

# Easy Bannock Recipe

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Read through the ingredients list and directions from beginning to end. The ingredients list is read from top to bottom, and the directions should be completed in order.

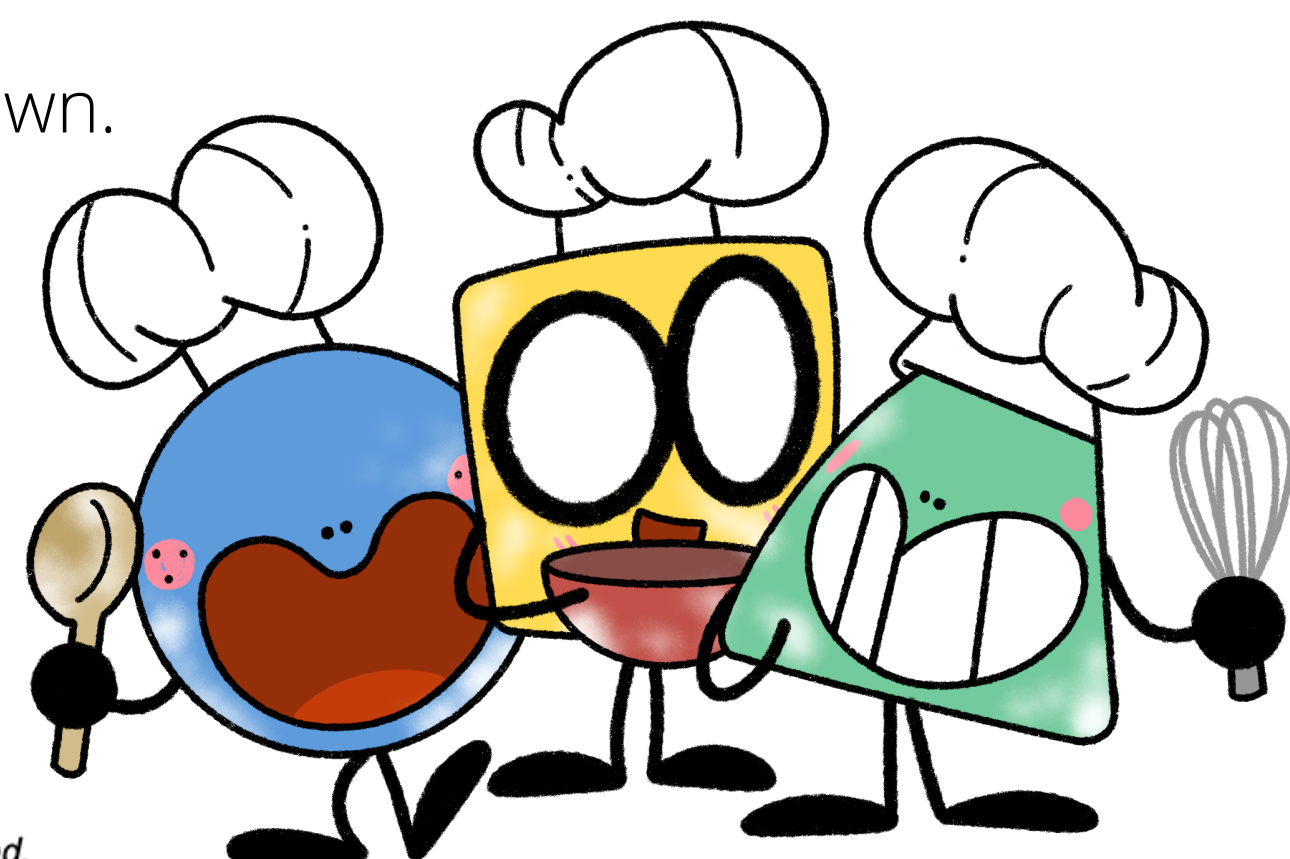
Note: There are many variations of bannock. This is a basic recipe that can act as a building block for you to substitute ingredients and make it your own!

