

## BANNOCK:

Serving Size: 6

### INGREDIENTS:

- flour 3 cups  
(whole wheat and white flour mix)
- baking powder 1 tbsp
- salt 1 tsp
- sugar 1 tbsp
- luke warm water 3 cups

### METHOD:

Mix all dry ingredients

5. Mix in warm water slowly in to dry mix

6. The bannock dough should have a wet dough, place dough on to a floured surface and knead into a soft dough.

**Pan Fry:** Cut dough into 2oz pieces and place pieces into a preheated fry pan with a  $\frac{1}{4}$  cup canola oil until golden brown about 4 minutes per side.

**Bake:** Pour wet dough into to a oiled and floured baking pan and place into a pre heated oven at 375 degrees for 20 minutes and take out of oven and brush with butter and place back into oven for 20 minutes.

### EQUIPMENT:

- measuring cups
- measuring spoons
- mixing bowls
- frying pan or baking pan



ENJOY ☺