

A PIECE OF HISTORY OF HOW BANNOCK ORIGINATED:

- **BANNOCK IS A TYPE OF BREAD WHICH ORIGINATES FROM SCOTLAND.**
- **IT WAS EVENTUALLY ADOPTED BY THE INDIGENOUS PEOPLES OF CANADA-PARTICULARLY THE METIS OF WESTERN CANADA**
- **IT WAS A QUICK EASY BREAD AND USEFUL FOR TRAVELLING, ESPECIALLY DURING THE FUR TRADE TIME OR WHEN HUNTING WAS SCARCE.**
- **THE WORD BANNOCK GETS IT MEANING FROM THE WORD MORSEL.**
- **TODAY BANNOCK IS STILL WIDELY USED ALL OVER NORTH AMERICA.**



BAKING BANNOCK FROM HOME



WHAT YOU WILL NEED TO MAKE BANNOCK.

- **FLOUR**
- **BAKING POWDER**
- **SALT**
- **OIL**
- **MILK (OPTIONAL)**



BAKED BANNOCK RECIPE

TURN OVEN ON TO 375 DEGREES

5 TO 5 ½ CUPS OF FLOUR

3 TABLESPOONS OF BAKING POWDER

1 TEASPOON OF SALT

1 CUP OF WARM WATER

1 CUP OF MILK (OPTIONAL) OR JUST USE ANOTHER CUP OF WARM WATER

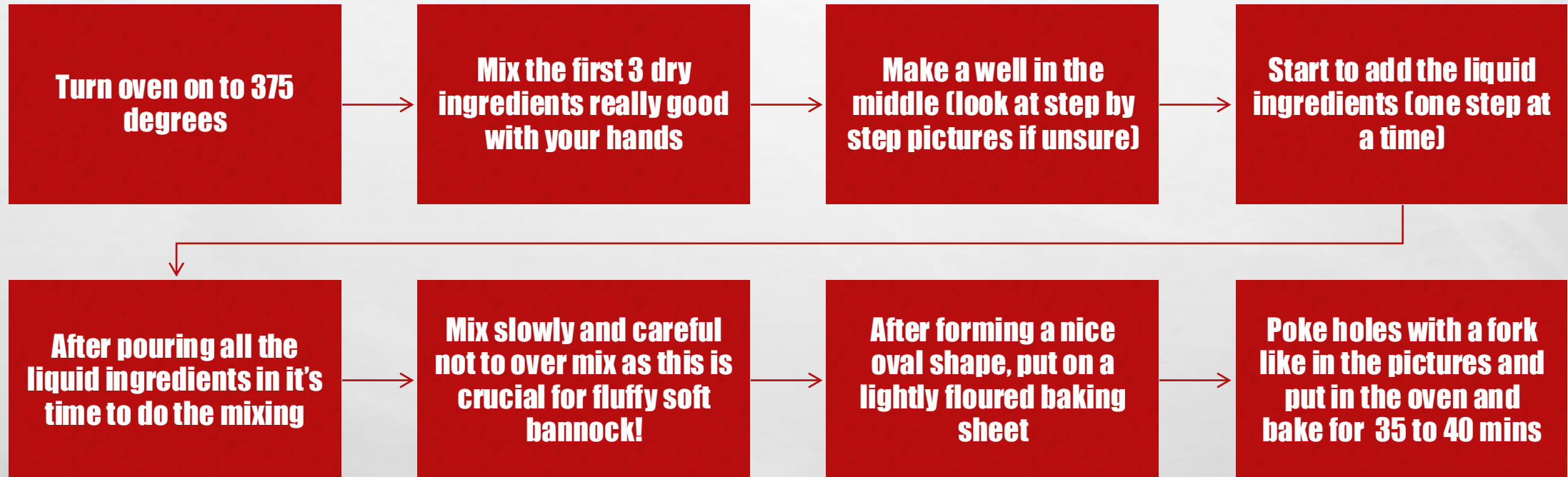
½ CUP OF OIL

½ CUP OF WATER

ADD FIRST 3 DRY INGREDIENTS AND MIX WITH A SPOON OR WITH YOUR HANDS. NEXT MAKE A WELL IN THE MIDDLE OF THE DRY INGREDIENTS AND THEN ADD ALL THE LIQUID INGREDIENTS.

MIX ONLY UNTIL MOISTENED AND DO NOT OVERMIX. ROLL OUT ON LIGHTLY FLOURED BAKING SHEET AND PRESS DOWN GENTLY WITH YOUR HANDS AND USE YOUR KNUCKLES TO MAKE SMALL INDENTS ON TOP OF BANNOCK. (THICKNESS SHOULD BE ABOUT 1 TO 2 INCHES THICK) LASTLY POKE HOLES ALL OVER AND PUT IN THE OVEN FOR 35 TO 40 MINUTES. (DON'T FORGOT TO LOOK AT PICTURE STEPS)

THIS PART IS IMPORTANT! MIXING





STEPS 1-4

STEPS 1-2-3-4



**CONTINUE
STEP BY STEP...**

STEPS 5-6-7

A collage image. The left side shows a gloved hand in a light green nitrile glove resting on a black metal cooling rack. The right side is a close-up of a large, round, golden-brown baked bannock. A red diagonal banner with white text is overlaid across the center.

AFTER YOUR BANNOCK IS COOKED





MMM BAKED FRESH BANNOCK YUM!

**You can smother it
with butter (ok you
don't have to put too
much butter**

**You can have
bannock as a dessert,
I put jelly on mine
(see pic so delicious)**

**Or you can have it as a
side with your stew,
soup or any main dish**