

Bannock Awareness
Printed In Celebration of
Aboriginal Awareness Day
June 21, 2013



Also see our website:

<http://www.for.gov.bc.ca/rsi/fnb/fnb.htm>



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Graphics Courtesy of Michael Blackstock

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Introduction to Bannock Awareness

Food is an expression of culture. All cultures share the love of food, whether it is a collection of the family's favourite recipes, their memorable meals, or the rituals around collecting and preparing food. Look into a family photo album, and you will most likely find a great many pictures of the household and guests seated around a meal in celebration of a special occasion. Food not only nourishes us, but gives us comfort; a special dish served the way our mothers and grandmothers prepared it reassures us in a changing world. To lose the recipes of our ancestors is to lose a part of our history. "National Dishes" speak of the uniqueness of a culture's food, but we also note that a dish is shared by other cultures, and how the variations in ingredients or preparation both distinguishes peoples and connects them.

This common bond between people is a good place to start to learn about each other's culture. Symbolic among the First Nations, Inuit, and Métis, Bannock bridges many cultures, and is not only a favourite food of native peoples, but of all Canadians.

The Bannock Awareness recipe book is a collection of favourite bannock related recipes (with a few others) and of little known facts about First Nations history and culture.

The Ministry of Forests and Range produced Bannock Awareness 2001 in commemoration of Aboriginal Awareness Day, which is celebrated annually on the 21st day of June. Food is used here to remind us of some core human characteristics which all cultures share such as the love of food and our children. We can help build bridges and a brighter future by sharing our favourite recipes and by learning about our history. Unfortunately, most Canadians know little about the history of

colonization and its subsequent effects on First Nation's cultures. This history has dramatically shaped the events and issues faced by all Canadians today. Regardless of the issues at hand such as the lack of treaties, disputes over logging sacred mountains or the effects of cattle grazing on medicinal plant gathering areas, there are usually two points of agreement:

- 1) First Nations and non-First Nations people are here to stay, and;
- 2) Both parties prefer negotiation to litigation or confrontation.

We can do our children a favour by learning about the history of the current conflict over rights to the land and celebrating some of our common interests—such as the love of a freshly deep-fried piece of bannock.

I would like to thank all the contributors, Joyce Sam, Rhonda Ned, Del Blackstock, Thelma Blackstock, Charlene Remer, Rhonda McAllister, Lawrence Barichello, Jennifer Manuel and Diana Boston for helping me design and write this collection.

Michael D. Blackstock, C. Med, RPF, MA
Regional Negotiator
Ministry of Aboriginal Relations and Reconciliation
June 21, 2013

To Build a Bridge

The necessary assumptions in any bridge building project include:

- 1) The existence of the other side – There is no point in building a bridge to nowhere. The other side exists and has a right to exist.
- 2) Solidity of both sides – The base or basis of a bridge must be accepted at both ends.
- 3) Existence of a gap (river, canyon, etc.) – If there is only one piece of ground, there is no need for a bridge.
- 4) The gap is not too wide to bridge – No one tries to build a bridge across an ocean.
- 5) The gap is not too deep to bridge – Although deep gaps may exist—and they are very real and not mere illusions—still a bridge can be built.
- 6) The value of a bridge – They are mutually helpful and beneficial. Bridges are costly but worth it.

A Note on Healthy Cooking

Many of the recipes in this book are historical, and call for ingredients in use for generations. Today's health awareness requires that we consider healthier substitutions for some of the ingredients in these traditional recipes. While we have printed them in their original form, we suggest that you consider healthier substitutions for some of the ingredients listed.

Fats in Cooking

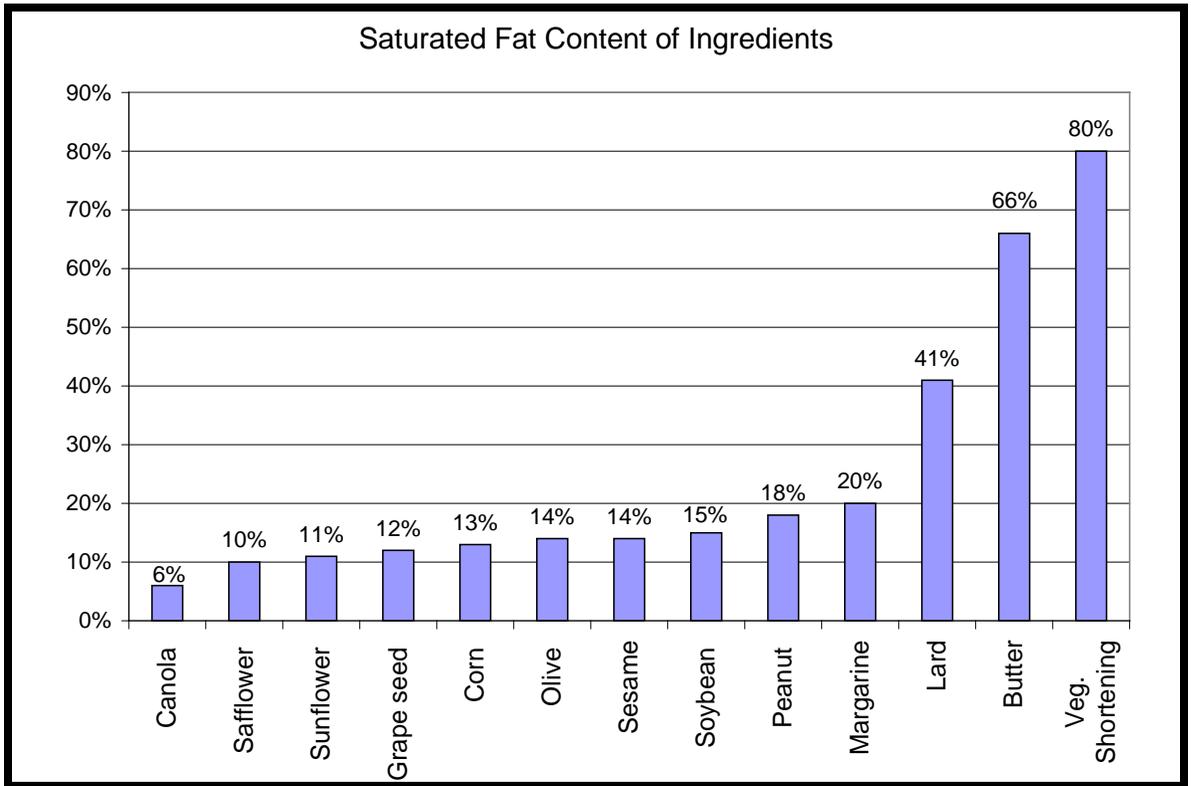
Fat is a complex subject. There are fats (unsaturated) which are healthier than others (saturated) and there are also two types of cholesterol. In speaking of this issue, you will often hear people talking about "good" fat and "bad" fat and "good" or "bad" cholesterol.

Many of the recipes in this book call for butter, lard, or oils, either in the recipe itself or for frying the bannock in a pan. Lard is made from pork fat, and is high in saturated fat (the bad fat) and cholesterol, which nutritionists recommend we reduce in our diets. Butter is worse, and vegetable lard even worse still. The better fats are in light oils like canola or corn oil, but while these are fine for frying, oil should not be substituted for a solid fat used as an ingredient, because the recipe will turn out too dense.

