

# Julia's Traditional Fried Bannock Recipe



- 6 to 7 cups all-purpose flour
- 1 3/4 cups lukewarm water (105 degrees F)
- 1 1/4 teaspoons salt
- 2 1/4 teaspoons white sugar
- 2 tablespoons Canola Oil
- 1 teaspoon yeast

Canola oil for frying; about 2 inches deep in a saucepan

In a large bowl, add flour and make a hole in the center.

In a separate bowl, stir together water, salt, sugar, 2 tablespoons of canola oil and yeast.

Pour into the hole in the flour and mix together by hand to form dough. If the dough is sticky, add flour, a handful at a time, and mix together until you get a smooth, non-sticky consistency.

Knead dough for about 5 minutes.

Place dough in a covered bowl and let rise in a warm place for two hours.

On a lightly floured surface, roll out dough to a 1/2-inch thickness, and then cut into 2 1/2-inch squares or use a round cooky cutter.

In a deep saucepan on high, heat 2 inches of oil. As soon as the piece of dough is dropped into the hot oil, turn it three times so that it puffs up evenly.

Repeat with several pieces at a time and fry until golden brown, about 3 minutes on each side until all the dough has been fried.

Makes 25 small bannocks.

Try it sweet with jam, honey, maple syrup or sugar and cinnamon. Or try it savoury with smoked salmon, pesto, sun dried tomatoes, or with soups and chilis.