

Metis Bannock

PREP TIME: 15 mins TOTAL TIME: 40 mins

SERVES: 4-6

About This Recipe

"We Metis love our bannock and this is my favourite recipe for it. It's great with soup, or just on its own with jam or honey."

Ingredients

- 3 cups all-purpose flour
- 2 tablespoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 cup margarine
- 3/4-1 cup water***
 - ***may not need all of this ingredient

Directions

1. Turn on oven to 425°F (220°C)
2. Mix flour, baking powder, sugar, and salt.
3. Work in the margarine using hands until you make a nice crumble.
4. Gradually mix in enough water to make soft **but not sticky**. Knead.
5. Shape into a ball, place on a greased baking sheet, then flatten into a circle about 1 inch thick.
6. Bake for 25 minutes or until lightly browned.

Questions (Please write out the questions and use full sentence answers):

1. What modifications can be made to this recipe?
2. Is this the only type of Bannock? Explain.
3. How can this recipe be made gluten free?
4. How can this recipe be made dairy free?

Source:

<http://www.geniuskitchen.com/recipe/metis-bannock-175091>