



## INGREDIENTS

2 cups flour (preferably fresh-ground)

1/4 teaspoon baking powder

1/4 teaspoon salt

water, enough to provide consistency (preferably from a lake or creek)

- Provided are two versions - fire cooked (preferred) and pan-cooked.
- Fire-cooked: First; if you're making this in camp, it's best to use natural tools. Locate a flat rock (slate is best, of course), sheet of birch bark or similar flat surface. You can use a bowl or a frypan but it's not as much fun. :) Next, find a Y-shaped stick about 2 feet in length; fairly stout - the branches should be about the width of your thumb and should be about two fist-widths apart.
- Pre-mix the dry ingredients prior to departure. Don't worry; the seemingly minuscule amounts of salt and baking powder are more than enough.
- Pour a small mound of dry mixture onto your flat surface; add water a few drops at a time until a thick dough is formed. Keep adding mixture and water until all mixture is used (or until you have enough. If you're wise, you'll carry a fairly large bag of mixture; enough for several days).
- Be careful - consistency is critical. The dough must be thick enough to braid. Add water slowly and add less than you think you need.
- Form dough into a ball and let it rise 10-15 minutes; use this to build up the fire to cooking temperature.
- Roll the dough into a 'Plasticene snake' about 2 inches across. Braid the snake around the ends of the Y-shaped stick tucking the ends in at the bottom. Then simply roast it in front of (not over) the fire, flipping every 1-2minutes until golden-brown. (If you hold it over the fire, you'll cook it too fast).
- Let cool for a few seconds and tear pieces off. Serve with butter, but it's better dipped into meat juice. In winter, dip into white bacon fat and roast until the fat is brown - good fuel at 30 degrees below zero.
- Pan-cooked: Exactly the same preparation except you may need to add more water until it forms a very thick batter - twice the thickness of pancake batter. Let rise for 10 minutes. Pour into frypan and cook slowly until golden brown. Serve as above.

## Cast-iron Frying Pan Bannock Recipe

4 cups of flour

4 teaspoons baking powder

1 teaspoon salt

4 tablespoons cooking oil

**Directions:**

Mix ingredients and add water until you have a doughy consistency.

Cover the bottom of your cast-iron frying pan in oil and heat until very hot.

Break dough into small pieces and add to cast-iron frying pan.

Fry until golden brown, turning once (approximately 12-15mins)

### **Blueberry Bannock Recipe**



**Minutes to Prepare: 5**

**Minutes to Cook: 30**

**Number of Servings: 12**

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#### Ingredients

3 cups all-purpose flour

1 tbsp baking powder

1 1/2 tsp salt

1 3/4 cups water

1 cup blueberries

1.5 tsp ground cinnamon

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#### Directions

Mix the dry ingredients together, add the blueberries and stir. (If you want, you can leave out the baking powder and it won't rise, leaving you with a hard flat bread.)

Add the water quickly and continue to stir.

Spread the batter on a pie plate and put in a preheated oven heated to 425°F. Bake for 20-40 minutes - check it at 20 minutes by sticking a fork in it. When it's done, there should be no dough on the fork.

Cut into about pieces and serve. Number of Servings: 12