

Nordland's Unleavened Bread

4 cups of wheat flour
1/2 cup white flour
2/3 cup sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
Add 1/2 cup cooking oil

Mix the first seven ingredients until it has the consistency of cornmeal.
Add 1/2 cup honey



Mix thoroughly until it has binded well and there are no signs of flour when a fork is used to scrape the bottom of the bowl. It should have a crumbly consistency like strudel topping.

Add 1 cup buttermilk. Stir with fork and then knead in bowl with hands until dough begins to have the consistency of clay. Do NOT over knead.

Divide into 5 equal balls. Flour the board with whole wheat flour. Roll each ball one at a time to 1/4 inch thick.

Bake 7-10 minutes at 350 degrees. Make the sign of the cross using a fork.

*Recipe by Eleanor Nepsund