

RECIPE

Bannock



Ready in **20 minutes or so**

Yield: 12-15 small bannocks

Ingredients

- 3 Cups flour (750 ml)
- 1 tsp salt (5 ml)
- 2 Tbsp baking powder (30 ml)
- ¼ Cup margarine, melted (50 ml)
- 1 ½ Cups water (375 ml)

Preparation

1. **Measure flour, salt and baking powder into a large bowl. Stir to mix.**
2. Pour melted margarine and water over flour mixture. Batter will be sticky.
3. **Stir with a fork to make a ball. Turn out onto counter. Knead gently about 10 times. Pull off chunks of dough and pat flat to 2 cm thick. It should be about the size of a doughnut or bagel.**
4. **Poke a hole in the center.**
5. Deep fry bannock and turn with tongs. Allow 5-10 minutes per side.
6. Serve hot with margarine or syrup.