

# Instructions

Difficulty: **Easy**

## Things You'll Need:

- Mixing bowl
- Processed cheese, 1/4 pound
- Water
- All-purpose flour, 1 cup
- Yellow cornmeal, 1 cup
- Garlic powder, 1 tbsp.
- Anise oil
- Cooking pot
- Stove top
- Paper towel
- Spoon
- Plastic storage bags

### Step 1

Place 1/4 pound of processed cheese in a microwave-safe bowl. Cut the cheese into cubes if desired. Heat the bowl in a microwave oven and heat until softened but not melted. Remove the bowl and set it on a work surface.

### Step 2

Add 1 cup of all-purpose flour, 1 cup of yellow cornmeal, 1 tbsp. garlic powder (not garlic salt) and several drops of anise oil to the softened cheese. Add the anise oil as desired, keeping in mind that it is a strong aromatic with a licorice aroma and a little goes a long way. Combine the ingredients thoroughly with a spoon.

### Step 3

Fill a cooking pot half full of water and place it on a stove over medium heat. Allow the water to come to a low boil. Pinch off small pieces of the trout power bait dough and roll it in the palm of your hand to form a small ball. Repeat the process, making as many small power bait dough balls as you need for a fishing trip.

### Step 4

Place the formed power bait dough balls in the boiling water. Stir the dough balls periodically with a spoon and allow them to boil for 1 1/2 to 2 minutes.

### Step 5

Position several layers of paper towel nearby. Remove the power bait from the boiling water and place it on the paper towel to drain thoroughly. Place the power bait in plastic storage bags for easy transport to the trout fishing site. Double-bag the remaining dough that has not been boiled in sealed plastic bags and refrigerate until ready for use.