

Tea biscuit mix for Lemon Sumac Bannock

Theresa Albert-Ratchford

Servings: 24

3 cups unbleached flour

1/2 teaspoon salt

1 tablespoon sugar

1 tablespoon baking powder

To mix per cup of mix:

1 tablespoon dried herbs

1/4 cup butter, softened

1/3 cup buttermilk, adjust as needed

Preparation Time: 15 minutes

Measure flour and baking powder into a bowl of stand mixer. Mix in salt and sugar. Blend well for 5 minutes. Store for up to 3 weeks in cupboard or 3 months in fridge.

For every cup of mix, stir in desired dried herbs, cut in 1/4 cup butter, blend to small peas. Add milk a little at a time to make a thick batter, stirring as little as possible, only until dough sticks together.

To make a whole bannock, form into an oval that is about 1/2 inch thick, poke with a fork, place onto baking sheet lined with parchment and bake at 375F for 18-25 minutes.

To make into biscuits: roll onto well floured surface and cut into biscuits, lay on baking sheet lined with parchment at least 2 inches apart. Bake 10-12 minutes.

Lemon Sumac mixture: 2 teaspoons grated lemon rind, 1 teaspoon dried sumac. Mix into dry ingredients before adding wet. Reserve 1/3 for the top and mix with a tablespoon of honey or sugar, spread or sprinkle onto fully baked biscuit.

Per Serving (excluding unknown items): 52 Calories; 0g Fat (0.0% calories from fat); 2g Protein; 12g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Other Carbohydrates.