

CULTURE DAYS

Traditional Bannok Metis Culture

Ingredients:

2 tbsps quick rise yeast

1 tsp sugar

5 cups flour

2 tsp baking powder

1 tsp salt

4-5 cups of water

oil for frying

Instructions:

Combine yeast, sugar and small amount of lukewarm water. Set aside.

In a large bowl, combine flour, salt, and baking powder. Stir to mix. Make a well in the middle or the dry ingredients, and pour in water. Gently mix until dough forms. Transfer dough to an oiled bowl, cover with a towel and let rise for 15 minutes.

Heat oil in a large pot or cast iron pan to 350° F.



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Traditional Metis Bannok cont.

Roll out dough. Make sure the rolling surface is well coated with flour, as is the rolling pin, otherwise the dough will stick.

Cut your dough into sections. The size of the sections is determined by you!

Depending on the size of your pot, you can cook up to two at a time. Do not overcrowd the pan!

Cook for about 1-2 minutes per side, or until golden brown.

Remove from pot and drain on a paper towel lined plate.

Enjoy!