



## BANNOCK (PAN FRIED)

### Serves 4

- ★ 3 cups (750 ml) all-purpose flour
- ★ 1½ tbsp. (23 ml) baking powder
- ★ ½ tsp. (3 ml) salt
- ★ 2 cups (500 ml) water
- ★ 2 tbsp. to 4 tbsp. (30 ml to 60 ml) vegetable oil or shortening

Mix all dry ingredients together and gradually add water until mixture becomes doughy. You can have it with an elasticity consistency or hard enough to fold. Pour into a prepared cast iron frying pan with 2 tbsp. (30 ml) vegetable oil. Make a hole in the centre of the dough after it is in the frying pan to create a vent for the steam to escape to give it an overall browning.

Cook at medium heat on the stovetop for approximately 10 minutes in a frying pan. Turn over and cook for another 10 minutes. Before turning the dough, make sure that the pan has enough shortening or vegetable oil. Check every five minutes to prevent burning. Remove and allow to cool before serving with your favourite meal.