

Bannock

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Bannock is dough fried in hot oil. In this recipe, Rosie makes bannock with a hole.

INGREDIENTS

6 big scoops of white flour

Baking powder

Salt

Crisco vegetable oil

Water

TOOLS

1.5 L water can

Large spoon

Measuring cup

2 pots

Large bowl

Large fork

Freezer bags

Baking tray





PREPARING MIX

1. Measure out 1.5 litres of water
2. Put flour in bowl
3. Add baking powder to the flour
4. Add salt to the flour
5. Mix flour, baking powder and salt with hands
6. Make a well in the mix
7. Pour Crisco oil into the dip
8. Pour water on top of the Crisco oil
9. Mix with your hands until everything sticks together into a ball



Rosie Mentions

- If needed, add a little flour to create the right consistency

FRYING BANNOCK

1. Pour oil in large pan and heat
2. From the dough, make each small bannock, pancake-like (hand size)
3. Place the bannock in the hot oil
4. Turn the bannock around once the bottom part that sits in the oil becomes golden brown
5. Wait until the bannock is golden brown on both sides
6. Lift the bannock out of the pan and place on baking tray





STORING BANNOCK

1. During or after frying the bannock, prepare to store approximately 10 pieces into a large sized freezer bag and leave to cool down
2. Once cooled, store in the freezer