

## Appendix 3

# Bannock Recipe

(Large – serves 12)



# Bannock Recipe (individual)



**Yield:** 12 servings

**Preparation time:** 15 minutes

**Baking time:** 25 minutes

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## Equipment:

- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ 1 large mixing bowl
- ❖ 1 wooden spoon
- ❖ Cooking spray
- ❖ Baking oven
- ❖ Baking pan
- ❖ Parchment paper or baking sheet
- ❖ 1 fork
- ❖ 1 spatula

## Ingredients:

- ❖ 4 cups flour
  - ❖ 4 Tbsp baking powder
  - ❖ 1 Tbsp sugar
  - ❖ 1 Tsp salt
  - ❖ 1/2 cup margarine
  - ❖ 3/4 cup water
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## Directions:

- ① Preheat oven to 425° F
  - ② Prepare baking sheet by greasing with margarine or placing parchment paper on top. Set aside.
  - ③ Mix flour, baking powder, sugar and salt in a large bowl with a wooden spoon.
  - ④ Work in margarine with a fork until mixture is crumbly.
  - ⑤ Place dough on floured surface, knead and shape into a ball.
  - ⑥ Flatten into a disc – 1 inch thick – and place dough on prepared baking sheet, evenly spread
  - ⑦ Bake at 425° F for 20-25 minutes, until lightly browned.
  - ⑧ Slice into wedges and enjoy! (Optional: Butter or jam to spread)
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