
Bannock

Compliments of the Simcoe County Museum



Ingredients:

3 cups	flour	pinch	salt
1 level tsp	sugar	1 heaping tbsp	lard (or shortening)
2 level tbsp	baking powder	1 cup	cold water

Directions:

In a large bowl, mix dry ingredients together. Cut in lard (or shortening), and then add cold water. Mix thoroughly and shape into a ball. Dough should hold together well and should not be sticky. Add more flour or water if needed.

Next, flatten the dough into an ungreased or lightly greased frying pan until it reaches the sides, and then cook both sides on medium heat until golden. Traditionally, bannock would be cooked over a fire and pieces would be torn off to serve everyone necessary.

Enjoy with soup or stew, or dip in maple syrup for a delicious treat!