

BANNOCK

**You will need a large bowl, 1 cup measure, liquid measure cup (can use dry measure if necessary), measuring spoons, pizza pan or baking sheet or partially peeled stick, oven or fire.*

This recipe is not a super traditional one. I adapted it from a recipe given to me by my Great Aunt. If you want a stiffer dough, use less water. I use half whole wheat flour to increase nutritional value and add a nuttier, more complex flavour, but you can stick to white flour if you like.

Ingredients:

3 cups whole wheat flour
3 cups all-purpose flour
3 Tbsp baking powder
1 tsp salt
2 Tbsp brown sugar
½ cup oil or melted lard
3 to 3 ½ cups cold water

To Make:

- 1) In a large bowl, combine both flours, baking powder, salt and brown sugar.
- 2) Add water and oil and mix with hands until all the dry ingredients are incorporated. If making bannock on a stick, add the water gradually until dough is the consistency of a thick biscuit dough. For baked bannock, use 3 ½ to 4 cups water.
- 3) Turn out onto a floured counter and knead a few minutes. Form into a 12-inch circle and bake 30-35 min at 375 F until golden brown.

Recipe courtesy of Chef Jennifer Lessard, Inspired by Nature Culinary Consulting.

This recipe is authorized for use ONLY with schools. This recipe should not be shared outside of the Come to the Table: Exploring School Food Together gathering Oct 27-28, 2022 and is not to be used commercially.