Bannock

Tell us a bit about this recipe and why it is important to you, your family and your culture
Making Bannock was taught to me by my mother who was taught by her mother and so on, I teach my children how to make bannock as well as anyone who wants to learn. I feel it is a good wholesome recipe that is easy to make and cost very little I am so grateful to have learned how to make bannock the way my mother and grandmothers have in the past.

Culture/Region (for recipe category posting on the webpage)
Métis

Ingredients
Flour 4 cups
Baking powder 2 tbsp.
Salt 1/2 tsp
Sugar 1/2 tsp
Oil/lard/shortening 1/4 cup
Water 1 cup
Milk 1 cup

Directions
Add your flour, salt, sugar and mix
Make a well and add your oil
Add your water and milk
Mix together
And form into a ball
Knead down and make flat
Add flour as you need if it is sticky

Poke with for and bake on middle rack at 400 degrees for approx. 20 minutes or until brown
Let cool standing up
And enjoy with tea and jam

Your Name (Optional)
Georgette