



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Bannock

Ingredients

3 cups (750 ml) unbleached all-purpose flour
1 teaspoon (5 ml) salt
1 tablespoon (15 ml) baking powder
1 cup (250 ml) dried cranberries (or other fresh or dried fruit)
1 1/2 cups (375 ml) of water

Preparation

Preheat the oven to 425 °F (220 °C). Lightly grease a 9-10 inch (23 à 25 cm) ovenproof skillet.

In a bowl, mix the flour, salt, and baking powder until thoroughly blended. Add the berries (or berries and sugar) and stir to mix in. Make a well in the middle of the dry ingredients, pour the water and stir quickly to mix. The dough should be fairly stiff, but evenly moistened.

Transfer the batter to the skillet. With wet fingers, lightly pat out the batter to fill the skillet. Place in the center of the oven and bake for 20-25 minutes or until the bannock is firm to the touch in the center. Carefully remove the bannock from the skillet and transfer to a rack to cool. Serve warm or at room temperature.