A Note on Trans Fats: A further complication is trans fats or hydrogenated fats. It is not so much the fat content that is the problem with these products, but rather that they are chemically arrived at and have a bad effect on the body which surpasses their fat content, raising bad cholesterol and lowering the good cholesterol in our bodies. Any item that contains "hydrogenated oil" or "partially hydrogenated oil" likely contains trans fats, and should be avoided. Margarine and vegetable lard are the worst offenders, usually containing large amounts of trans fats. While there are some newer brands of margarine which contain less trans-fat,

you should check the labels very carefully before buying these products or avoid them altogether.

See the diagram below for some idea of the various oils, fats and shortenings and their bad fat content. For frying, substitute oils or fats on the right of the table with their healthier alternatives towards the left.



For frying or sautéing

- olive oil (For frying only) OR
- vegetable oil (Less flavourful but more nutritious.) OR
- beer (for sautéing) (Use three tablespoon of flat beer for every tablespoon of butter called for in recipe.)
- wine (for sautéing) (Use three tablespoon of wine for every tablespoon of butter called for in recipe.)

For mixing into the dough itself, try the substitutions below for lard, butter or margarine in cooking to reduce bad fat, bad cholesterol, and trans fats in your diet.

For baking

General notes: Reducing fat will give baked goods a denser texture; to correct for this, try increasing the sugar in the recipe and/or beating the egg whites and folding them into the batter. Also try using a softer flour, like pastry or cake flour.

- applesauce (Applesauce can replace up to $\frac{3}{4}$ of the shortening in many recipes. Add with the liquid ingredients and reduce sugar in recipe if the applesauce is sweetened.) OR
- pureed prunes (Pureed prunes can replace up to $\frac{3}{4}$ of the shortening in many recipes; it works especially well with chocolate. Add with the liquid ingredients.) OR
- apple butter (Apple butter can replace up to $\frac{3}{4}$ of the shortening in many recipes, also reduce sugar in recipe if the apple butter is sweetened. Add with the liquid ingredients.) OR
- fruit-based fat substitutes (Especially good when baking with chocolate; add with the liquid ingredients. For best results, substitute only $\frac{3}{4}$ of the fat with this.)OR
- ricotta cheese (This works well in many yeast breads that call for solid fat. Substitute measure for measure. For best results, substitute no more than $\frac{3}{4}$ of the fat with this.) OR

- bananas (mashed) (Substitute measure for measure.) OR
- omit or reduce (In many recipes for quick breads, muffins, and cookies, you can reduce the amount of fat in the recipe by about a third without seriously compromising the quality.
- oil (Avoid substituting oils for solid fats when baking cookies, cakes, and pastries; it will make the dish greasy and dense. If you must do so, substitute 3 parts oil for every 4 parts solid fat and consider increasing the amount of sugar and eggs in the recipe. Pie crusts made with oil aren't as flaky as those made with solid fat.)

Salt

It is accepted advice that people with hypertension (high blood pressure) should restrict their salt intake. Hypertension can cause strokes, heart attacks and kidney failure, and is one of the leading causes of death in Canada. It is especially prevalent among First Nations peoples. There is some debate whether people with normal blood pressure should worry about salt.

Glycemic Index (sugar and carbohydrates)

This subject is most important for First Nations peoples, because there is a high rate of diabetes in this group. Once those at risk of diabetes were told simply to avoid sugar, but recently the Glycemic Index (GI) of foods has been found to be more accurate. The GI is a ranking of carbohydrate containing foods according to how they affect blood glucose levels. The GI shows that the effect of a food on a person's blood glucose level is not only determined by its sugar content. In fact, many foods that are high in complex carbohydrates (starches) are more rapidly absorbed than foods that are high in sugar.

Choosing low GI foods will reduce the risk of heart disease, help prevent the onset of Type 2 diabetes, and help diabetics manage their condition effectively. Since low GI foods reduce hunger and leave you feeling fuller for longer, they also play a key role in weight management.

Sugars that are linked to a lower diabetes risk included those found in fruit. People, especially those with a high risk of developing diabetes, should stick to carbohydrates and sugars found in low-GI foods, such as fruits, vegetables and whole grains.

To reduce the GI of bannock, substitute up to half the white flour with whole wheat flour, bran, corn flour, buckwheat, barley flour, rolled oats, oat flour, rye, spelt, or any multigrain flour. Coarsely ground flour is better than their finely ground counterparts. If you substitute, you may need to increase the liquid, and also the baking powder, to make it fluffier.

We suggest you familiarize yourself with the **Canada food guide for Aboriginal peoples** at:

<http://tinyurl.com/22ey3g>.

Sources of fat for Native American Indians

	Saturated	Monounsaturated	Polyunsaturated
Antelope, kidney fat	65.04	21.25	3.91
Bison, kidney fat	34.48	52.36	4.83
Caribou, bone marrow	22.27	56.87	3.99
Deer, kidney fat	48.24	38.52	6.21
Dog, meat, muscle	28.36	47.76	8.95
Dog, kidney	25.54	41.85	7.69
Elk, kidney	61.58	30.10	1.62
Goat, kidney	65.57	28.14	0.00
Moose, kidney	47.26	44.75	2.11
Peccary, fatty tissues	38.47	46.52	9.7
Reindeer, caribou, fatty tissues	50.75	38.94	1.25
Seal (Harbor), blubber	11.91	61.41	13.85
Seal (Harbor), depot fat	14.51	54.23	16.84
Seal (harp), blubber	19.16	42.22	15.04
Seal (harp), meat	10.69	54.21	23.51
Sheep (mountain), kidney fat	47.96	41.37	2.87
Sheep (white faced), kidney fat	51.58	39.90	1.16
Sheep, intestine, roasted	47.01	40.30	7.46
Snake, meat	26.36	44.54	0.09
Squirrel (brown), adipose	17.44	47.55	28.6
Squirrel (white), adipose	12.27	51.48	32.3
Game fat, according to Eaton	38	32	30

1. Source: S. Boyd Eaton, MD with Marjorie Shostak and Melvin Konner, MD, PhD, *The Paleolithic Prescription: A Program of Diet & Exercise and a Design for Living*, Harper & Row

<http://www.westonaprice.org/traditional-diets/guts-and-grease>

Navajo Fry Bread (Bannock)

(Deep-fried)

3 cups unbleached flour

1 tbsp baking powder

1 tsp salt

1/8 tsp baking soda

¾ cup milk mixed with

¾ cup hot water (hot enough so mixed liquid is almost too hot to touch)

1 tbsp oil or shortening

oil or shortening for deep frying (heated to 360°F)

Sift together flour, baking powder, baking soda and salt in a mixing bowl. Stir in milk/water mixture and knead briefly with lightly oiled hands until smooth. Rub the remainder of the one tbsp of oil over the dough. Cover and let it sit for about 30 minutes. Pat or roll enough dough to fit in the palm of your hand in a circle about 1/8" thick (at least, a touch thicker is better). Deep-fry the dough in hot oil or shortening for about one minute per side, or until golden brown. Makes 10-12 pieces.

