

Breads

CAMPING BANNOCK



10 minutes



10 - 15 minutes



4 servings

(Marie) When going on a canoe trip or back-packing, we make up bannock mix ahead of time. All we have to do before it hits the frying pan is add water. I'm personally convinced that it tastes best when it has rained all night and your feet are freezing, and you all look like something the cat dragged home - but don't take my word for it, give it a try!

INGREDIENTS

5 cups	flour	1.25 L
1/2 cup	lard	125 mL
1 tsp.	salt	5 mL
2 tbsp.	baking powder	30 mL
1/4 cup	oil (approximately)	60 mL

INSTRUCTIONS

At home:

1. Mix all the ingredients together, except the oil, cutting the lard in with a pastry blender until finely blended. Store in an airtight container.

On the Trail:

1. Heat the oil in a frying pan over an open fire or camp stove.
2. Mix 2 cups (500 mL) of bannock mix with 1 cup (250 mL) water.
3. Remove frying pan from heat and carefully pat bannock mixture into the pan.
4. Return pan to heat and fry bannock until it is golden brown around the edges. Flip bannock and fry until it is brown on the other side - about 10-15 minutes in total.

VARIATION

Bannock on a stick:

This bannock can be mixed and squeezed onto one end of a stick in small amounts (so that the stick looks like a cattail). It can then be baked carefully by holding the stick over an open fire. The stick should be turned frequently and kept far enough from the fire to prevent the bannock from burning. When nicely browned, (about 15 minutes) break it off the stick and eat it with butter and jam. Yum!