

Food Source /Preparations

Item: Bannock (4 servings)

There are several styles of cooking bannock included is three ways of cooking bannock in the Indian traditional style is through frying, baking in the oven and cooking in open fire either on a stick or on a pan without cooking oil.

Ingredients: 4 cups flour
4 tsps. baking powder
1 tsp. Canola oil
½ tsp. salt
2 cups of lukewarm water

Preparations:

1. Preheat oven to 425 degrees for baking/.
2. Place the contents of flour and the baking powder mix into the bowl and make a hole in the middle.
3. Gradually mix in the water and salt as you stir with a fork until desired thickness.
4. Once the mixture is all nicely round and doughy, you can take it out of the bowl and place on a flat surface for further blending with your bare hands this time.
5. Using your hands, slowly massage the dough from the outside edges to the inside turning it inside out and upside down, during this process, whenever the dough becomes too moist you can keep adding more flour so that it doesn't stick to your fingers.
6. Once the dough is nice and sturdy, you can flatten it down with a roller until its approximately half inch thick.
7. Using a fork, poke holes throughout the flattened dough, the holes should be made precisely throughout to ensure that it cooks evenly.
8. Place on a baking pan and cook for approximately 25 mins or til its lightly brown.

To deep fry bannock follow steps 1-7, approximately 1cup cooking oil preheated in a frying pan till its very hot...then you place a round flattened piece of dough into the pan and cook till it turns dark brown, flip over and do the same to the other side. Size of pieces determine on the size of pan used for frying.