

Bannock

Ingredients:

4 c. (or 950 ml) flour
2 tbsp. (or 30 ml) baking powder
2 tbsp. (or 30 ml) sugar
1 tsp. (or 5 ml) salt
3 c. (or 710 ml) water
Raisins [if desired]
Cooking fat

Method:

1. Combine all dry ingredients into a bowl and mix.
2. Add water and mix dough to a dropping consistency.
3. Melt cooking fat in frying pan till hot.
4. Drop tablespoons of mixture into hot fat.
5. Fry until brown all over.

Serve with butter and jam. Enjoy!!



Make your bannock using the old tried and true way...or use a more modern method (photo above).

Compliments:

Fort Nelson Heritage Museum,
P.O. Box 716,
Alaska Highway,
Fort Nelson, BC V0C 1R0
Canada