

## Bannock Story: My Aunty's Bannock

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Bannock is a special type of bread. It is usually flat and can be baked or fried. The best bannock of all is cooked over an open fire. It tastes really good with jam on it.

### Traditional Bannock

- 3 cups all-purpose flour
  - 2 tablespoons baking powder
  - 1 tablespoon sugar
  - $\frac{1}{2}$  teaspoon salt
  - $\frac{1}{2}$  cup oil
  - $\frac{3}{4}$  to 1 cup water
1. Preheat the oven to 400 degrees F (200 degrees C).
  2. In a large bowl, combine the flour, baking powder, salt, and oil. Gradually mix in enough water to make soft but not sticky.
  3. Knead on a lightly floured surface for about 10 minutes.
  4. Bake for 15 to 20 minutes on a greased baking sheet until the bottom is golden when you lift up the bread to take a peek.

I could hardly contain my excitement. My aunty took two large bannock from the oven. She placed one of them on the kitchen table where my brother, sister, and cousin were sitting.

My aunty placed the other bannock on a table in the living room, where my Noohkoom (grandmother) was sipping her tea. My aunty then brought out her homemade wild berry jam. I love my aunty's bannock.

I knew each bannock would be shared equally, so I had to decide which table to sit at. I wanted to get the biggest piece of bannock.

Which table would you sit at?