

Selkirk Bannock

by The Scottish St. Andrew Society of Greater St. Louis Cookbook

6 cups flour	1-2 tsp salt
1/2 cup butter	1-1/2 cups golden raisins
3/4 cup currants	1/2 cup mixed peel
1/3 cup sugar	
1 pkg. dry or 1 cake compressed yeast	
2 tbsp. milk mixed with 1 tbsp. sugar for glaze	
1-1/2 to 2 cups lukewarm milk	

Sift the flour with the salt into a warm bowl. Rub in the butter with the fingertips until mixture resembles crumbs. Stir in fruit, peel, & sugar & make a well in the center. Sprinkle yeast over 1/2 cup of warm milk & let stand 5 minutes or until dissolved. Pour into the flour mixture with 1 cup more milk. Mix to a fairly firm dough, adding more milk if necessary. Then knead for 5 minutes until the dough is smooth & elastic. Place in warm bowl, cover with a towel (damp) & leave in a warm place for 1 to 1-1/2 hours, or until double in bulk. Set oven 400 degrees & lightly flour a baking sheet. Turn out dough onto a board, work lightly to knock out the air & shape into a large round 2 to 2-1/2" thick. Set on baking sheet & set in a warm place to rise for 25 minutes or until almost double in bulk. Bake in heated oven for 40-45 minutes. Brush the Bannock with sweetened milk to glaze & bake 10 minutes longer or until well browned & the Bannock sounds hollow when it is tapped. Cool on wire rack. To serve cut into 1/4" slices and spread with butter.