

Bannock Making

History/Origins of Bannock

Although many may disagree, through a process known as ethnogenesis the Bannock recipe came to the Indigenous people living in North America from Europeans explorers primarily living in Ireland, and Scotland. Bannock was primarily made or eaten during festivals or rituals and its history can be traced back to the 1500's.

Bannock is a word of Celtic origin which simply means bread. The first bannock recipes were very heavy and would have been cooked over a fire on a large flat stone, or on some type of wood burning stove. Today bannock can be made easily using a wide variety of different ingredients including leavening agents (baking powder), and fun toppings such as (jam, butter, chocolate chips, and fresh fruit.

Bannock in North America is perceived to have come from Native American traditions. In North America Bannock made its first appearance in the late 1800's, bannock is known to be a regular part of their diet and different variations could be found throughout Canada, and Alaska. Traditionally bannock was cooked and prepared in the same way by both European fur traders/settlers and by Native American peoples.

Materials:

-Large Rubbermaid tote containing (list of everything in the tote should be written somewhere on the tote):

- 20 nitrile gloves
- hand sanitizer
- wet wipes
- Dish soap
- 3 basins
- scrubby
- bleach
- rubber glove
- 2 large plastic bowl
- 2 mixing spoons
- 1 juice jug for water
- paper towels
- cinnamon sugar (in a container)
- Box of matches
- Blue or red Mora knife
- Bannock making directions

-Bannock mix

-8-10 bannock sticks

-Water (you will need to find out beforehand if water is available on site. If not you will need to bring a large jug of water)

Directions:

1. Start your fire in a fire pit or burn barrel
2. Clean hands with wet wipes or soap and water
3. Rub hand sanitizer on hands thoroughly to sanitize.
4. Always put on nitro gloves
5. Fill a large plastic bowl about halfway with bannock mix
 - a. **Bannock mix: 3 cups flour, 2 tablespoons baking powder, 1 teaspoon salt**
6. Fill the juice jug with water. Slowly add water to the bannock in the bowl
7. Use the mixing spoon or hands (with nitro gloves on) to mix the bannock (**HINT:** If it is cold outside wear small finger gloves underneath the nitro gloves to keep your hands warm while mixing/rolling the dough.)
8. Keep adding water and mixing until the dough is no longer sticky
9. Divide the dough into fist sized pieces and roll them into balls
10. Take a ball of dough and roll it in your hands so that it becomes long and snake like.
11. Take the long snake like piece and wrap it around the end of the bannock stick.
12. Press it on so that the dough is evenly around the end of the stick.
13. Have participants evenly cook their bannock over the fire, by rotating their stick like a rotisserie over the flame or coals.
14. When bannock is ready it should be able to slide easily off the stick
15. Participants can pour some of the cinnamon sugar mix to the inside of the bannock and enjoy. (**HINT:** If you have a large group put the cinnamon sugar into the bowl when you mix the flour and water. You don't need a lot to make it taste good.)

Clean-Up:

1. Set out the 3 basins side by side
2. Fill the 1st with soapy water
3. Fill the 2nd with just water
4. Fill the 3rd with bleach and water (about 5 ml of bleach (or 1 capful) for each liter of water)
5. Clean all the dirty dishes thoroughly by first washing them in the soapy basin with the scrubby. Then rinse them in the water filled basin. And lastly dip them in the bleach water.
6. Ensure that the dishes are completely dried before putting them back in the tote.
7. Place everything back into the tote. Check the list to make sure nothing is missing. If something is missing inform your coordinator so that it can be replenished.
8. When storing the tote ensure that it is opened slightly to let air in (to keep any items from getting moldy)
9. Make sure bannock sticks are cleaned off and put in the bucket. Use the Mora knife to scrape any extra bannock off. Use the back/flat side (opposite edge of the blade) of the knife to scrap off any excess bannock, this will prevent pieces of the wood being scraped off and the spear point many bannock sticks get over time.