

BANNOCK WITH BERRY COMPOTE

BANNOCK

FLOUR	1 1/2 CUPS
BAKING POWDER	1 1/2 TABLESPOON
SUGAR	1/4 CUP
SALT	1/2 TEASPOON
VEGETABLE OIL	1 TABLESPOON

BERRY COMPOTE

MIXED BERRIES (FROZEN)	2 CUPS
SUGAR	1/4 CUP
LEMON JUICE	HALF LEMON JUICE & RIND
CORNSTARCH	1 TEASPOON



INSTRUCTIONS FOR BANNOCK

Whisk together all dry ingredients

Add oil and continue to mix.

Add just enough water to make a sticky dough, do not over mix.

Roll the dough into a large ball and then divide into 6 equal pieces

Flatten each ball of dough with your hands to about 1cm thickness

Carefully slide it into hot oil in a frying pan

Fry on a medium heat until golden brown on both sides and soft, but cooked inside

Remove and rest on paper towel to absorb any extra oil

Serve warm with just a dusting of icing sugar or with a mixed berry compote

INSTRUCTIONS FOR MIXED BERRY COMPOTE

In a sauce pan combine together the berries and sugar

When the sugar has dissolved and mix is boiling, lower the flame and add lemon juice and rind

Mix cornstarch with a teaspoon of cold water and add the slurry (cornstarch and water mix) to the boiling mix

The compote will thicken up a bit

Once it comes to a second boil take off the flame