

CHBC Demo Recipes

Pecan, Honey & Sage Bannock

1 cup	flour
1 tsp	baking powder
¼ tsp	salt
1 tsp	dry sage
¼ cup	chopped pecans
3 tbsp	butter (diced)
¼ cup	honey

Mix together the dry ingredients. Cut in the butter until the mixture resembles a coarse meal. Grease and heat a frying pan. Add the honey to the dry mix to make a firm dough. Form the dough into cakes about 1/2 inch thick. Lay the bannock cakes in the warm frying pan. Hold them over the heat, rotating the pan a little. Once a bottom crust has formed and the dough has hardened enough to hold together, turn the bannock cakes. Cooking takes 12-15 minutes.



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