**Bannock**

(Serves 2-3)

Is a staple of First Nations foods and has many variations

Ingredients:

* 1 cup (250ml) flour
* 1 tablespoon (15ml) sugar
* 1 teaspoon (5ml) baking powder
* ¼ teaspoon (1ml) salt
* ½ cup (125ml) cold water
* Oil for frying

Coating:

* 1 tablespoon (15ml) sugar
* 1 teaspoon (5ml) cinnamon

Method:

1. Mix all ingredients together and cover for 10-20 minutes with a towel – the longer it sits the fluffier it will be
2. As the dough sits, heat up some oil for shallow frying – use a cast iron pan with about an inch of oil
3. Heat on medium-high temperature
4. Divide dough into even pieces (about 3-4) and pat the dough out into hand size
5. Place dough CAREFULLY into the oil – lower with tongs then remove
6. Fry one side for 1-4 minutes until it is a golden brown then flip the bannock with tongs and fry the other side
7. As soon as bannock comes out of the pan drain on paper towel then toss with cinnamon and sugar