



BAKED BANNOCK RECIPE

This recipe is shared by Murray Pruden, Executive Minister for Indigenous Ministries and Justice in The United Church of Canada. Murray is originally from Smoky Lake, Alberta, and is a member of the Goodfish Lake and Saddle Lake First Nations, Treaty 6. He currently lives in Burnaby, BC. Thank you for the recipe, Murray!

You will need:

3 cups flour
2 tablespoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1/2 cup shortening aka Lard
3/4 - 1 cup water

Instructions:

So now mix your dry ingredients together first. Then gradually add the shortening, and then followed by the water. Knead! This is the key- do not overknead over a table of flour. If you do your bannock won't rise right and will also bake hard. Form it onto the baking sheet in ball form, then flatten a little to a circle or an oval shape. Then poke holes with a fork all over the top of it. Put it in the preheated oven of 425 degrees. Let it cook for 20 mins and the top is a nice golden brown (varies with ovens & also environment- ocean sea levels).

You will have to test this out to see for proper timing for baking. A technique for mixing the ingredients I was taught is to mix your dry together and then a "bowl" out of the dry ingredients and then pour your wet ingredients into the centre and then mix and knead your dough. Some people will add a tablespoon of powdered Coffemate to the dry ingredients to help rise the dough- makes it fluffier.