

# Bannock Bread

## Fandabi's recipe

It's like that fuckin magic bread from lord of the rings or whatever

## Ingredients

- 1 part fat 8 (by weight), suet, coconut oil (possibly cocoa butter?)
  - 1 part oatmeal
  - 2 parts flour
- 

## Instructions

1. Combine ingredients into a large bowl.
  2. Add a few tablespoons of hot water and mix well. Continue to add water as needed. Mix very thoroughly after each water addition. If you are impatient with this, you may add too much water.
  3. Knead the dough into a ball while in the bowl. The constancy looks like chocolate chip cookie dough. It should not stick to your hands.
  4. Prepare a baking sheet with parchment (baking) paper.
  5. Remove dough from bowl. Add some oats to the bowl.
  6. Tear off chunks of dough the size of an average man's fist. Shape into a patty the thickness of your fingers. Sprinkle one side with oats, rub and pat the oats in, flip and repeat.
  7. Place Bannocks into a 200C (395F) preheated oven and bake for 10 minutes.
  8. If you want them to last longer than a week, turn oven temperature down to 50C (122F - most US ovens only go down to 175F unless really old) and bake for another hour.
  9. Place on wire rack to cool down completely.
- 

Revision #2

Created 22 September 2023 04:12:26 by Brad

Updated 22 September 2023 04:16:52 by Brad