Nick Nairn’s Cranachan

Serves 4

50g (2 oz) pinhead oatmeal
25 g (1 oz) soft brown sugar
300 ml (½ pint) double cream
200g (8 oz) fresh raspberries plus extra to decorate
2 tablespoons of whisky, plus extra to serve mixed with a little warmed honey
3 tablespoons heather honey, warmed

Line a grill pan with foil. Spread the oatmeal in an even layer over the foil and sprinkle evenly with the soft brown sugar. Place under a medium grill for 3-4 minutes until the sugar begins to caramelise. Stir well and grill again until golden brown. Do not allow to burn! Cool completely then peel off the foil and break into chunks.

Softly whip the cream. Toss the raspberries with the whisky and the warm honey. Starting with the oatmeal, layer these three ingredients in tall glasses, ending with a layer of cream.

Top with extra raspberries and serve immediately before the oatmeal goes soggy. Serve drizzled with extra Drambuie mixed with warm honey for true Scottish indulgence!

www.nicknairncookschool.com
Nick Nairn’s Rolled and Dried Fruit Flapjacks

Makes about 16 thick flapjacks

200g (7oz) butter
200g (7 oz) light soft brown sugar
45ml (3 tablespoons) Scottish Heather Honey
350g (12 oz) Hamlyn’s Scottish Porridge Oats

Preheat the oven to 150C/300F/Gas mark 2.

Butter a 27.5 x 18cm (10¾ x 7inch) rectangular baking tin.

Put the butter, sugar and honey into a medium saucepan and heat gently until the butter has melted, stirring now and then. Stir in the porridge oats until well mixed. Tip the whole lot into the tin, spread out and smooth with the back of a spoon. Bake in the middle of the oven for 40-45 minutes, golden but still soft. Cool in the tin for 10 minutes then mark into 16 bars. Remove from the tin when cold and store in an airtight tin.

For an even healthier alternative, use Hamlyn’s Scottish Porridge Oats with Wheat Bran.

www.nicknairncookschool.com
Nick Nairn’s Oatmeal-Crusted Salmon with Kale and Mustard Sauce

Serves 4

Preparation time 25 minutes

450g kale
4 x 140g (5 oz) Salmon tail fillets
Maldon salt and freshly ground black pepper
2 tablespoons Dijon mustard
125 g (4oz) pinhead oatmeal
Butter or olive oil, for frying
1 quantity Mustard Sauce, warmed through

Season the salmon with salt and pepper. Rub the salmon on both sides with the mustard. Dip the fish in the oatmeal to coat both sides.

Melt a little butter in a non-stick frying pan and gently fry the fish, turning once until lightly browned on each side - about 7-8 minutes in all.

Serve straight out of the pan with boiled potatoes, cooked curly kale and Mustard sauce.

www.nicknairncookschool.com
Baked Peppers with Oaty Nut Stuffing

Serves 4

Prep time: 15 mins
Cook time: 30 minutes

4 red peppers
1 tbsp oil
1 large onion, chopped
75g mixed nuts, chopped
½ x 25g pack basil, shredded
100g regular or jumbo rolled oats

Instructions:
Preheat the oven to 200°C, gas mark 6.

Cut the tops off each pepper to make lids and stand upright in a small roasting tin.

Heat the oil in a frying pan and fry the onion for 4-5 minutes until softened. Add the nuts, basil and oats and season well, cook for 2 minutes.

Spoon the stuffing mixture into the 4 peppers and place the lids on top. Bake for 30 minutes until softened.

Serving Suggestion:
Serve with a fresh green salad.

Cook’s Tip:
For a non vegetarian option, try adding some chopped, cooked bacon to the stuffing.

www.allaboutoats.com
Cheese, Tomato and Oat Muffins

Makes 12

Prep time: 10 minutes
Cook time: 20 minutes

50g regular or jumbo rolled oats + 1tbsp for sprinkling
250g self raising flour
100g mature hard cheese (e.g. Cheddar), grated
75g sun dried tomatoes, chopped
1 medium egg, beaten
50g butter, melted
225ml semi skimmed milk

Instructions:
Preheat the oven to 200°C, gas mark 6. Line a 12-hole muffin tin with paper cases.

Mix 50g oats, flour and cheese together, season. Add the tomatoes. Mix together the egg, butter and milk and mix into the flour to form a batter. Spoon into the paper cases and sprinkle with the remaining 1 tbsp oats. Bake for 20 minutes or until golden.

Serving Suggestion:
Serve warm with a vegetable soup.

Cook’s Tip:
Try adding a tsp of pesto sauce to the mix for extra flavour.

www.allaboutoats.com
Savoury Mince Crumble

Serves 4
Prep time: 15 minutes
Cook time: 20-25 minutes

- 500g lean minced beef
- 1 large onion, chopped
- 3 tbsp Worcestershire sauce
- 75g butter
- 125g flour
- 75g regular or jumbo rolled oats
- 75g mature hard cheese (e.g. Cheddar), grated

Instructions:
Preheat the oven to 200°C, gas mark 6.

