



Council  
of the North

## Bannock Recipe

A long tradition in Canada, First Nations peoples made two types of Bannock; the first was unleavened dough from ground nut and seed flower (cooked over an open flame), the second being a mash made from the dried bulb of the small Cammas plant or Indian Hyacinth (baked on flat rocks). Bannock was a major food source for western tribes including the Cree, Blackfoot and Coast Salish.

**4 cups flour**  
**5 teaspoons baking powder**  
**1 tablespoon sugar**  
**½ teaspoon salt**  
**½ cup lard or shortening**  
**2 cups water or milk**



Mix all dry ingredients together. Slowly cut in the lard or shortening until it looks like coarse oatmeal.

Make a hole in the centre of the above ingredients, then gradually pour in the water or milk. Mix all ingredients together.

Knead for a few minutes but not too long as it makes the bannock tough. Pat out with hands to about 3/4 – inch thickness and press into a greased pan. Prick with a fork and bake in the oven at 350 degrees fahrenheit until golden brown.

Enjoy!