

WARD 4

# MAPLE SYRUP

▶ FESTIVAL ◀

## Baked Bannock



### Ingredients

3 cups of flour

1 1/2 tbsp of baking powder

1 tsp of salt

1/4 cup of fat (shortening, lard, butter, duck fat or Crisco)

1 1/4 cup of water

Raisins and dried cranberries are optional

# Instructions

## Step 1

Preheat oven to 375 degrees.

## Step 2

Sift dry ingredient together and “cut” in fat until it is crumbly and resembles wet sand (do not over work the dough).

## Step 3

If desired, add your raisins or dried cranberries.

## Step 4

Add water (hold back a few drops) mix together. May need to add a bit more water or a little more flour. All ingredients should cling together forming a loaf of bread.

## Step 5

Press into a greased pan and let it sit for 10 to 12 minutes, and then place in the oven.

## Step 6

Bake for 18-20 minutes, turn pan upside down onto a cookie sheet. Take the pan off of the bannock, and bake again for another 15 minutes (this will cook the bottom of the bannock). Lightly tap the bread to see if it is done, the sound should be hollow.

## Step 7

Once baked, cool the loaf on a cooling rack or stand it up on its side. This step is important because it will sweat and become soggy if it is kept sitting on the counter.