



Red River Bannock

Ingredients

3 to 4 c flour (1/2 ww, 1/2 white)
1 t salt
1 T sugar
2 t backing powder
1/4 c lard
1.5 to 2 c cold water (start with less)

Preparation

Mix dry ingredients together well. Add lard. Blend well. Add water. Mix into a ball of dough. Knead 5 to 8 times. Roll into a large round cake about one inch thick. Cook at 375 degrees until light brown.

Makes 10 to 12 servings.

Special Notes

Scout Group Variation:

- We used butter instead of lard
- Roll dough into small balls which can be wrapped around the end of a stick for cooking.
- Bake the bannock over the fire until golden brown. The bannock should not stick too much to the stick.
- Gently remove cooked bannock and fill tube with your favourite toppings: jam, honey, butter/margarine, cinnamon & brown sugar, etc.

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