



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

A FASCINATING WORLD  
UN MONDE FASCINANT



# Bannock

Recipe from Chef Cezin Nottaway

## Ingredients

4 cups (1L) white flour  
1 ½ tablespoons (22.5 ml) baking powder  
1 teaspoon (5 ml) salt  
3 to 4 cups (750 to 1L) lukewarm water

## Preparation

Preheat oven to 375°F (190°C). Grease an 8 or 9-inch cake pan. In a bowl, combine the first 3 ingredients. Slowly add the lukewarm water while mixing. Mix only until the water is all absorbed; over mixing will cause the bannock not to rise. Cook in oven for 50 minutes.