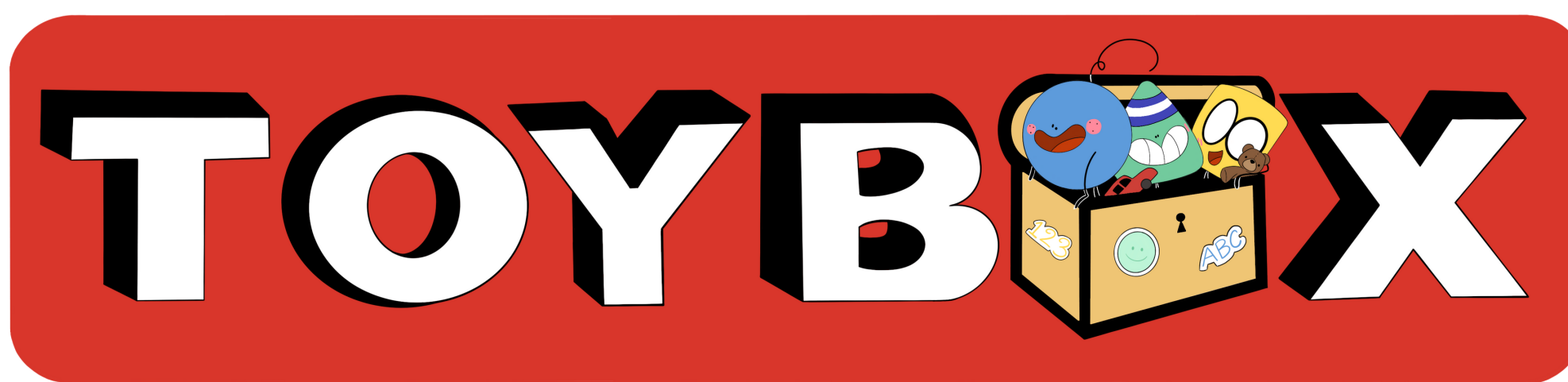
## Ingredients

- 2 Cups Flour
- 1 Tsp Sugar
- ¼ Tsp Salt
- 4 Tsp Baking Powder
- 1 Cup of Warm Water
- 1 ¼ Cup oil (Fried Bannock only)
- ¼ Cup butter/oil (Baked Bannock only)

## Baked Bannock Directions

1. Preheat your oven to 450F
2. Measure flour, sugar, salt, and baking powder into a large bowl and mix with a fork.
3. Make a hole or well in the center of the dry ingredients, then pour the water and butter/oil in the hole.
4. Start from the middle and slowly stir in a circular motion, working your way outward.
5. If the dough is too sticky, sprinkle some flour on the dough. Cover your hands with flour and knead the dough until it is not sticky (about ten times).
6. Flatten the dough on a baking sheet or pat it into a cast iron pan. Poke the dough with a fork to prevent air pockets.
7. Bake at 450F for 15 - 20 minutes or until golden brown.





## Fried Bannock Directions

1. Pour the oil into a frying pan and be sure that the oil covers the bottom of the pan.
2. Turn the temperature to medium heat and allow the oil to heat up while you mix the ingredients.
3. Measure flour, sugar, salt, and baking powder into a large bowl and mix with a fork.
4. Make a hole or well in the center of the dry ingredients, and pour the water in the hole.
5. Start from the middle and slowly stir in a circular motion, working your way outward.
6. If the dough is too sticky, sprinkle some flour on the dough. Cover your hands with flour and knead the dough until it is not sticky (about ten times).
7. Sprinkle flour on the table or counter and place the dough on it.
8. Flatten the dough with a rolling pin or with your hands.
9. Cut the dough into pieces of your desired size. Remember these pieces will puff up in the oil so don't cut them too big!
10. Carefully place the pieces in the oil and fry until golden brown on each side. About 2 minutes per side. If the pieces are frying too fast, lower the temperature.
11. Cool your bannock on a paper towel and enjoy!

## Oven & Stove Safety

- Always bake with a caregiver.
- Never leave the stove/oven unattended.
- Make sure that there is nothing in the oven or on the stove before turning it on.
- Be sure to preheat the oven to the temperature listed in the recipe.
- Set a timer to remind you when to remove the pan.
- Remember that the oven is hot. Wear oven mitts when placing and removing pans from the oven.
- When using a frying pan, hot oil can splash outside the pan.
- Turn pot and pan handles to the side so as to not knock them over.
- Remember to switch off the oven or stove when you are done.