

### **Bannock** by Bannock

**Do** you mean bannock? There are hundreds of recipes. The easiest is to simply use Jolly Mix or Bisquick. Follow the biscuit recipe. Oil your frying pan and press the dough into it. Cook over medium heat with a cover in place. Flip it over when one side is done and cook the other side.

Another recipe I use is mix together 1 cup white flour, 1 cup whole wheat flour, 2 teaspoons baking powder, and 1/2 teaspoon salt. To prepare: add enough water to make a stiff dough (an egg and a little oil is optional). Knead quickly and form a one inch thick cake. Grease the fry pan. Brown the bottom of the cake. Then move the pan up 12" from the fire and let bake.

Posted on Ju13, 2001, 6:26 AM from IP address 3427112237

### **Another, traditional, baking option** by Bannock

As an option to "flip Baking" (as with the BWCA Double Bottom Biscuits), and convection dome baking (such as the "Outback Oven", and "Bakepacker") you can do "Twiggy" baking. As with the others, you need a source of bottom heat such as a stove or campfire. You also need a deep, preferably non-stick, fry-pan with a lid that fits snugly. It is also wise to have, if using a stove, a to reduce bottom scorching. Keep the bottom heat as low as possible. A stove that simmers well is important. I have found a good temperature gauge is you should be able to hold your hand comfortably about 10 inches above the stove, but still feel your hand being warmed. For the bottom heat, too hot is more of a problem than too cold. Now where "Twiggy" baking is different from the others is the source of top heat. This is a traditional method of outdoor baking. You build a small, hot, twiggy fire on top of your pan lid.

Gather a pile of small twigs. Light your stove and let it run at its lowest heat. Put the fry-pan, with secure lid (and heat reflecting collar and diffuser) on the stove, and build a twiggy fire on the lid. Spread the fire out evenly on the lid, and feed it enough wood to keep it burning. It's almost impossible to generate too much heat on the lid. Remember: low heat on the bottom; more heat on the top.

Rotate the pan occasionally. Once you smell the bake good cooking (maybe 20 minutes) you can lift the lid to check the progress. However, DON'T LIFT THE LID TOO OFTEN. When the bread is done, it has a firm crust and sounds hollow when you thump it. Take the pan off the bottom heat, but continue to burn the twiggy fire on top until nothing is left except ash.

Posted on Sep 10, 2003, 4:50 PM

### **Bannock** by Bannock

Bannock

1 cup white flour

1 cup whole wheat flour

2 teaspoons baking powder 1/2 teaspoon salt

At Home: In a plastic bag mix ingredients together.

In camp: add enough water to make a stiff dough (an egg and a little oil is optional). Knead quickly and form a one inch thick cake. Grease the fry pan. Brown the bottom of the cake. Then move the pan up 12" from the fire and let bake.

To make coffee cake, cinnamon and sugar can be added to the flour mix. Wild raspberries or blueberries can be added if available. A good substitute is Bisquick doctored up with a little powdered milk and perhaps a little powdered egg.

Posted on Sep 10, 2003, 4:22 PM

**One last Bannock Recipe (from me) by Bannock**

This one is taken straight from "Boys Life", November, 1968, page 22

Mix the following in a bowl;

- 4 cups flour,
- 2 tablespoons baking powder,
- 1-1/2 teaspoons salt,
- 1 teaspoon cream of tartar,
- 2 tablespoons sugar,
- 1 cup shortening ( type that requires no refrigeration), and
- 3/4 cup powdered milk.

Stir until the shorting has become well dispersed and the texture is even. You now have a six-cup mix which is normally adequate for six individual servings.

Round up six plastic bags. put a cup of mix in each, squeeze out the excess air and seal. store the bags in a cool place. your bannock will keep for weeks. allow about 15 minutes in your meal schedule for preparing and frying bannock. No pots or pans are required for mixing. Just add water to the mix by pressing and squeezing with your hands. ( add a little water at a time just enough to give the mix the consistency of thick dough.

Squeeze the dough out of the bag into the frying pan. Twist the bag from the bottom down, as if you were wringing water from a towel, and you won't waste a drop. Pat the dough with a spatula until it settles to a uniform thickness of about one inch and place the pan over a bed of hot coals, or a wire grill.

Cook the bannock slowly for about five minutes until the bottom side turns a golden brown.

With a spatula or fork flip the patty and cook the other side.

The bread is not ready yet. It requires about five minutes more to cook the center. Keep the heat low by holding the pan above the coals and be sure to turn the bread at regular intervals until it becomes firm throughout. If in doubt, test it with a fork or sharp stick.

For more elaborate dishes such as pancakes, muffins or waffles, the mix can be altered by simply beating in one egg per cup of mix and varying the amount of water.