Bonnie Harvey's 321 Fry Bread

of Ktunaxa Nation

3 cups of all purpose flour

2 tablespoons of baking powder

1 tablespoon of sugar

Liquid- 1 cup of water or milk (until desired consistency)

Let dough rest for at least 10 minutes. Pour cooking oil into frying pan (approximately 2 inches deep). Test oil temperature for readiness by placing a small piece of raw dough into the oil. When the dough floats it's ready. Form your dough and place in the pan and brown evenly. This will make approximately 12 pieces.

The History of Bannock

Bannock, is common to the diet of virtually all North America's first peoples. The European version of bannock originated in Scotland and was made traditionally of oatmeal. The bannock of Aboriginal people was made of corn and nut meal, and flour made from ground plant bulbs. There were many regional variations of bannock that included different types of flour, and the addition of dried or fresh fruit. Traditionally, First Nation groups cooked their bannock by various methods. Some rolled the dough in sand then pit-cooked it. When it was done, they brushed the sand off and ate the bread. Some groups baked the bannock in clay or rock ovens. Other groups wrapped the dough around a green, hardwood stick and toasted it over an open fire.

There are almost as many words for Bannock as there are ways of cooking it. Known also as bannaq, bannuc, galette, galette de mischif and sapli'l, it plays a vital role in the lives of Aboriginal Canadians.

Pioneers may have introduced leavened breads to the Aboriginal people, who spread and adapted it from there. Pioneers also introduced cast-iron frying pans that made cooking bannock quicker and easier. Today, bannock is most often deep-fried, pan-fried and oven-baked. Bannock is one of the most popular and widespread native foods served at pow wows, Indian cowboy rodeos, festivals, and family gatherings.

Indian Taco (Deep-fried)

Michael Blackstock

Cook the Navajo Fry bread in cooking oil that has two tablespoons of limejuice added.

Top the cooked bannock with:

- chilli
- shredded strong cheddar cheese
- shredded lettuce, chopped tomato and onion
- sour cream and salsa are optional

Bella Coola Bannock Recipe (Fried)

Greg Mazur

- 4 cups flour
- 2 tbsp baking powder
- 2 tbsp sugar
- ½ can milk, mix with water
- ¼ cup margarine/butter
- 2 eggs
- pinch of salt

Combine all the ingredients until they are thoroughly mixed. Pinch some of the dough and shape it. Fry it in hot oil until golden brown.



Who/what is Good Neighbours BC? GoodNeighboursBC is a facebook page that has been set up by the Province of BC and was launched in April 2012. GoodneighbourBC is about building community level foundations of "good neighbour" relationships between technical staff in the Ministry of Forests, Lands and Natural Resource Operations and First Nations communities.

“In pre-contact times, bannock was made from natural substances gathered from the woods: flour from roots, natural leavening agents and a sweet syrup made from the sap of trees. Elders warn that today's reliance on "white foods" –refined sugar and flour– are contributing to an overall decline in the health of the people. While it would be impractical to return to the woods for all our sustenance needs, it is possible to choose healthier alternatives. Try substituting whole wheat or Red Fife flour and maple syrup or honey for sweeteners into the recipes for a more natural taste. Learning from the elders about traditional ways is an important undertaking for all British Columbians who are interested in learning about the rich historical and cultural fabric of our province.” ~ Good Neighbours BC~

The purpose of the GoodneighbourBC facebook page is to offer a trustworthy platform to enable a sense of community between First Nations people and resource sector staff in the Thompson Okanagan and Cariboo regions. We invite you to “like us” on facebook and become one of our followers and contributors to our page!

<http://www.facebook.com/GoodNeighbourBC>



This is **Trixie**. She is the mascot for GoodNeighboursBC and the great, great, great, great, great, great granddaughter of Ol' Coyote. Remember him, he used his bag of tricks to get the sun for us so we weren't always in the cold and darkness! We're known as shapeshifters, illuminators and we use pranks to teach and help people learn. Her job is to teach people about humility, humour and how to be a good neighbour. Trixie travels throughout the Southern Interior and can attend community events upon request. We would love to see pictures of Trixie in your community.

Terminology

Aboriginal peoples: the descendants of the original inhabitants of North America. The Canadian Constitution of 1982 defines Aboriginal peoples to include First Nations, Inuit and Métis peoples. These separate groups have unique heritages, languages, cultural practices and spiritual beliefs. Their common link is their indigenous ancestry.

The term “First Nation” came into popular use in the 1970’s to replace the word “Indian”, which some found offensive. The term Indian was first used by Christopher Columbus in 1492, believing that he had reached India. The term “Indian” is still used in various Canadian documents, most notable the Indian Act. There are three legal definitions of “Indian” in Canada (not to be confused with “Aboriginal”):

- 1) Status Indians – those who are registered or entitled to be registered under the Indian Act.
- 2) Non-Status Indians – those not entitled to be registered under the Indian Act.
- 3) Treaty Indians – those belonging to a First Nation whose ancestors signed a treaty with the Crown and as a result are entitled to treaty benefits.

First Nation is also used to replace the term “band” in the name of communities.

AWPI – Canada (Indian and Northern Affairs) 1998

Basic Bannock Recipe

(Fried or Stick-cooked)

- 1 cup flour
- 1 tsp baking powder
- ¼ tsp salt
- 3 tbsp margarine/butter
- 2 tbsp skim milk powder (optional)

Sift together the dry ingredients. Cut in the margarine until the mixture resembles a coarse meal (at this point it can be sealed in a zip lock bag for field use). Grease and heat a frying pan. Working quickly, add enough COLD water to the pre-packaged dry mix to make a firm dough. Once the water is thoroughly mixed into the dough, form the dough into cakes about ½” thick. Dust the cakes lightly with flour to make them easier to handle. Lay the bannock cakes in the warm frying pan. Hold them over the heat, rotating the pan a little. Once a bottom crust has formed and the dough has hardened enough to hold together, you can turn the bannock cakes. Cooking takes 12-15 minutes. If you are in the field and you don’t have a frying pan, make a thicker dough by adding less water and roll the dough into a long ribbon (no wider than 1”). Wind this around a preheated green, hardwood stick and cook about 8” over a fire, turning occasionally, until the bannock is cooked.

The Evolution of the Relationship between Aboriginal and non-Aboriginal People

The relationship between Aboriginal and non-aboriginal people evolved through 4 stages:

- 1) Pre-contact: Aboriginal and non-Aboriginal people lived on separate continents and knew nothing of one another.
- 2) Years following first contact: Fragile relations of peace, friendship and rough equality.
- 3) Power shifted to non-Aboriginal people and governments. They moved Aboriginal people off most of their lands and took steps to “civilize” them and teach them European ways.
- 4) Presently, it is a time for recovery for Aboriginal people and culture, a time for critical review of our relationship, and a time for its renegotiation and renewal.

- People to People, Nation to Nation (1996)

Shuswap Bannock

(Epanigishimog Pakwejigan)
(Baked)

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 ½ tsp salt
- 1 ½ cups water
- 1 cup blueberries

Mix the dry ingredients together, add the blueberries and stir. Add the water quickly and continue to stir.

