

# Bannock: History and Recipe

Bannock as we know it today is believed to have been brought to North America by Scottish traders and settlers who introduced grain flours. Bannock may come from the Gaelic word “bannach” meaning “moresel”.

It was widely adopted by Indigenous peoples throughout the 18th and 19th centuries and became a dietary staple and iconic or symbolic food, particularly in Metis culture. While Europeans did introduce the wheat flours that are often the main ingredient in modern bannock, prior to European settlement, Indigenous peoples already made their own versions of bannock from corn meal and other native ingredients.

Bannock was popular because it was a quick source of carbohydrates and easily transported when traveling. Bannock is traditionally broken apart and shared.

Today there are many different bannock recipes that incorporate a range of ingredients and cooking methods, but a basic bannock can be made with just a few simple ingredients over a humble campfire.



One of the most popular condiments to accompany bannock is (real) maple syrup -- and what is more Canadian than that?

Left to right in the image above is baked bannock, fried bannock and campfire bannock.

## Recipe

3 Cups of All Purpose Flour  
3 tbsp of Baking Powder  
1 tsp of salt

Mix the flour, baking powder and salt in a large bowl.

1 1/4 to 1 1/2 Cups of water  
Optional: exchange 1/4 to 1/2 cup of water for vegetable oil



Make a well in the middle of the dry mixture and gradually add the water -- holding back some. Begin to gently mix the flour into the water with a fork or coat your hands in oil or flour.

If the mixture is too dry add some more water. The finished dough should be slightly sticky. Coat your hands in flour and gently knead the dough to finish bringing it together.

Take a portion of dough and roll it between your hands into a rope shape. Wrap it around a clean stick (bark removed) or a roasting stick. Hold the bannock over hot coals, rotating it every few minutes to avoid burning. Holding it over flame will burn the bannock on the outside and under-cook the inside.

Or turn dough into a flat oblong loaf shape and bake on a cookie sheet at 375°F for 20-30 minutes. Bannock can also be divided into smaller pieces and fried in oil or fat in a fry pan.