



Recipe provided by Sheldon Gamble – McArthur River Site

SINGLE BATCH BANNOCK

Ingredients:

5 – 6 cups flour
2 ½ tablespoons Baking Powder
¼ tablespoon Salt
½ tablespoon Sugar
1 ½ lbs melted lard or 1 cup oil
1 – 3 cups hot water

Method:

- Mix dry ingredients together, make a hole in the centre. Add oil or lard, and gradually pour enough water until the ingredients form into a dough. Knead for a few minutes.
- Cover with damp warm cloth and let stand for 10 minutes
- Pat the dough with hands on a floured surface to about ¾" thickness and transfer to an 18 x 24 inch baking sheet.
- Poke with fork over entire area.
- Bake at 350° for 35 to 45 minutes.

Yield: 1 - 18 x 24 baking sheet