

# BANNOCK RECIPE

Prep time: 15 minutes

Yield: Full recipe makes 10 individual bannock patties

Baking time: 40 minutes

## Supplies (for each group of 5 students)

- Dry measuring cups and spoons (for the flour, salt and baking powder)
- Two liquid measuring cups (for the oil and milk)
- Pastry brush
- Parchment paper
- Baking sheet
- Large bowl
- Mixing spoons
- Empty jar labelled Grandmother's Love

## Ingredients

All-purpose flour

Salt

Baking powder

Vegetable oil

Milk

Milk  
(for brushing on top after baking)

**Full recipe  
(makes 10 individual  
bannock patties)**

5½ cups (1,375 mL)

1 tsp (5 mL)

4 tsp (20 mL)

½ cup (125 mL)

2¼ cups (560 mL)

1 tbsp (15 mL)

**Half recipe  
(makes 5 individual  
bannock patties)**



## Directions (for a half recipe)

1. With the help of your teacher, preheat the oven to 350°F (180°C).
2. Line baking sheet with parchment paper.
3. In a large bowl, add flour, salt, baking powder and a pinch of Grandmother's Love, and mix well.
4. Make a well in the dry ingredients and fill it with some of the oil and milk. Stir until incorporated. Add the remainder of the oil and milk and mix until a soft dough has formed. You may need to add more flour if the dough is too sticky.
5. Gently knead until the dough comes together.
6. Divide the dough into 5 equal pieces. Flatten each piece into a 3 in. (7.5 cm) diameter patty.
7. Place flattened patties on the parchment-lined baking sheet and bake for 40 minutes or until the tops are golden brown.
8. Once the bannocks have cooked, remove from the oven and brush the tops with milk.



**See page 2: Print this recipe for your students to bring home.**

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- 1 tsp (5 mL) salt
- 4 tsp (20 mL) baking powder
- ½ cup (125 mL) vegetable oil
- 2¼ cups (560 mL) milk
- 1 tbsp (15 mL) milk  
(for brushing on top after baking)



## Directions

1. Preheat the oven to 350°F (180°C).
2. Line 2 baking sheets with parchment paper.
3. In a large bowl, add flour, salt and baking powder, and mix well.
4. Make a well in the dry ingredients and fill it with some of the oil and milk. Stir until incorporated. Add the remainder of the oil and milk and mix until a soft dough has formed. You may need to add more flour if the dough is too sticky.
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