. Put the saucepan over low heat and cook, while stirring, until the sauce has thickened and become translucent.

Open the tin of crushed pineapple.

Take 6 tablespoons of the fruit juice sauce and add to the cooked pears.

Grease an ovenproof souffle dish or casserole. Put an oatcake on the bottom and cover it with a layer of the pear mixture, then another oatcake topped with a layer of crushed pineapple (this should be made with half of the contents of the tin pineapple). Repeat the process with the remaining oatcakes and the two fillings. Over the top oatcake, pour the remainder of the fruit juice sauce.

Cover the dish with foil and put into a preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

Note: If you don't like ginger flavouring, use ordinary marmalade instead of the ginger marmalade.

## APPLE AND SULTANA LAYERS

6 oatcakes  
1½ to 2 lbs/675 g to 900 g apples  
2 oz/50 g sugar  
2 oz/50 g sultanas  
4 tablespoons water  
4 oz/100g curd cheese  
1 egg  
5 oz/142 ml natural yogurt  
2 oz/50 g sugar  
1 teaspoon powdered cinnamon

Peel, core, and slice the apples. Put into a heavy saucepan and add the water and sugar and sultanas. Cook slowly over low heat, until the apples are soft. Remove from heat and taste for sweetness—add more sugar if desired.

Put the curd cheese in a bowl and gradually beat in the egg with a fork. When the mixture is smooth, add the yogurt, stirring well to amalgamate. Add the sugar and cinnamon.

Grease an ovenproof souffle dish or casserole. Put an oatcake on the bottom, then a layer of the fruit mixture, then another oatcake, and a layer of the curd cheese mixture. Continue with alternate layers of the two fillings and oatcake. Over the top oatcake, spread any remaining curd cheese mixture.

Cover the dish with foil, and put into a preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

### **RHUBARB AND STRAWBERRY LAYERS**

6 oatcakes  
1½ lbs/675 g rhubarb  
½ pt/150 ml water  
1 punnet strawberries  
6 oz/150 g sugar  
4 oz/100 g curd cheese  
1 egg

Wash and trim the rhubarb, and cut into 1 in/2.5 cm pieces. Put in a heavy saucepan with the water and 4 oz/100 g of the sugar. Cover the pan and put over low heat to simmer until the rhubarb is cooked (about 15 minutes).

Wash and hull the strawberries and cut them into small pieces. Put them in a bowl and mix with the remaining (2 oz/50 g) sugar.

Put the curd cheese in a bowl and beat in the egg with a fork, until the mixture is smooth.

Taste the cooked rhubarb for sweetness, and add sugar if desired.

Grease an ovenproof souffle dish or casserole. Put an oatcake in the bottom and cover it with a layer of rhubarb. Put an oatcake on top of the rhubarb layer, and spread half of the curd cheese mixture on it. On top of that, spread evenly half of the cut and sugared strawberries. Top with an oatcake, then another layer of rhubarb, another oatcake, another layer of curd cheese and strawberries, and another oatcake topped with a layer of rhubarb. Put on a final oatcake, and if there is any remaining rhubarb and juice, spread this over the oatcake.

Cover the dish with foil, and put in a preheated oven (350°F/180°C/Gas Mark 4) for 25 to 30 minutes.

This pudding is very good plain, but can be served with cream.

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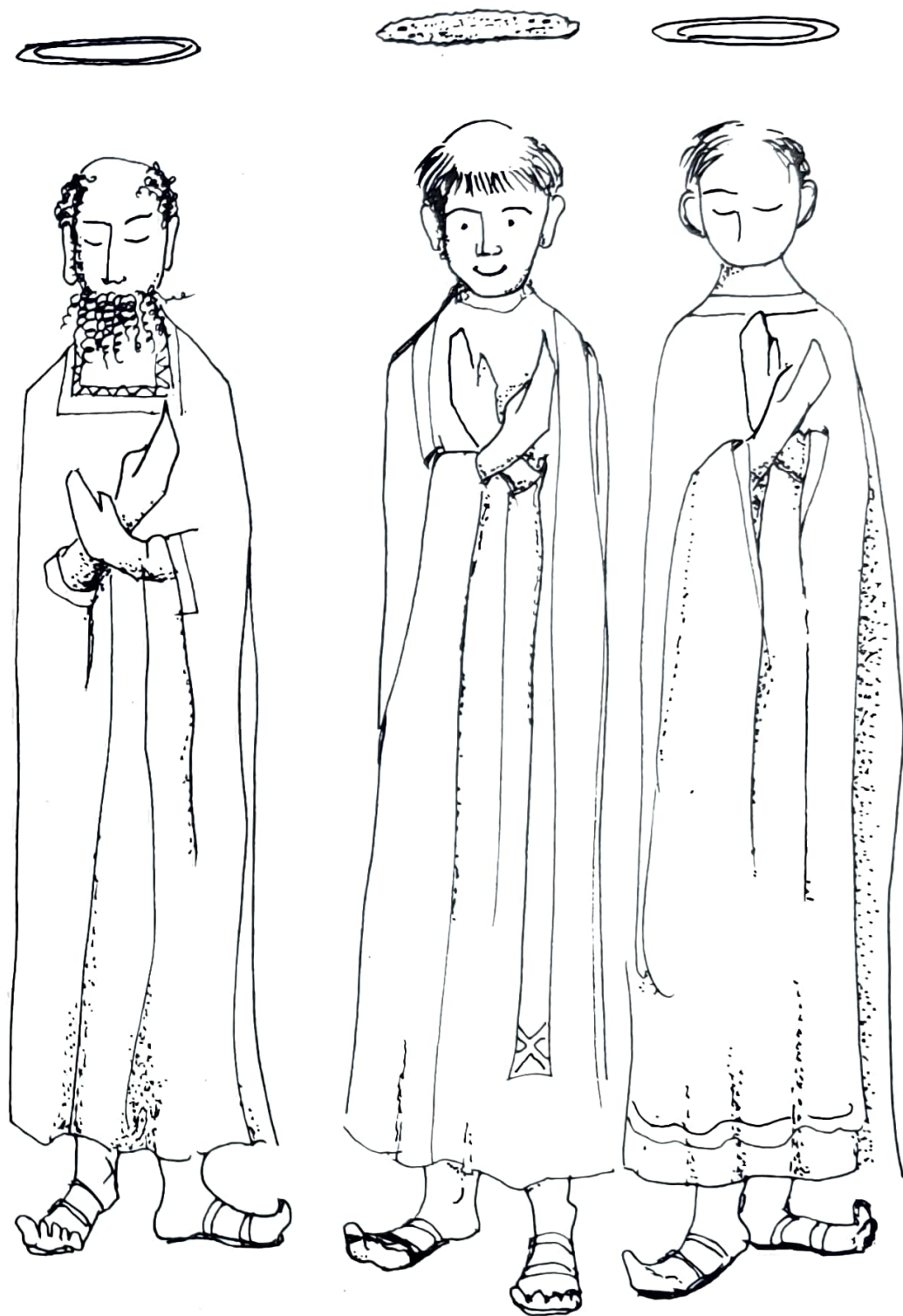
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