

Baked Bannock



6 cups flour

3 tsp baking powder

1/2 tsp salt

1/4 lb lard or bacon grease

2 cups water

1. Mix dry ingredients together
2. Cut in lard or grease until the consistency of oatmeal
3. Mix in water with as few mixes as possible to completely incorporate ingredients. The less mixing you do the more tender the bannock is.
4. Bake at 350°F for 20 minutes
5. Serve with butter, lard, jam or bacon



NORTH ISLAND MÉTIS