

Make your own bannocks!

One of the things Shetlanders used to make from flour was bannocks. They're quite easy to make. When you get home, why don't you try? Remember you'll need a grown up to help you though.

I helped make the ingredients — I poed on the soil to help the crops grow that make flour, and I made the milk! I like them with butter and cheese — I made those too!



TAMARA'S

EASY BANNOCK RECIPE

Ingredients:
12ozs (340 grams) self-raising flour
1 1/2 tsp baking powder
Large pinch of salt
1 dtsp sunflower or olive oil
200ml milk

Makes approximately 16 bannocks.

1. Sieve the flour, baking powder and salt into a bowl.
2. Make a well in the centre and add the oil and some of the milk.
3. Gently mix by hand, gradually pulling the mixture in from the sides of the well.
4. Gradually add more milk and mix until the dough is just as soft as can be easily handled. Be very gentle, don't knead the dough or overwork it — tough bannocks are horrible!
5. Turn out onto a floured board, and roll out to 1cm thick.
6. Cut into squares and cook slowly on a low heat, on a flat non-stick frying pan (or a griddle if you have one), until slightly browned on both sides.
7. Leave to cool on a rack, with a tea towel draped over the bannocks.

Enjoy!



Croft house Museum



This is the Croft house Museum. People and animals used to live close together here. I loved it because I got my own bedroom! Can you find it?

What does your house look like? What's it made of? Could you draw it for me?



Can you draw a picture of your house? Spot the differences between your house and the croft house. You'll find even more differences when you get there!

CHEEKY GOW CHECK BOX

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The boring bit for grown ups...

Burland Croft Trail

Located 8 miles (13km) from Lerwick, 2 miles (3km) from Scalloway. Allow 15 mins for drive from Lerwick. Head to Scalloway from Lerwick. Burland Croft is on right, 1 mile (2km) after bridge.

Open mid May to 1st September, Monday to Saturday. Entry is free.



Croft house Museum

Located 4 miles (6km) from Sumburgh Airport, 21 miles (34km) from Lerwick. Allow 35 mins for drive from Lerwick. Head south from Lerwick towards Sumburgh. At Dunrossness turn left to Boddam. Follow signs to Croft house Museum.

Open 1st May to 30th September, 10am to 1pm, 2pm-5pm daily. Entry is free. Due to the nature of the building access is limited for people with disabilities

WC

Quendale Water Mill

Located 22 miles (35km) from Lerwick, 3 miles (5km) from Croft house Museum. Allow 35 mins for drive from Lerwick. Head south from Lerwick towards Sumburgh. At Dunrossness turn right to Quendale. Follow signs to Quendale Water Mill.

Open mid April to mid October, 10am to 5pm daily. Entry fee. Disabled access to toilets, gift shop and refreshments. Assisted access to other parts of the Mill. Please phone ahead if in doubt.



Useful contacts

Burland Croft Trail
Shetland, ZE1 0XL
☎ 01595 880430
07765 845090

Croft house Museum
Boddam,
Dunrossness, Shetland
☎ 01595 695057

Shetland Amenity Trust
Garthspool, Lerwick,
Shetland, ZE1 0NY
☎ 01595 694688

Shetland Museum
and Archives
Hay's Dock, Lerwick,
Shetland, ZE1 0WP
☎ 01595 695057

Quendale Water Mill
Dunrossness,
Shetland, ZE2 9JD
☎ 01950 460969

VisitShetland
Market Cross, Lerwick,
Shetland, ZE1 0LU
☎ 01595 693434

Know the code before you go! Find out about the Scottish Outdoor Access Code at www.outdooraccess-scotland.com, or contact Scottish Natural Heritage for further details.

Printed on recycled paper.



Take a trip with Tamara...



Crofting trips for children and families.



Meet Tamara at Shetland Museum and Archives!

Hello! My name's Tamara and I live at Shetland Museum and Archives. You can come and visit me there!

I'd like to show you some of my favourite places to visit, and I thought we could go together. We'll need a grown-up with us though, can you find someone who'll take us?

Look out for the cheeky cows — they're hiding!

See how many you can find on each visit.



TAMARA



TAMARA'S PAL

A CHEEKY GOW!



Shetland people used to live on small farms called crofts. They had to grow and make their own food, as there were no supermarkets.

I was the most important animal on the croft. As you read through this leaflet, see if you can figure out why.

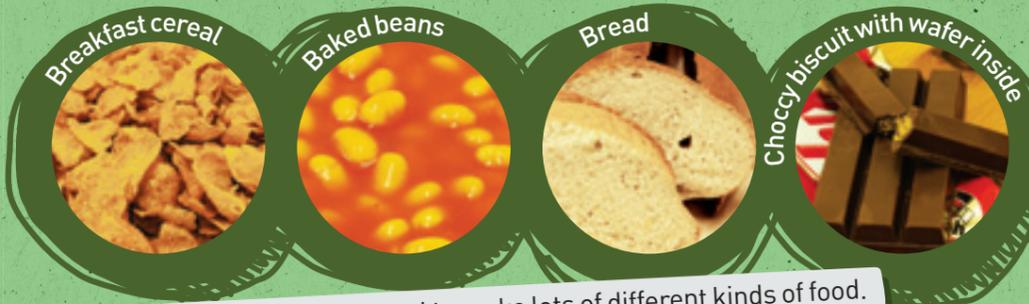
Quendale Water Mill

Because there were no supermarkets, people had to make their own bread and biscuits. But to do that, you need flour and meal. And you couldn't buy that either. So crofters grew their own barley and oats instead. They took this to the Quendale Water Mill, where it was made into flour. There are lots of things to see and do there!

Remember to watch out for the cheeky cows!



My poo helps things like barley and oats to grow! Because I only eat healthy food like grass and hay, my poo is full of good stuff. If you dig it into the soil it helps all sorts of plants and crops to grow. Lovely!



We use flour and meal to make lots of different kinds of food. Spot the odd one out!

Burland Croft Trail



Lots of my friends live at the Burland Croft. My friends here are special, because they are all Shetland breeds. That means that you can only find us in Shetland. The cows, hens, sheep and ponies you see in other places are a different kind.

Would you say hello to all of my special friends for me?

You can also get 'Shetland' crops and vegetables. They are a little bit different from what you get elsewhere, or in the supermarket.

Do you recognise any of these? Find out what they are, and what they're used for, at the Burland Croft!



Who made what?

Me and my pals work hard to help make food and clothes, and lots of other things. Can you guess which animal made what thing?



Draw a line to match the animal to what it helped to make.