

# BANNOCK

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## A recipe from BCMF Elder Betty Fisher

Bannock was a staple item in many Metis homes for generations. It was a bread source that didn't require yeast, or a lot of time to prepare, making Bannock a perfect bread to travel with. Bannock can be baked or fried, and there are many variations! Add a cup of grated cheese for biscuits, or add 1-2 cups of fruit and 2/3 cup of sugar or a delicious treat!

### Dry Ingredients:

6 Cups Flour

3 Tablespoons Baking Powder

1 Teaspoon Salt

Preheat your oven to 400 degrees. Mix dry ingredients well. Make a well in the centre of the bowl and add 2/3 cup vegetable oil and 3 cups of warm water or milk.

Slowly draw the flour into the milk/oil mixture and blend both together. Turn out dough on a floured counter and knead to ensure the dough is not sticky. Do not over knead.

Place bannock on a greased baking dish or pie plate. Take a fork and prick the bannock for the steam to escape. Bake until golden brown. Brush lard or butter on the top and cool on a cooling rack.