

METIS BANNOCK

Bannock is a type of fry bread. Many First Nations and Métis peoples are known to make Bannock. Bannock is usually cooked over a fire and eaten with butter or jam.

READY IN: 40 mins

SERVES: 4-6

INGREDIENTS

- 3 Cups all-purpose flour (or whole wheat flour)
- 2tablespoons baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ Cup margarine (or butter or shortening)
- ¾-1 Cup milk (or water)

DIRECTIONS

1. Mix flour, baking powder, sugar, and salt in a bowl
2. Work in the margarine using hands until you make a nice crumble.
3. Gradually mix in enough milk to make soft but not sticky. Knead.
4. Shape into a ball, place on a greased baking sheet, then flatten into a circle about 1 inch thick.
5. Bake at 425°F (220°C) for 25 minutes or until lightly browned.