

Bannock

Ingredients:

3 cups flour
2 tablespoons baking powder
¼ teaspoon salt
½ cup oil
1½ cups warm water



Directions:

1. Preheat oven to 400°F.
2. Grease a baking sheet with margarine or oil.
3. Mix all dry ingredients together in a bowl.
4. Make a hole in the middle of your flour mixture and slowly pour oil and water into the middle of the hole. Gently stir the flour into the liquid.
5. Knead dough until everything is just combined. Do not overmix.
6. Let dough rest 5 to 10 minutes.
7. Place the dough onto the baking sheet. Flatten with your hand – about 2 inches thick and prick dough with a fork all over.
8. Bake for about 20 minutes. The bannock is ready when it turns a golden brown colour.

