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Bannock is a versatile quick bread, similar to a baking powder biscuit. You can include extras such as raisins, currents, blueberries, cinnamon or cheese if desired.

# Bannock

2 1/2 cups flour   
6 tsp baking powder  
1/2 tsp salt  
2 tbsp sugar (optional)  
1/3 cup lard  
2 eggs, optional  
1 cup water or more

Combine first four ingredients. Add lard, rubbing it in to form fine crumbs. Combine egg with water (is using an egg), and add to the flour mixture. Stir to form a soft dough, and knead briefly.

If using a frying pan, grease the pan then dust with flour. Place about a quarter of the dough in the pan and heat. Bake until the bottom is lightly brown, then flip. Bake about 10 minutes on the opposite side. Bake remaining dough in similar fashion.

If baking in oven, pat down into greased pie plate. Bake in 400 degree oven for about twenty minutes, or until cooked in the middle.

*Tip #1:* Some cooks prefer to fry their bannock dough in a frying pan (cast iron is best), others bake their bannock in the oven, still others deep fry it. You can also drop spoonfuls of batter in a stew, producing something like dumplings.

*Tip #2:* You can also make a cinnamon bun-type goodie by rolling the bannock dough with a rolling pin, then sprinkling with cinnamon, brown sugar, nuts, etc. Lastly, roll the dough up and cut into slices. Bake at about 375-400 degree oven.

*Tip #3:* For a healthier version, substitute whole wheat flour or rolled oats for some of the white flour. If you do this, you will want to increase the amount of while flour somewhat to make dough sufficiently stiff.