Spread the batter on a pie plate and put in a preheated oven heated to 425OF. Bake for 20 minutes. Cut in pieces and serve hot or cold. Excellent served with mint tea.

This recipe comes from the Cappilano Reserve, Chilliwack, BC and belongs to the Shuswap people.

Secwepemc Lichen Bannock

Pit cook or steam black tree lichen (*Bryoria fuscescens*)

It turns into a hardened licorice tasting “bannock”. It can be cooked with berries.

Mary Thomas – Elder – Neskonlith Indian Band

Milestones in Aboriginal History–Post Contact

1492 – Christopher Columbus “discovers” America (believing he has landed in the “Indies”, he describes the people as “Indians”).

1539 – Francisco de Vitoria proposed that Indians own the lands they occupy.

1763 – A Royal Proclamation outlines the basic principles of Canadian Indian Policy: recognition of Indian lands, recognition of Indian governments and provision of a treaty process with the crown.

1867 – July 1, the British North America Act is passed making Canada a nation. Constitution Act was written.

1868 – The new Canadian Parliament passes an “Act for the gradual civilization of Indian Peoples.” The Indian Act becomes a key tool for assimilation – it has three major functions:

- 1) Creation of reduced reserve lands which do not reflect traditional territories
- 2) Creation of band councils which replace and undermine the authority of traditional tribal governments
- 3) Defining who is an “Indian” under the Indian Act.

1871 – BC joins the Dominion of Canada.

1872 – Residential schools are set up.

1876 – The Governor General, the Earl of Dufferin, gives a speech in Victoria condemning the BC government for not recognizing Indian title.

1880 – Indian Act amended to provide for the automatic enfranchisement of any Indian who earns a university degree, and any Indian woman who marries a non-Indian or an unregistered Indian.

Sunflower Bannock

(Missiagan-Pakwejigan)
(Fried)

- 3 ¼ cups sunflower seeds
- 3 ¼ cups water
- 2 ½ tsp salt
- 6 tbsp corn flour
- 2/3 cup corn oil

Put the sunflower seeds, water and salt into a pot, cover and let simmer for 1½ hours. When well cooked, crush the seeds to make a paste. Add the corn flour, 1 tbsp at a time to thicken. Work with your hands; cool a little.

Make small, flat pancakes of approximately 5” diameter. Heat oil and fry both sides, adding more oil if necessary. Drain well and eat.

Tsaibesa's Bannock–Wet’suwet’en Nation

- 1 L (4 cups) all-purpose flour
- 25 mL (2 tablespoons) baking powder
- 5 mL (1 teaspoon) sugar
- 2 mL (1/2 teaspoon) salt
- 2 mL (1/2 teaspoon) bacon fat or lard
- 500 mL (2 cups) water or milk

In a large bowl, mix flour, baking powder, sugar and salt. In a medium cast-iron frying pan, melt the fat and add the water or milk. Pour the water or milk into the flour mixture and mix thoroughly with a fork. If the dough is too dry, add more water. Then turn the dough out onto a floured surface on the kitchen counter. Knead it for at least 3 minutes until it feels firm and the fat is evenly blended. Transfer the dough to the frying pan and pat it out to about 2 cm (3/4”) thickness. Stab it all over with a fork. Bake the bannock at 180 degrees Celsius (*350 degrees Fahrenheit*) for 45 minutes to an hour, until it is golden brown. Serve it hot. Spread with butter or strawberry jam and eat it warm.

Milestones in Aboriginal History–Post Contact (continued)

1884 – Indian Act amendments include prison sentences for anyone convicted of participating in the potlatch or tawanawa dance rituals.

1885 – Canadian Government sends in troops to crush the Riel Rebellion in Saskatchewan. Nov 16: Louis Riel, after this second Métis “rebellion” and in spite of a recommendation for mercy from a jury, is hanged in Regina.

1887 – Nisga’a chiefs travel to Victoria to demand that the government recognize land titles, treaties and their right to self-government.

1900 – Genocide has reduced the indigenous population north of the Rio Grande – estimated at 12-15 million in 1492 – to 300,000.

1908 – The Gitskan First Nation petitions the federal government for recognition of its land claim.

1915 – The first pan-tribal organization in BC–The Allied Tribes of BC–is created to address the “the land question”.

1927 – The Federal government makes it an offence punishable by imprisonment to raise money to press for land claims.

1944 – The North American Indian Brotherhood is formed to unite Indians in Canada.

1947 – First Nation people are given the right to vote in provincial elections.

1951 - Parliament repeals legislation prohibiting potlatches and the pursuit of land claims.

1960 – July 1, Indian people win the right to vote in federal elections.

White Woman Bannock!

(Baked)

DO NOT PREHEAT YOUR OVEN!!!!

- 6 cups of flour
- 2 tbsp (heaping) baking powder
- 2 tsp (heaping) salt
- 1 inch wide (or so) of lard
- sprinkle of white sugar (optional)
- 2 cups of very warm water (warm enough so the lard will melt when mixing everything together)

Mix dry ingredients together, add lard, using your hands to blend it together. Add water and form a big ball and let sit in the bowl for a minute or two with a clean tea towel over it. Pat it out until the shape of a pizza (not too thin or you will have hockey pucks for bannock!). Use one of your biggest glasses to cut out your bannock and put in ungreased pan. Using a fork, poke your bannock twice (uncertain why but Manon's mother in law does it!)

Turn the oven to 425°F and bake for 25 minutes. Raise the rack to the top for the last 5 minutes. GOOD LUCK!

Manon Metz

Milestones in Aboriginal History–Post Contact (continued)

1978 – Métis and Non-Status Indian organizations receive funding to research potential claims.

1982 – Section 35 is inserted into the Constitution Act affirming the existence of Aboriginal and treaty rights. It includes Indian, Inuit and Métis peoples in the definition of “Aboriginal peoples of Canada”.

1984 – The Gitksan and Wet’suwt’en initiate their claim in BC Supreme Court for ownership, jurisdiction and self government over 58,000 km² of traditional territory.

1985 – Bill C-31 (amendment to the Indian Act) is passed. It removes the discrimination, restores status and membership rights, and increases the control of Indian bands over their own affairs.

1987-1990 – Gitksan and Wet’suwt’en trial takes place in Smithers and Vancouver.

1990 – Failure of the Meech Lake Accord.

1993 – BC Court of Appeal’s five judges unanimously ruled in the appeal of the 1991 Delgamuukw case, that native rights were never extinguished by the colonial government before confederation and that the rights are protected in the constitution. This ruling is known as Delgamuukw 2.

1994 – The Supreme Court of Canada agrees to hear a further appeal from the Gitksan and Wet’suwt’en but is adjourned until June 1995 pending negotiation.

1996 – Negotiations break down between federal and provincial governments and Gitksan negotiators.

Indian Bread

“Little yeast breads”

- 1 envelope dry yeast
- ¼ cup (60 ml) very warm water
- 1 cup (240 ml) milk
- ¼ cup (60 ml) sugar
- ¼ cup (60 ml) shortening
- 1 teaspoon (5 ml) salt
- 1 egg
- 3½ cups (840 ml) flour
- 1 cup (240 ml) raisins
- About 6 cups (1.4 l) cooking oil for deep-frying.

