ST. BRIGID OF KILDARE · FEBRUARY 1

St. Brigid's Day oatcakes

Prep 20 min **Cook** 25 min **Cool** 15 min **Total** 1 hr **Makes** About 16 oatcakes **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. A grown-up runs the blender, which has sharp blades, and handles the hot oven and baking sheet.

ALLERGY INFORMATION

Contains wheat (gluten), oats, and milk. Oats are often processed alongside wheat, so use certified gluten-free oats if needed, and check any cheese or spreads you serve. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 2 cups (180 g) old-fashioned rolled oats
- ½ cup (65 g) all-purpose or whole wheat flour, plus a little for rolling
- ½ tsp salt
- ¼ tsp baking soda
- 4 tbsp (55 g) butter, melted
- ⅓ to ½ cup (80–120 ml) hot water (hot tap water is fine)

To serve

- Butter, jam, or cheese

METHOD

1. Heat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Pulse the oats in a blender or food processor until they look like coarse sand, with a few bigger flakes left.
3. In a bowl, mix the ground oats, flour, salt, and baking soda. Pour in the melted butter and ⅓ cup (80 ml) of hot water and stir to a firm dough that holds together when pressed, adding a spoonful more water if it is crumbly.
4. Let the dough sit for 5 minutes so the oats soak up the water. On a floured surface, roll it a little less than ¼ inch (5 mm) thick.
5. Cut 2½-inch (6 cm) rounds, re-roll the scraps, and set the oatcakes on the baking sheet. Press a small cross into each one with the back of a knife.
6. Bake 20 to 25 minutes, until firm and lightly golden at the edges. Cool on a rack; they crisp up as they cool.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Watch the oats turn to "sand" (a grown-up runs the blender)
- Stir the dough
- Cut out the rounds and press a cross on each
- Weave a simple Brigid's cross from paper strips or pipe cleaners

GOOD TO KNOW

- Oatcakes keep in an airtight tin for up to 1 week. If they soften, crisp them for 5 minutes in a warm oven.
- For gluten-free oatcakes, use certified gluten-free oats and replace the flour with more ground oats. The dough is more fragile, so roll it between two sheets of parchment paper.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Brigid of Kildare, pray for us, and teach us to share our bread with open hands.