



Old Time Crafts and Cooks

Bannock

Supplies Needed:

- Mixing bowl
- Mixing spoon
- Rolling pin
- 3 cups of flour
- 2 tablespoons of baking powder
- 1 teaspoon of salt
- ¼ cup soft butter or lard
- 1 ½ cup of water
- (optional) blackberries or blueberries

History:

Bannock is a great treat to make around the campfire or in your own home! It was a traditional food used by First Nations, though the more popular version of the recipe used today was brought to Canada by the Scottish Selkirk settlers in the early 1800s. The Scottish also are responsible for its current name: *bannach* is a Gaelic word for 'morsel'. It is locally known as *bakwezhigan* in Anishinaabe, and berries, fish eggs, or rice were added for extra flavour. Bannock was a staple food, meaning it was a very good addition to the diets of fur traders and early settlers. It was easy to make, and provided energy for strenuous daily work.

There were many ways that Indigenous peoples cooked their bannock. Rock ovens and baking on a stone in the fire were popular methods, though it could also be coated in sand or leaves and left in pit-ovens to cook. Bannock was made with a variety of ingredients like tree lichen and underground fern stems, though the recipes shifted as Europeans brought wheat flour into the Indigenous diet. The Europeans also influenced how to cook this dish. Traders introduced cooking implements like cast iron pans which shifted all kinds of traditional cooking methods to the European models. Scottish settlers cooked bannock on a 'bannock stone griddle' that was placed beside the fire to bake. Today, you can make bannock at home in your frying pan or oven, or on a campfire.

How To:

--	--	--



Old Time Crafts and Cooks

Before you get started, you will need a bowl to mix your bannock and a skillet ready to fry them.

1. Mix the flour, baking powder, and salt together.
2. Add in butter/lard, using your hands to knead it all together. You can also use a spoon to mix.
3. Slowly add in the water, mixing as you add it. Your bannock should look and feel like dough. If it's too watery and sticky, add in a little more flour.
4. There are two ways you can cook your bannock: as one big loaf, the traditional method, or as small puck-sized pieces. To make it a loaf, roll it into a flat oval using your rolling pin. To make small puck-sized bannock pieces, form small portions of dough into the size you desire. They should only be about 1 inch (3cm) thick. Fry the bannock on a skillet until the dough is thoroughly cooked
5. Enjoy with butter, jam, or plain!

--	--	--