

# Bannock Recipe

For your bannock mix try this: - (part size for mine is about a 400ml cup)

3 parts flour  
1/2 part milk  
1/2 part suet  
1 tsp salt  
1 tsp baking powder  
1tsp sugar

You can add fruit for a sweet one or dried meats, cheese and spices for savory.

Mix the ingredients together in a bowl, using a spoon adding a little water at a time. You don't want this dough to be too wet as it's not necessary and you'll get in a sticky mess!

When the mix is starting to come together, hold the bowl with one hand and start to gather the dough into a ball with the other hand, using flour if the mix is wet and to help with the stickiness.

Don't knead the dough as you will lose the air within.

Get a frying pan, with hot oil, or dry with flour in the bottom to prevent sticking, and add your ball of dough, pushing it down to form a flat shape around an inch thick.

Cook slowly turning occasionally, as it is easy to burn. Using a lid over the pan increases the amount it will rise.

Enjoy.

Dipping sauces are also an idea, sweet or savory to complement your bannock style.