*Posted on Sep 10, 2003, 5:02 PM*

**Another Bannock by Bannock**

Bannock (serves 9) 3 cups flour

3 cups cornmeal 3 cups oatmeal

2/3 cup powdered milk 1/3 cup white sugar

1 tsp baking powder

At Home: Mix all Ingredients together

At Camp: Mix with water until stiff. Cook In a fry pan until done.

*Posted on Sep 10, 2003, 4:56 PM*

#### BASIC BANNOCK MIX

1 cup flour (white or of a mixture of white and whole wheat) 1 tsp. baking powder  
1/4 tsp. salt  
1/4 cup dry milk powder  
1 tbsp. shortning

Make mix at home ahead of time. Sift dry ingredients, and cut shortening in with a pastry cutter or two knives until you have a granular, corn meal-like mixture. Package in zip-lock freezer bags. I like the ones that have the little slider-like thing. I've found that you can make large batches at once and make enough bannock mix for a trip in about fifteen minutes. Just make sure you sift the dry ingredients well so you don't get leavening problems.

#### BANNOCK

1 batch bannock mix  
Water (filter it)

Oil your skillet (cast iron works best) and preheat over a campfire. Place the mix in a bowl and add enough water to make the dough hold together. You can also pour water into the bag and squoosh it around in the bag (squooshing is a technical term) and then squeeze it out of the bag into the pan, which has the advantage of not dirtying another bowl, but the disadvantage of losing a perfectly good bag because washing them is a pain in the rear. Because the water and baking powder form carbon dioxide to make the bread light, the faster you go from mixing to skillet, the lighter your bannock will be.

If you have a lid, go ahead and try to cook it like a dutch oven and put coals on to of your skillet lid. Otherwise you can a) turn it over to cook the top (carefully!) or else when the bottom is done, prop the pan up against a log with the top facing the fire. This is my favorite sort of "semi-reflector-oven" sort of way. I believe it also makes a lighter bannock. Serve with honey (you did bring honey, right?).

#### **BWCA Double Bottomed Biscuits by Bannock**

BWCA Double Bottomed Biscuits

1/2 cup Bisquick (actually, I like Jolly Mix Brand better)

1 Tablespoon Powder Milk

1/3 cup water

Oil

This is the amount for one BIG biscuit. Multiply according to the number of biscuits wanted.

At Home: Mix Bisquick and Milk together and store in plastic bag. Mark the amount of water to be added on the bag.

In Camp: Mix Bisquick and water together. Make one large biscuit. Plop it into a well oiled frying pan. Cook with a cover in place over medium heat. Flip (like a pancake) when it is done on one side. Cook until the other side is done (covered). This works great! It is like a double bottomed biscuit! And no special baking gizmos needed!

*Posted on Sep 10, 2003, 4:18 PM*

**You mean this stuff?**  
by tick (Login [tick54](#))





I like the idea of just real basic ingredients, flour, water, salt, baking powder. Although I don't add lard, the olive oil which I use to oil the pan gets incorporated in the mix. In warmer weather when I have more time, I use dry yeast instead of the baking powder. The canister stove is particularly well suited for bannock as the flame height can be controlled low enough to bake without burning.

ect: Re: That's what's up.  
Date: Tue, 27 Apr 2004 06:18:40 -0500  
From: kebrown@gundluth.org  
To: kaitlyn laurie

Here ya go:

There are hundreds of recipes for bannock. Here is basic one.

Bannock

1 cup white flour  
1 cup whole wheat flour  
2 teaspoons baking powder (always use good baking powder)  
1/2 teaspoon salt

At Home: Mix ingredients together in a plastic bag.

In camp: add enough water to make a stiff dough (an egg and a little oil is optional). Knead quickly and form a one inch thick cake. Grease the fry pan. Brown the bottom of the cake. Then either move the pan up 12" from the fire, or tilt pan on edge in front of the fire, and let bake.

A good substitute is Bisquick doctored up with a little powdered milk and perhaps a little powdered egg.

To make coffee cake, cinnamon and sugar can be added to the flour mix. Wild raspberries or blueberries can be added if available.

#### Variations

There are lots of options with bannock. Start with the basic bannock and add any of the following. If it is a flour-like ingredient, substitute for an equal portion of one of the flours in the basic recipe.

1/2 t of cream of tartar  
1/2 c. shortening  
1/2 c. powdered milk  
a little honey or molasses  
3/4 c. walnuts, or dried fruit, or raisins, or dried cranberries  
an egg or equivalent of powdered egg  
1/2 c. corn meal  
1/2 c. rolled oats  
1/2c. oatmeal  
1/2 c. any kind of flour you fancy

Making bannock is more of an art than a science.

Ken