

Bonnag recipes

From *My Mother's Cookery Book*
by Sue Woolley

Barleymeal Bonnag

Bonnag Arran Oarn

$\frac{3}{4}$ lb barleymeal
 $\frac{1}{4}$ lb plain flour
2 oz lard or margarine
1 small teaspoon baking powder
1 small teaspoon cream of tartar
1 small teaspoon salt
 $\frac{1}{2}$ pint buttermilk

Put the barleymeal, flour and salt in a bowl and rub in the fat.
Mix the baking powder and cream of tartar with the buttermilk.
Add the liquid to the dry ingredients and mix into a soft dough.
Shape into two or three loaves and bake in a moderate oven for an hour.
To make sweet loaves, add currants to the mixture and sprinkle the loaves with sugar.

Rich Fruit Bonnag

1 lb self-rising flour
6 oz margarin
8 oz demerara sugar
 $\frac{1}{2}$ pint milk and water
 $\frac{1}{2}$ lb dried fruit (sultanas and currants)
2 teaspoons mixed spice
 $\frac{1}{2}$ teaspoon salt

Rub the margarine into the flour.
Add the sugar and all dry ingredients.
Stir in the milk and water to form a dough.
Place in two 1 lb loaf tins (lined). Bake in the center of a moderate oven for 1 $\frac{1}{4}$ hours.

Barleymeal-Potato Bonnags

4 oz freshly mashed potatoes
6 oz barley meal
1 ½ oz melted butter
1 ½ teaspoons baking powder
Pinch of salt
Milk to mix

Mix together the flour, salt and baking powder.
Rub in the fat very thoroughly.
Add the potatoes and mix in lightly.
Knead to a soft dough with the cold milk.
Turn on to a floured board, roll or pat out half an inch thick.
Cut into rounds and place on a greased baking sheet.
Bake in a hot oven for about 15 minutes.

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