

# MÉTIS TRADITIONAL FOODS

## BANNOCK (LA GAALET) RECIPE CARD

### Ingredients

- 1 ½ cups flour
- 2 tsp. baking powder
- 1-2 tsp. sugar (optional)
- ½-1 tsp. salt
- ¾-1 cup water (or water and milk mixture)
- 1-2 tbsp. lard to melt in pan

### Instructions

1. Preheat the oven to 375° F (190°C).
2. Melt 1-2 tbsp. of lard in a cast iron frying pan and set aside.
3. Mix the dry ingredients together in a bowl.
4. Make a well in the middle of the dry ingredients.
5. Add water into the well and stir until blended.
6. Add lard and blend everything together, ensuring no clumps of lard remain.
7. Mix and knead until a dough is formed.
8. Put the dough into the frying pan that has been oiled.
9. Put the frying pan into the preheated oven and bake until golden brown.
10. Check bannock after 20 minutes as cooking time will vary depending on the oven.
11. Let cool and enjoy!