



## 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 caramelize. 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!

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## 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.

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## 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.

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## Baked Peppers with Oaty Nut Stuffing

**Serves 4**

Prep time: 15 mins

Cook time: 30 minutes

4 red peppers

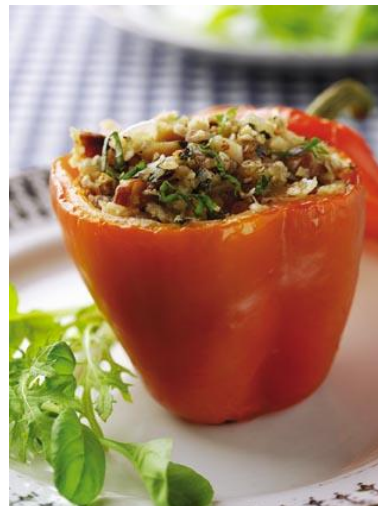
1 tbsp oil

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.

## **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.

## 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.

## 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.

## 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.

## 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.

### **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 fraiche and fresh strawberries or raspberries for a deliciously different desert.