

Jackie Norman's Bannock

Before starting, take a moment to smudge or cleanse your space, **thank the elders** or powers for you. Your bannock should be **made with love**.

Measurements are an estimate

- In a large bowl mix **3 ½ cups of flour (875mL)**,
- Add 1 tablespoon and 1 teaspoon (**20 mL**) of each **baking powder and sugar**.
- Add **½ teaspoon of salt**.
- Using your hands mix (stir) everything together with **1 ¼ cup of hot water**.
- Mix until you have a sticky dough.
- Sprinkle flour onto a counter top and knead lightly with finger tips...do not overwork!
- Cut into 2 inch squares, cut slits in top so center will cook.

Pour 1 ½ -2 inches of oil into a deep frypan – electric frypan, heat to 375F

- Cook for 2 minutes (or until browned) on one side then flip, cook another minute.
- Drain on papertowel, serve warm.