

Donald's bannock -- from my Scouting days

Ingredients:

- 1 cup all purpose flour
- 2 tablespoons baking powder (the brown tin, not the cow)
- 1 tablespoon lard or shortening
- 1 tablespoon honey
- 1/16 teaspoon salt
- Water or milk to desired consistency

THIS RECIPE:

- 1/2 cup for sticky, almost but not quite runny for Donald's recipe of drop biscuits (this recipe)

OTHER RECIPES:

- 1/3 cup for stiff dough for oven biscuits, or to wrap around a stick to cook over a fire
- 1/2 cup and an egg for a little runny for pancakes)

Equipment:

- Camping stove (for the outdoors), regular stove, or hotplate
- Cast iron frypan
- Flipper / spatula
- Spoon
- Mixing bowl
- Fork for mixing dough

Stove method -- Frypan -- fried drop biscuit bannock:

- Slowly heat up a cast iron pan on your stove and keep the heat to just under medium
- Using a spoon, place lumps on the frypan, roughly the size of biscuits (1" to 2" in diameter)
- Fry; flip when bottom begins to brown, and continue until fully cooked through
- For a small (4 inches or less) frypan, cook full amount, or the capacity, of the pan as a small loaf

Fire method -- Frypan

- Clear an area the size of your cast iron pan in your firepit where there's a roaring fire
- Place the dough in the pan
- Place the pan with the dough in the cleared hot area
- When the dough passes the wooden toothpick test (nothing sticks to the toothpick when pushed in and immediately pulled out), slowly support the pan on its side so as to brown the top of the bannock.

Best served fresh and hot!