

Name: Bannock Recipe – Bob Laval

Ingredients: Dry Ingredients

- 6 cups of flour
- 3 tablespoons of baking powder for every 2 cups of flour *
- 1 teaspoon of salt
- 5 heaping tablespoons of sugar
- Raisins & sunflower seeds to taste (a good handful of each)

Liquid Ingredients

- 3 eggs
- 2 cups of milk
- ¼ cup of cooking oil

Instructions:

1. Pre-heat oven to 350 degrees.
2. Mix together dry ingredients
3. Form a well in the middle of the mixed dry ingredients and add the liquid ingredients slowly while pulling the dry into the liquid
Hint: Do not over-stir.
4. Mix it all together and knead quickly until the consistency is moist, firm, but not sticky.
5. Oil a large cookie sheet.
6. Flatten the bannock and if not in a hurry, let sit for 15 to 30 minutes. Divide in 2 (if desired)
7. Cook for 30-40 minutes or until golden brown.

Notes: Makes two medium size bannocks