

## Bannock Recipe

*Bannock* - derived from a Scottish word, Native peoples of Canada borrowed the European method of making biscuits or scones and began making their own rustic form of bread known as bannock. This hearty bread was very popular with early voyageurs, hunters, trappers and traders because it was very filling and easy to pack on expeditions. Today bannock and its cousin *fry-bread* continue to be popular in Aboriginal communities throughout Turtle Island.

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4 c. flour (3 cups white, 1 cup whole wheat,) It's healthier, eh...  
5 tsp. "magic" (baking) powder  
1 tbsp. some kind of sweetener (sugar, syrup, etc.)  
½ tsp. salt  
½ c. lard or oil  
2 c. water or milk

Mix all dry ingredients together. Slowly mix in the lard or oil until it looks like coarse oatmeal. Make a hole in the centre of the bowl, gradually pour in the water or milk mixture. Mix all ingredients together. Knead for a few minutes but not too long as it makes the bannock tough. Pat out with hands to about ¾ inch thickness and press into an oiled pan. Prick with a fork and bake in the oven at 360 degrees until golden brown. Cool it off before you eat or you'll burn your tongue, eh. Miciso! (Eat, enjoy!)