Place the mince and onion in a large saucepan and fry for 5 minutes. Add the Worcestershire sauce, 100ml water and seasoning and fry for a further 5 minutes, covered. Transfer to an ovenproof serving dish.

Rub the butter into the flour until it resembles breadcrumbs. Stir in the oats and cheese, season to taste.

Sprinkle over the mince and bake for 20-25 minutes.

Serving Suggestion:
Serve with fresh vegetables.

Cook’s Tip:
Try adding some peas or frozen mixed vegetables to the mix.

www.allaboutoats.com
Oaty Baked Cheesecake

Serves 6-8

Prep time: 15 minutes
Cook time: 40 minutes

50g butter
50g honey
150g regular or jumbo rolled oats
400g cream cheese
3 medium eggs, separated
75g caster sugar
1 tsp vanilla essence

Instructions:
Preheat the oven to 180°C, gas mark 4.

Melt the butter and honey together and stir in the oats, press into a 20cm round loose bottomed tin.

Whisk together the cream cheese, egg yolks, sugar and vanilla until smooth. Whisk the egg whites in a separate bowl until firm and fold into the cheese mixture. Pour into the tin.

Bake for 40 minutes until firm to touch and golden. Cool to set before removing from the tin.

Serving Suggestion:
Top with fresh raspberries and toasted oats.

Cook’s Tip:
Try adding 50g sultanas to the cream cheese mix.

www.allaboutoats.com
Vegetable & Cottage Cheese Croquettes

Serves 4

Prep time: 15 minutes plus cooling time  
Cook time: 6-7 minutes

600g floury potatoes e.g. Maris Piper  
150g carrots, cut into ½cm dice  
50g peas  
100g cottage cheese  
75g medium oatmeal  
Oil for shallow frying

Instructions:

Cut the potatoes into chunks and place in a saucepan of cold water. Bring to the boil and simmer for 10 minutes until tender, drain and allow to cool completely.

Meanwhile, boil the carrots and peas for 3 minutes, drain and run under cold water.

Mash the potatoes, stir in the cottage cheese and vegetables and season well.

Divide into 8 and mould into cylinder shapes. Sprinkle the oatmeal onto a large plate and roll each croquette in it to evenly coat.

Heat a little oil in a large frying pan and fry the croquettes for 5 minutes, turning occasionally until golden.

Serving Suggestion:

Serve with low fat garlic mayonnaise and salad.

Cook’s Tip:

Try using frozen mixed vegetables instead of peas and carrots.

www.allabutoats.com
Oat Bread with Cheddar and Grainy Mustard

Makes one loaf (cuts into 12 chunky slices)
Preparation time: 20 minutes, plus proving
Cooking time: 40 minutes

175g regular or jumbo rolled oats, plus extra to sprinkle
250g strong brown or white bread flour
7g sachet easy-blend dried yeast
1 tsp celery salt
75g mature hard cheese (e.g. Cheddar), finely grated
1 tbsp grainy mustard, plus 1 tsp to brush

Instructions:
Put 100g of the oats in a food processor and blend until finely ground. Tip into a bowl and add the remaining oats and flour. Stir in the yeast, celery salt and cheese.

Mix the mustard with 270ml hand hot water and add to the bowl. Using a round bladed knife, mix to a soft dough, adding a little more water if the dough feels dry. Turn out onto a floured surface and knead for 10 minutes. Transfer to a lightly oiled bowl, cover with cling film and leave to rise in a warm place until doubled in size, about 1½ hours.

Preheat the oven to 200°C, gas mark 6. Grease a 900g loaf tin. Punch the dough to deflate and turn out onto the work surface. Shape into an oblong and drop into the tin. Cover with greased cling film and leave in a warm place for about 1 hour until the dough fills the tin.

Mix the teaspoon of mustard with 1 teaspoon water and brush gently over the dough. Scatter with extra oats and bake for 35-40 minutes or until pale golden. Leave to cool on a wire rack.

Serving Suggestion:
Try adding a small handful of finely chopped herbs such as chives, parsley or coriander, or a few slices of Serrano or Parma ham, finely chopped.

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**Oatcake Topping Ideas**

Oatcakes are an ideal snack for anytime of the day or occasion, from lunch time snacks to canapés. Try one of the following topping ideas or get creative and make up your own!

**Cheese and Chutney:** Top with a wedge of your favourite cheese and complete the treat with a spoonful of chutney or pickle. Alternatively serve with celery or salad.

**Smoked Salmon and Cream Cheese:** Spread a little cream cheese over an oatcake and top with a slice of smoked salmon. Finish with fresh dill or a dash of lemon. For a lower fat option use a low fat cream cheese.

**Mediterranean:** Spoon some pesto over an oatcake and top with a slice of tomato. Garnish with fresh basil or freshly ground black pepper.

**Oatcake Dips:** Oatcakes are great for dips, try them with salsa or guacamole and serve with cucumber and celery. Great for lunch time!

**Sweet Treats:** Top with a dollop of clotted cream or crème fraîche and fresh strawberries or raspberries for a deliciously different desert.

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