

Bannok

1 cup flour

1 pinch salt

1 pinch sugar

1 teaspoon baking powder

enough water to make a dough that is sticky, but holds together

- form into patties
- fry in bacon grease on both sides until golden brown
- put in dutch oven and set near fire to finish baking (10-15 minutes)

Eat with butter, or honey, or jam, or both, or all three, or anything else you like.