

BANNOCK RECIPE

INGREDIENTS

- 4 1/2 cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 2 cups tepid water
- 1 cup melted lard

INSTRUCTIONS

1. Mix first three ingredients in a bowl
 2. Make a well in the middle of the mixture
 3. Add lard and water into well
 4. Slowly mix from the middle
 5. Knead about ten times
 6. Flatten and pierce with a fork or spoon
 7. Place in a lightly greased fry pan (cast iron is better)
 8. Bake in oven at 450° F for 20 to 30 minutes and enjoy!
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