

# Bannock

Bannock is a fried bread that is a traditional and modern staple to Aboriginal cuisine. It can be sweet, served with jam or cinnamon sugar, or it can be savory served with salmon, soup, or anything else you want to try!

## Recipe:

<p><b>Mix:</b> 2 cups of flour ½ teaspoon of salt 1 tablespoon of sugar 2 tsp of baking powder</p> <p><b>Then Add:</b> 1 ½ cups of water or milk (use less or more to obtain a soft dough consistency)</p>	<ul style="list-style-type: none"><li>• Mix and knead with hands until the dough is a smooth ball.</li><li>• Break off small balls, flatten into a cookie shape, and fry in hot oil (over medium heat) for approximately 1 minute to 1 ½ minutes on each side, until golden brown. Dry and cool on a paper towel and serve.</li><li>• Share and enjoy!</li></ul>
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This recipe and Bannock making demonstrations have been graciously supplied by Caroline Frank and Cassandra Scow.

Thank you Hych'ka

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