

## Bannock Recipe

Originally from the Highlands of Scotland, Bannock became a staple in the diets of the first fur traders and settlers. They also introduced it to the First Nations. Settlers in Dunvegan used to celebrate “Bannock Night”. Make your very own bannock and see what it’s all about!

Start by preheating the oven at 425 °F (220°C). Lightly grease a 9-10 inch (25 -25 cm) ovenproof skillet or pan. Instead, you could also line a cookie sheet with a piece of parchment paper.

### Ingredients

3 cups (375ml) all-purpose flour<sup>1</sup>  
1 teaspoon (5ml) salt  
2 tablespoons (30ml) sugar  
2 tablespoons (30ml) baking powder  
1 ½ cups (375ml) water  
1 cup dried cranberries (or any other fresh or dry fruit)<sup>2</sup>



### Preparation

In a large bowl mix the flour, sugar, salt and baking powder. Add the berries. Make a well in the middle of the dry ingredients and slowly pour in the water. Stir the ingredients together. The dough will be fairly stiff; try and keep it evenly moistened.

Transfer the batter into your skillet or pan or onto your cookie sheet. Wet your fingers and lightly pat the batter to fill the skillet or pan. If placing on a cookie sheet, form a disc ½ to ¾ inches thick. Place in the center of oven and bake for 20 – 25 minutes or until your bannock is lightly browned and firm to the touch in the center. Carefully remove from oven and transfer to a rack to cool. Serve warm or at room temperature.

**Enjoy, with some fresh butter and jam or as is!**

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<sup>1</sup> You could mix 1 ½ cups of all-purpose flour with 1 ½ cups of whole wheat flour.

<sup>2</sup> Fresh blueberries make a nice addition.