



Sourdough Bannocks



Ingredients;

- 1 cup sourdough starter (1 part flour, 1 part water fermented)
- 3 cups flour (1 part white flour, 1 part wholegrain flour)
- 2 cups water
- 1 pinch of salt
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 cup hazelnut (or substitute for other nuts)
- Foraged ingredients such as: Hemlock tree tips, rose petals, plantain greens, huckleberries, blackberries, pine nuts, pine pollen.
- 1 cup oil for frying (beef tallow, coconut oil, avocado oil)
- 1/2 raw local honey

Instructions;

- in a large bowl add sourdough starter to flour and water, stir well
- cover and let ferment for approximately 3 hours or until bubbly
- add salt, cinnamon, baking powder, stir well
- mix in nuts and foraged ingredients
- heat up oil in a deep pan, temperature should be between 350-375F
- drop a spoon full of batter into the oil
- fry until golden brown on both sides and cooked in the middle, about 3-5min
- transfer on western hemlock tree boughs so oil can drain
- serve with honey to glaze