Sprinkle dry yeast into warm water—110 to 115° F (43 to 45° C)—in a small bowl and let stand while mixing other ingredients. In a saucepan, over medium heat, mix milk, sugar, shortening and salt until dissolved and blended. Let mixture cool. Then add egg and yeast and stir in flour and raisins gradually until it forms a soft dough. Place in a greased bowl and lightly grease the top of the dough. Cover and let rise until doubled in size—about 1½ hours.

Place on a floured surface and knead air bubbles from dough. Pinch off small pieces and stretch them to oval shapes, being careful not to stretch them too thin. Make a hole in the centre of each and place them on a clean, floured surface. Allow them to rise again until doubles in size. Heat oil in frying pan at high heat until it is bubbling hot. Deep-fry the little breads, a few at a time, turning them until both sides are golden brown. Place them on napkins or other absorbent paper to drain grease.

Milestones in Aboriginal History–Post Contact (continued)

1997 – The Supreme Court of Canada’s Delgamuukw 3 decision orders a new trial that fundamentally alters the legal relationship between aboriginals and government. It recognizes the existence of Aboriginal rights and title, and the right of First Nations to derive an economic interest in traditional territory.

1999 – Nunavut becomes a territory on April 1 with its own public government.

September – Westbank Indian Band commences harvesting on its traditional territory. Interior Alliance prepares to launch an international consumer boycott in the United States and Europe of forest products from BC.

The Interior Alliance and the Union of BC Indian Chiefs supports the Okanagan Nation at Westbank in its timber harvest operation. A BC Supreme Court Judge declines to stop the Westbank Band. The Judge ruled that the issue of Aboriginal and Crown title should be quickly dealt with. Adams Lake, Neskonalith and Spallumcheen bands commence timber harvesting on traditional lands in the Harper Lake area. Nuxalk Nation (Bella

Coola) starts harvesting. The Interior Alliance confirms that all the area in the south central Interior of BC is subject to the Aboriginal title of Interior Alliance nations and is directly affected by the Delgamuukw decision.

October – Province issues stop-work orders at the Harper Lake logging site and steps up its fight against “unauthorized” Native logging.

Source-Colonialism on Trial (1992), Aboriginal Workforce Participation Initiative (1998), Secwepemc News, Oct. 1999.

2004 – Unanimously, the Supreme Court of Canada’s Haida decision said the provincial government had to consult about logging decisions before title and rights were proven.

2005 – Provincial Government launches “New Relationship” initiative with First Nations in British Columbia.

2006 – Canada’s Aboriginal people continue to live in second-class conditions because of poor coordination, bad management and excessive paperwork in more than \$8-billion

Milestones in Aboriginal History–Post Contact (continued)

2010 – The BC Supreme Court found that the Province did not consult meaningful nor did they reasonably accommodate West Moberly First Nation’s (WMFN) concerns related to coal exploration permits issued to First Coal. The exploration area overlapped with core winter and summer range of a species of caribou that is listed as “threatened” under the *Federal Species at Risk Act*. The Court found that WMFN’s Treaty 8 right to hunt included the right to hunt specifically caribou in the traditional seasonal round. The Court ordered a 90day stay on the exploration permit during which time the Crown was ordered to put in place an active plan for the protection and augmentation of the herd, taking into account the views of WMFN and provincial biologists. The Province has appealed that decision. The Province did comply with the court order to develop a plan known as the “Burnt Pine Protection and Augmentation Plan”.

2011-Two out of three BC Court of Appeal judges upheld the BC Supreme Court’s finding that the Province failed to consult adequately and meaningfully and failed to accommodate reasonably the Treaty 8 right’s of West Moberly First Nation’s aboriginal right to hunt. The judges remitted the matter for further consultation between the parties. The judges held that cumulative effects and consideration of future development were relevant to assessing the seriousness of impact on the right to hunt

Thelma's Lazyman Biscuit/Bannock

- 2 cups flour
- 4 tsp baking powder
- ¼ tsp salt
- 4 tbsp margarine
- 1 cup milk
- 1 cup water

Mix ingredients together and pour onto a lightly greased (with margarine) cookie sheet. Bake in oven at 450°F for 20 minutes. Cut it right away into squares. It is good with soup or as a snack.

Thelma Blackstock

Salmonberry Cake, (Courtesy of Cooking Alaskan)

- 2 cups (480 ml) flour
- 1 teaspoon (5 ml) baking soda
- ½ teaspoon (2 ml) salt
- 1 teaspoon (5 ml) allspice
- 1 teaspoon (5 ml) cinnamon
- 1 teaspoon (5 ml) nutmeg
- ¼ cup (60 ml) butter or margarine
- 1 cup (240 ml) sugar
- 3 eggs
- 1 cup (240 ml) salmonberry jam
- ¾ cup (180 ml) sour milk

Preheat oven to 375°F (190°C). Sift together the flour, baking soda, salt and spices. Cream butter and sugar until fluffy. Beat eggs until light and add to the sugar mixture. Blend jam and sour milk and stir into the egg mixture, alternating with the dry ingredients. Pour batter into two greased and floured cake pans. Bake 20-25 minutes. Ice with your favourite icing.

Bachelor Bannock

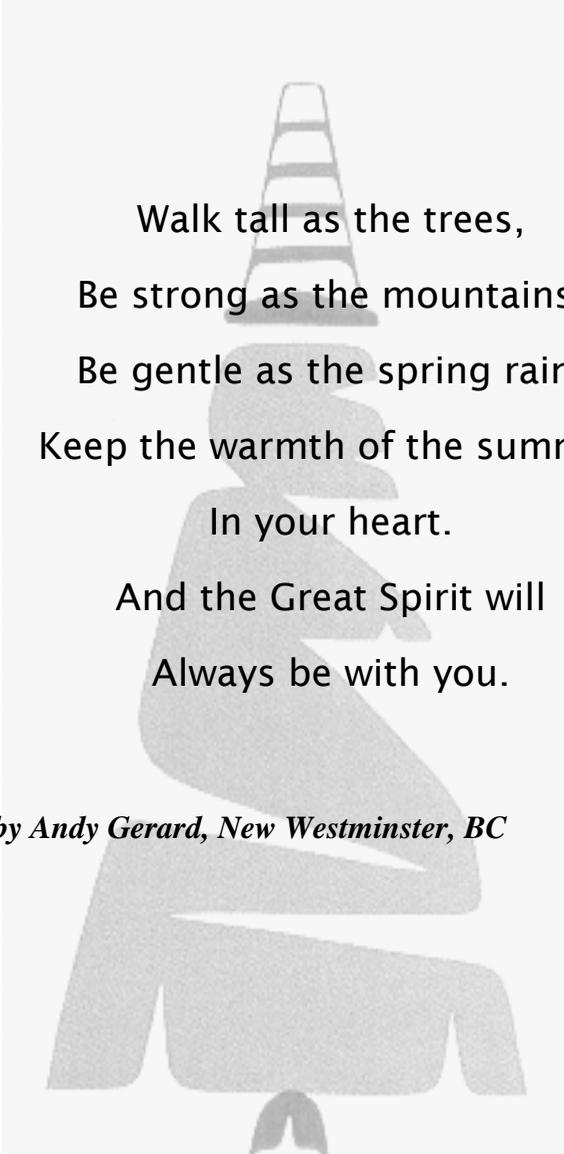
- 3 handfuls whole-wheat flour
- 1 handful wheat germ
- ½ handful bran
- ½ to ¾ handful corn meal. (Easy now, too much will hold moisture and make the bannock soggy.)
- Baking powder—approximately 1 teaspoon (5 ml) per cup (240 ml) of the above ingredients.
- 2-3 tablespoons (30-45 ml) milk powder
- 1 egg
- Water
- Nuts, raisins, dates, etc. to taste
- Oil or shortening

