

Traditional Métis Bannock

Preheat oven to 375 degrees

6 cups flour

3 tbsp baking powder

2 tsp salt

1 cup oil

3 cups water



Mix dry ingredients in a large mixing bowl, make a well in the centre of the bowl, add wet ingredients.

Fold and kneed dough lightly, do not over mix. Knead until flakey and form into a loaf.

Flatten loaf approximately $\frac{3}{4}$ " with rolling pin or with fingers.

Place onto ungreased cookie sheet, poke holes randomly throughout the top of loaf.

Place into oven, bake for 15 minutes and flip over. Bake an additional 15 minutes.

Serve hot with butter, jam or as a side to favorite soup or stew.