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# Bannock

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*Compliments of the Simcoe County Museum*



## **Ingredients:**

3 cups of flour

1 level tsp of sugar

2 level tbsp of baking powder

Pinch of salt

1 heaping tbsp of lard/shortening

1 cup of 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!