Mix the first five ingredients in a medium bowl, using proportions to suit your own taste. Estimate the number of ‘cups’ in the bowl and add baking powder accordingly. Mix well. Add milk powder and egg and mix again. Add enough water to produce a batter which is slightly wet, sticky and light. It should fall slowly from spoon in a sticky mass. Then add nuts, raisins and other goodies as desired.

Put enough oil in the fry pan to completely cover the bottom. (Bear fat is the very best shortening to use. Corn oil is good. Soya oil is bad.) Heat oil until a tiny amount of water dropped in the pan spatters and crackles.

Pour in batter and fry until done. All the bannock mixture should be used at one frying or the baking powder gases will quickly escape and the remaining batter will lie lifeless in the pan.

Courtesy of Cooking Alaskan



Walk tall as the trees,
Be strong as the mountains.
Be gentle as the spring rain.
Keep the warmth of the summer
In your heart.
And the Great Spirit will
Always be with you.

Submitted by Andy Gerard, New Westminster, BC

Smoked Salmon Pizza

Dough:

- 1 package yeast
- 2 tablespoons (30 ml) warm water
- 1 cup (240 ml) boiling water
- 1½ teaspoons (7ml) salt
- 2 tablespoons (30 ml) shortening
- 3 cups (720 ml) flour

Dissolve yeast in warm water. Pour the boiling water over the salt and shortening and cool. Add yeast and half of the flour to the shortening and beat smooth. Then add the rest of the flour. Divide dough into two parts and pat into rounds about 12 inches (30 cm) across—making a thicker rim around the edge to hold the filling. Place in pie pans or on greased cookie sheet and allow to rise till double in size.

Filling:

- 1 tablespoon (15 ml) olive oil
- ½ cup (120 ml) grated Parmesan cheese
- ¾ cup (180 ml) sharp Cheddar cheese
- 2 cups (480 ml) drained canned tomatoes, flavoured with 1 clove of garlic, minced fine
- ½ cup (120 ml) shredded smoked salmon
- Oregano
- Salt and Pepper to taste

After dough rises brush top with olive oil and sprinkle with Parmesan cheese. Make a layer of Cheddar cheese, cut in small pieces, and then a layer of garlic flavoured tomato. Sprinkle with salt and pepper and oregano if desired. Top with shredded smoked salmon and sprinkle with Parmesan cheese and olive oil. Bake in a 450°F (230°C) oven, approximately 30 minutes. Cool 5-10 minutes before cutting. Serves 4. This is an Alaskan variation of a standard pizza recipe.

Courtesy of Cooking Alaskan

Stick Bannock

Make a bowl-like depression in your sack of flour. Add a pinch of salt, 2tsp of baking powder and 1cup of water. Stir until the dough forms a stiff ball. Roll and stretch out into a rope about 12 inches long. Wind around a stick and bake over campfire coals, turning the stick as each side bakes.

W.R. Comstock

Buckskin Cookery Bannock

Mix 1tsp salt and 2tbsp of baking powder in a mixing bowl ½ full of flour. Stir in enough water to form a bannock. Place in a greased frying pan and set over a bed of hot coals (or in a mud oven). Brown and turn. When there are a number of bannocks to be cooked, brown the bannock and prop it up on the edge close to the campfire on a support of poles, with the uncooked side to the heat. Then start a new bannock in the frying pan.

Berry Bannock

To the above recipe, add sugar and as many wild berries as the dough will hold.

Note: the recipes on this page are from the *Buckskin Cookery Souvenir Cookbook* (Pioneer recipes donated by Old timers and Natives of BC)

Quick Facts

Did you know?

- First Nations used controlled burning as a means of habitat manipulation to maximize production of fruits, edible roots and trees.
- The notorious pass system was never part of the formal Indian Act. However, various levels of government implemented it to prevent Indians from leaving their reserves without written permission from the Indian Agent. Although it was official policy on the Prairies, there was never any legislative basis for it.
- First Nation botanical terminology represents a real link between language, culture and the environment and may provide insights into the relationships between past cultures and their environment.
- Tree lichen had many uses: It was a food source as well as a medicine; it was used for traditional costumes; for chinking cracks in houses; as a dye for hides, wood, mountain goat's wool and horsehair; and it was also used for face paint by some pubescents.
- Plant foods were preserved by threading them onto strings of bark or grass and hung to dry. Most were dried in the presence of smoke to deter flies and other insects.

Thompson Ethnobotany & Report of the Royal Commission on Aboriginal Peoples

Bill C-31

The amendment commonly known as Bill C-31 was first introduced to Parliament on April 17, 1985 and passed On June 28, 1985. The intent of the bill was to remove the discrimination of the Indian Act and to restore status and membership rights to those who lost it due to marriage provisions within the Indian Act. The status break down of Bill C-31 is as follows:

- 1) People who are registered PRIOR to 1985 have Section 6 (1)(a) status.
- 2) Those women who have regained their status have Section 6 (1)(c) status.
- 3) Children of Section 6(1)(c) status have Section 6(2) status.

April 17th, 2005 marks 20years since amendments to the Indian Act were made. Although Bill C-31 temporarily increased First Nation membership, it will eventually eliminate Indian status in the near future. For example; if a First Nation with status marries a person of NON status, then their children will be Section 6(2). But if a person of Section 6 (2) status marries a NON status then their children will have NO status. Both male and female and the grandchildren are losing Indian Status at a rapid rate. Changes made to Canada's *Indian Act* on April 17, 1985, when parliament passed Bill C-31, were intended to remove the discrimination and restore status and membership rights to those who lost it due to marriage provisions within the *Indian Act*. However, in a recent court case, Sharon McIvor challenged Bill C-31 arguing that the Act continued to discriminate against those with matrilineal Indian heritage. B.C. Supreme Court Justice Carol Ross agreed with McIvor finding that the 1985 section of the Indian Act that determines who is given Indian status contravenes the Charter of Rights and Freedoms as well as international conventions on human rights, women's rights and children's rights. Canada has indicated that they intend to appeal this judgement.

First Nations and Tax-exemption

A First Nation (status Indian) can buy goods and services without paying tax on them on either of two conditions:

- 1) The goods or services are purchased on a reserve, or;
- 2) The goods or services will be delivered to a reserve.

