

Bannock

Source: Where People Feast: An indigenous People's Cookbook

Ingredients

250 mL whole wheat flour
375 mL all purpose
15 mL baking powder
20 mL sugar
2 mL salt
65 mL shortening, melted
125 mL milk
185 mL cold water

Method:

1. Preheat the oven to 375F
2. In a large bowl, combine all ingredients and mix well (texture should be sticky).
3. Evenly pour batter into 5 greased muffin tin cups and let it sit for 5 minutes.
4. Bake for 15-20 minutes or until golden brown. Dough should shrink away from the sides of the pan.
5. Serve when warm with margarine or jam.

Wild rice Pancakes

Source: Where People Feast: An indigenous People's Cookbook

Ingredients

75 mL wild rice

250 mL cold water

Dash of salt

125 mL all purpose flour

2 mL baking powder

1 mL salt

2 mL white sugar

1 egg

35 mL margarine

125 mL milk

Method:

1. Soak and rinse wild rice in the three changes of of hot tap water to remove starch.
2. In a saucepan on high heat, combine wild rice, water and salt and bring to a boil.
3. Reduce heat to low, cover with lid and simmer for 20 minutes. Then drain.
4. In a bowl combine wild rice, flour, baking powder, salt, and sugar and mix.
5. Add remaining ingredients and mix well.
6. Cover and refrigerate for 15 minutes.
7. In an oiled skillet on medium heat, add 25 mL of rice batter, then flatten out into an oval shape.
8. Flip when edges turn brown, Repeat with rest of batter.

Tsaibesa's Bannock

Source: Indian and Northern Affairs Canada Website http://www.ainc-inac.gc.ca/ach/lr/ks/rrds/rrds_infsht_fd-eng.asp

Ingredient

500 mL all purpose flour
15 mL baking powder
2 mL sugar
1 mL salt
1 mL shortening
250 mL water or milk

Method:

1. In a large bowl, mix flour, baking powder, sugar and salt.
2. In a medium cast-iron frying pan, melt the fat and add the water or milk.
3. Pour the water or milk into the flour mixture and mix thoroughly with a fork. If the dough is too dry, add more water.
4. Then turn the dough out onto a floured surface on the kitchen counter. Knead it for at least 3 minutes until it feels firm and the fat is evenly blended.
5. Divide the dough into 8 pieces. Roll each piece out to about 2 cm (3/4") thick disk. Stab it all over with a fork.
6. On a well greased cookie sheet, bake the bannock at 180 degrees Celsius (*350 degrees Fahrenheit*) for 15-20 minutes until it's golden brown.
7. Serve it hot. Spread with butter or strawberry jam and eat it warm.