



Bonnach

(Theresa MacDonell)

3 cups all-purpose flour (sifted)
1 cup whole wheat flour
6 tsp. baking powder
3 tsp. white sugar
1 tsp. salt
Mix well and set aside.

In a small bowl:

½ cup vegetable or canola oil

2 cups milk

(Or – instead of the oil - use ½ cup shortening OR butter OR lard into flour mixture – then add 2 cups milk)

Pour oil and milk mixture into flour mixture and mix well together just like you would for tea biscuits.

Put out on floured surface and have a little flour on the side to add as needed. Knead a little bit and turn over so that smoothest side is up. Sprinkle a little flour on your cookie sheet or stoneware pan or in Theresa's case – in your cast iron frying pan (about 10" in diameter) and lay dough in the pan. Score the top of the dough.

Place in 375 degree oven for about 40 minutes. When finished – remove from pan and place on cooling rack. Serve warm with lots of butter and pour some molasses on top and have a good hot cup of tea.