Employment income is tax-exempt only if:

- 1) All work is performed on a reserve.
- 2) Most or all work is performed off reserve, but the First Nation person lives on a reserve and the employer is a resident on a reserve.
- 3) Some of the work is performed off a reserve, but most of the work is on reserve and either the employee or the employer is a resident on a reserve.
- 4) Most work is performed off reserve as an employee of either:
 - a. A band that has a reserve; or
 - b. A tribal council that represents one or more bands that have reserves; or
 - c. An Indian organization controlled by a band or tribal council that has a reserve, or that represents one or more bands that have reserves.

All other Status Indians are required to pay income tax. Inuit and Métis are also required to pay income tax and all other taxes.

Answers to Basic Tax Exemption Questions for Aboriginal people

Whole Wheat Bannock

(Pan-fried)

- 1 ½ cups white flour
- 4 tsp baking powder
- dash of salt
- canola oil
- ½ cup whole wheat flour
- ½ tsp sugar
- Water

Heat frying pan with ¼ inch of canola oil. Combine all dry ingredients. Make a well in the middle and add water. Stir until the dough is a thick batter (it will be a goey mess). Drop a generous tablespoon of dough into the heated pan; spread the dough to ½ inch in thickness (use a spoon and fork for this step).

When the bannock is puffed and brown on one side (yes, peek if you wish), then flip it over and brown it on the other side. Smother you're your favourite toppings—Roger's Golden Syrup, honey, peanut butter, jam or jelly or even a taco filling. You may also sprinkle it with a sugar/cinnamon mixture (1part cinnamon to 10 parts sugar).

Louise Framst in A Tahltan Cookbook

Land Claims

The Federal Government divides land claims into two types:

- 1) Comprehensive land claims—those that are based on the concept of continuing Aboriginal rights and title which have not been dealt with by treaty or other legal means. These claims are negotiated through the British Columbia Treaty Commission treaty process in BC; and
- 2) Specific land claims—those that arise from alleged non-fulfilment of Indian treaties and other lawful obligations, or from the alleged improper administration of lands and other assets under the Indian Act or other formal agreements.

Because of the difficulty and length of time to come to some resolution, the federal government created the Indian Claims Commission (1991) to provide a forum for hearing disputes over specific claims. The Commission can make recommendations, and it can provide a facilitator to assist the First Nations, provincial government and federal government to come to a decision, but the final decision is with the Minister.

Joyce Sam, Aboriginal Liaison Officer, Merritt District &
http://www.inac.gc.ca/index_e.html

Corn-Flour Bannock

(Fried or Baked)

- 2 $\frac{3}{4}$ cups corn flour
- 2 tbsp baking powder
- $\frac{1}{2}$ tsp salt
- 3 tbsp lard
- $\frac{2}{3}$ cup water

Preheat oven to 450°F. Lightly grease a cast iron frying pan or baking sheet. Stir and blend together the flour, baking powder and salt. With a pastry blender or two knives, finely cut in the lard. Then gradually stir in the water. Stir with a fork to make a soft, slightly sticky dough. Turn dough on a lightly floured surface and knead gently 8-10 times. Roll out or pat to $\frac{1}{2}$ inch thick, or flatten dough to fit the frying pan. Cook in frying pan on hot ashes over an open fire (turning to brown both sides), or on a baking sheet in the oven for approximately 12-15 minutes, or until golden brown. Cut and serve with butter. Makes 1 loaf.

Aboriginal Celebrations/Ceremonies

Feast/Potlatch—The potlatch ceremony illustrates the importance of sharing and giving. This ceremony was the cultural backbone of the Northwest Coast Aboriginal Peoples. High-ranking chiefs hosted a potlatch to celebrate important public events such as initiation, marriage, the investiture or death of a chief or the raising of a totem pole. The ceremony lasted anywhere from a day to several weeks, and involved feasts, spirit dancing and theatrical performances. In 1884, the Canadian government banned potlatch ceremonies, questioning their moral basis. The ban was lifted in 1951.

Colonialism on Trial & Aboriginal Workforce Participation Initiative

Pow-wow—An ancient tradition among some Aboriginal people to celebrate and socialize after religious ceremonies. It is now common for pow-wows to be held throughout BC, however, in some areas the pow-wow is a relatively new form of celebration. In some cultures, the pow-wow itself was a religious event when families held naming and honouring ceremonies.

Aboriginal Workforce Participation Initiative (Canada)

Bannock Buns

(Fried)

- 3 cups all-purpose flour
- 4 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- ⅓ cup lard
- 1 cup soured milk*
- Lard or shortening for skillet

In a bowl, stir together dry ingredients. Cut in lard until mixture resembles a fine meal. Make a well in the centre, pour in soured milk and stir using light strokes, just until liquid is absorbed. Knead lightly 5-6 times to make a smooth dough; set aside.

In large heavy skillet, melt just enough lard to thinly coat bottom of pan. Heat pan over medium heat for 5 minutes. Divide dough into 6 portions; shape into flat, round buns about ¾ inches thick. Arrange in pan (in batches if necessary). Cover and cook for 6 minutes or until bottoms are deep golden brown. Turn buns, replace cover and cook for 6 minutes longer. Remove to rack and let cool before serving.

*To sour milk: Add enough milk to 1½ tsp vinegar to make 1 cup.

- *Canadian Living Magazine*

Aboriginal Rights vs. Aboriginal Title

Aboriginal right—Rights that some Aboriginal peoples in Canada hold as a result of their ancestors' long-standing use and occupancy of the land. The communal rights of certain Aboriginal peoples to hunt, trap and fish on ancestral lands are examples of Aboriginal rights accorded either through treaties or formal agreements. Aboriginal rights vary from group to group depending on the customs, practices and traditions that form part of the group's distinctive culture.

Aboriginal Workforce Participation Initiative (Canada)

Aboriginal Title includes:

- A right to the land itself and exists independent of aboriginal rights (with some exceptions, much like fee simple)
- Encompasses the right to exclusive use and occupation of the land for a variety of discretionary purposes
- It is a burden on the underlying title of the Crown
- It is held communally, is inalienable, and cannot be transferred, sold or surrendered, except to the federal Crown
- Uses of the land must not be irreconcilable with the factors that gave rise to the claim of aboriginal title.

Ministry of Forests and Range Aboriginal Rights & Title policy

Blackfoot Fried Yeast Bread

(Pan-fried)

- 1 cup lukewarm water
- 1¼ ounce package of active dry yeast
- 2 tbsp softened butter
- 1 tbsp sugar
- 1 tsp salt
- 2½ to 3 cups unbleached flour
- oil or shortening, for deep frying

Place water in a mixing bowl, sprinkle yeast over water and allow to sit for 5 minutes. Add butter, sugar, and 2½ cups of flour and salt. Knead, adding enough flour to form a stiff dough. Allow to rise for one hour. Place oil in a deep saucepan and heat to 350°F. Form dough into cakes approximately 4 inches in diameter and about ¼ inch thick and deep fry for about one minute per side or until golden brown. Makes 8-10 pieces.

Pemmican

- 1 lb Jerky (venison, beef, etc.)
- 2 tbsp Brown sugar
- 2 oz Raisins
- 5 oz Suet

The First Nations (and Métis) used pemmican as a trail food. It keeps well for long periods of time.

