

# NCFC'S KIDS CLUB MEAL KIT: BANNOCK - FRY BREAD



**NELSON**  
community food centre

# BANNOCK - FRY BREAD



## INGREDIENTS:

- 4 cups flour
- 2 tbsp sugar
- 3 tsp baking powder
- Pinch of salt
- 1/2 cup shortening or butter
- 2 cup water (or 1 cup milk/1 cup water)
- 1 egg
- Vegetable oil for frying

## OPTIONAL:

This bread can be fried instead of baked!  
Try frying the whole thing in a big pan, like a pancake, or fry smaller pieces into baby pancakes. Make sure to put oil in the pan before you fry.

## INSTRUCTIONS:

- If baking, set oven to 350 degrees.
- Mix the dry ingredients together.
- Cut in the vegetable shortening or butter until it feels like cornmeal texture.
- Whisk the wet ingredients together.
- Slowly add the wet ingredients to the dry ingredients, gently mix until combined.
- Try not to handle the dough too much, knead together lightly until it is solid.
- Grease 8" by 9" cake pan, or cast iron frying pan, place dough in pan and bake for 30-40 min, or until golden brown.
- Serve with jam, butter, or soup.



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