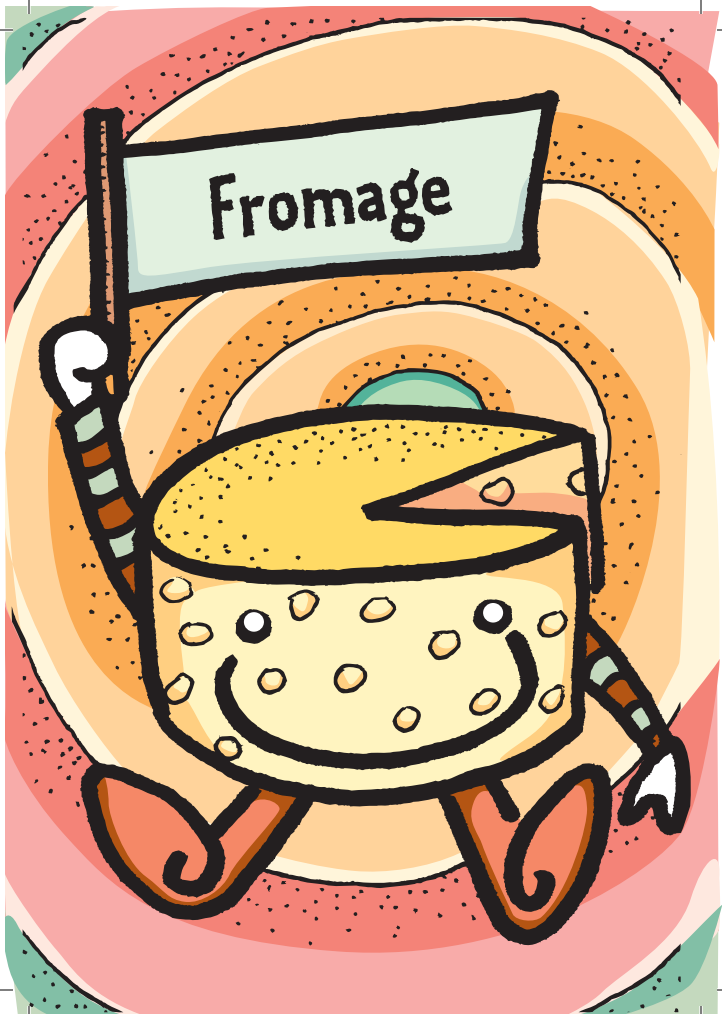


Fromage



BANNOCK (8 wedges)



INGREDIENTS

flour	500 mL (2 cups)
salt	2 mL (½ tsp)
baking powder	15 mL (1 Tbsp)
butter	30 mL (2 Tbsp)
grated Cheddar cheese	125 mL (½ cup)
water	150 mL (⅔ cup)

VARIATIONS

- Pat bannock flat and cut into different shapes before baking.
- Break off a piece of dough, roll it out like a piece of rope and wrap it around a stick to cook over a campfire.

HERE'S HOW

1. Preheat oven to 200 °C (400 °F).
2. Measure flour, salt, and baking powder into mixing bowl. Stir together.
3. Cut in butter with two knives or pastry blender until mixture resembles fine crumbs. Add cheese and mix well.
4. Sprinkle water over pastry a bit at a time and stir with a fork until you have a soft dough.
5. Turn dough onto a floured work surface and knead about 10 times.
6. Pat into a flat circle, about 2 cm (1") thick. Place on a greased cookie sheet.
7. Bake for about 20 minutes, until golden.
8. Cool about 10 minutes. Slice into wedges to serve.

