

Cranberry Bannock

2 cups all-purpose or whole wheat flour 4 tsp baking powder 3 tbsp granulated sugar

1 tsp salt 2 tbsp cold butter 1/3 cup buttermilk 1/2 cup dried cranberries

PREPARATION

In large bowl, mix together flour, baking powder, sugar, salt and dried cranberries. Next, cut in butter until mixture resembles coarse bread crumbs. Gradually add milk to make soft dough that will form into a ball.

Shape into small biscuits approximately 2" around and 1/2" thick. Place on a lightly greased cookie sheet so the edges are almost touching so they will rise into each other as they bake. Bake in centre of 375°F oven until golden brown, about 15 minutes. Makes 6.

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Did you know...

When the Hudson's Bay Company (HBC) first came to Fort Langley they found the Stó:lō First Nations were already harvesting bog cranberries. HBC started trading with the Stó:lo and then sold the berries in San Fransisco in Fort Langley-made barrels.