Run dry jerky through a food grinder a few times until it is the consistency of fine meal. For each pound of jerky meal, add 2 ounces of raisins and 2 tablespoons of brown sugar. When the mixture is well blended, melt the suet and stir it in. The result, when the suet hardens and cools, is pemmican. There are many variations of this simple theme.

Who are the Métis?

The Métis are one of three distinct Aboriginal peoples of Canada (Inuit and First Nations are the other two), recognized by the Canadian government.

The word Métis comes from the Latin “miscere”, to mix. It was used originally to describe the children of Native women and French men. Other terms for these children were “Country-born”, “Black Scots”, and “Half-Breeds”.

The Métis were instrumental in the development of western Canada. They quickly became intermediaries between European and Indian cultures, working as guides, interpreters, and provisioners to the new forts and trading companies. Their villages sprang up from the Great Lakes to the MacKenzie delta. The Métis homeland encompasses parts of present-day Ontario, BC, the Northwest Territories, Alberta, Saskatchewan and Manitoba.

Métis culture was a combination of French, English and Indian influences that took root and flourished. The Métis developed a unique language called Michif that has Cree-French roots. Métis dress included woven sashes, embroidered gun sheaths, deerhide hats, and quilled and beaded pipe bags. The Métis logo is an infinity sign - ∞ .

Métis National Council (<http://www.Métisnation.ca>)

Soapberry (*Shepherdia canadensis*)

Soapberry (also known as Soopolallie) shrubs are nitrogen fixers. This means they have special bacterial nodules on their roots that allow them to capture nitrogen from the atmosphere and release it into the soil where plants can make use of it. Interior First Nations whip the berries with a little water into a light foam to make a nutritious and refreshing “ice cream”. The berries are high in iron content and were eaten fresh, dried, or boiled into a syrup for use as a drink.

Plants of the Southern Interior

Soapberry Whipper

First Nation’s women used to make whippers out of:

- Silverberry bark—by tying a loose bundle of shredded bark on to a handle.
- Rocky Mountain Maple – the fibrous bark was used with no handle.
- Pinegrass – roots were cut off and leaves used to whip.

Loose bundles of bark and pinegrass held in the hand was more difficult than using a whipper with a handle. Whipping was started at the top of the mixture then slowly lowered down into the bowl until the mixture was all fluffy and well incorporated. Sometimes just the hands were used for whipping. Whippers could be washed and reused.

Thompson Ethnobotany: Knowledge and usage of plants by the Thompson Indians of British Columbia

Indian Ice Cream

- ¼ cup water
- 1 cup soapberries or
- 2 tbsp of canned or dried soapberries or soapberry concentrate

Beat the mixture into a light foam—the consistency of beaten egg whites. After the foam begins to thicken gradually add the sugar. Add three to four tablespoons per cup of fresh berries (or to taste).

Makes about 4-6 servings.

*Make sure the berries, bowl and utensils don't come into contact with grease or oil because it will not whip or become nice and fluffy.

Food Plants of Interior First Peoples

XwU'sum Lemonade

(pronounced hoshum)

- 5 ml juice
- 1 litre water
- Sweetener

Boil soopalallie berries, strain the juice and preserve by canning (canned soapberry juice will keep for about 3 years if sealed well). Later sweetener and water are added to the juice to make a thirst quenching drink. Honey or dried saskatoon berries can be used as a sweetener instead of sugar.

Michael Blackstock

Healthy Bannock

1 ½ cups of Red Fife heritage flour (available at Bulk Barn)
<http://www.thecanadianencyclopedia.com/articles/red-fife-wheat>

1 ½ cups of white flour
2 tbsp of ground flax
2 tbsp of baking powder
¾ tsp of fast rising yeast

1 cup of warm water
1 cup of homogenized milk
2 tbsp of grapeseed oil

Mix dry ingredients

Mix wet

Let stand at room temperature for 1 hour

Deep fry in deep pan of grapeseed oil

Michael Blackstock

Gluten Free Bannock Recipe

Bannock is the food-symbol for GoodNeighbourBC because it helps build bridges between cultures. I have been working on trying to come up with a non-hockey-puck gluten free bannock recipe, and I think the one below is getting pretty close, so I thought I would share it with you, to be perfected. :)

* 2 Cups of Pamela's baking flour (available at health food stores or Save on Foods) <http://pamelasproducts.com/products/baking-mixes/pamelas-baking-pancake-mix/>

* 1 cup of corn flour

* 1 tablespoon of Teff flour to give a slightly nutty taste (optional, a few folks are wondering if this flour is gluten free so double check, most internet sites say it is gluten free)

* 1 1/2 teaspoons of yeast

* 1 tablespoon of baking powder

* a dash of salt

* 2 tablespoons of brown sugar or honey to activate yeast

* 1 1/4 cups of quite warm water

* 1/2 cup of warm milk (or almond milk)

* 2 tablespoons of canola or grape seed oil

Gluten Free Bannock Recipe Con't.

- 1) Mix dry ingredients in bowl..
- 2) Mix wet ingredients into dry ingredients, and then knead well for a few minutes.
- 3) Lightly cover top of dough with oil so it does not dry out and cover for about 12 hours, and place in warm place to let stand.
- 4) Heat canola or grape seed oil in a cast iron pan to 320-350 F (recommend you use an infrared thermometer to measure temperature).
- 5) Gently flatten pieces of dough on oily cutting board and place in oil to fry golden brown. Turn piece over to cook on each side, and keep testing oil as it cools when you put dough in.
- 6) Serve with cinnamon-sugar or jam, or use for Indian Tacos.
- 7) Most importantly, share with your neighbour.

Michael Blackstock

Bluenose Potato Bannock Bread

2 1/3 cups of flour
1 tsp salt
2 tbsp baking powder
4 tbsp sugar
2 tbsp shortening
3/4 cup mashed potatoes
1 cup cold water

Directions:

Combine flour, salt, baking powder and sugar. Cut in shortening until the mixture resembles coarse meal. Stir in the potatoes. Stir in the cold water and mix, using a fork. Knead gently, 8-10 times, on a lightly floured board, working in any extra flour that may be required to overcome the stickiness of the dough. Place on an ungreased baking sheet and pat down to form an oval shape, about 3/4 to 1" in thickness. Bake at 450 degrees F (230 degrees C) for 17-20 minutes. Serve hot or cold. Good for 8-10, unless there are kids around and then it might last 30 seconds!

Epangishimog Pakwejigan (Shuswap Bannock)

A delicious blueberry bread!

Ingredients:

3 cups all-purpose flour
1 tbsp baking powder
1 1/2 tsp salt
1 1/2 cups water
1 cup blueberries

Directions:

Mix the dry ingredients together, then add the water quickly & continue to stir. Add the blueberries and mix into batter. Spread batter on a pie plate & put in a preheated oven, heated to 425 F. Bake for 20 minutes. Cut in pieces & serve hot or cold.

How to Build a Campfire for Cooking

Wood-Campfire cooking requires a clean burning, hot fire. This is only achieved with dry, seasoned wood. Stripping trees of green wood is not good, it will cause your fire to be smoky, and burn poorly.

Fire location- Pay close attention to the ground before preparing any fire. In circumstances where building your fire on a rock is not possible, you should ensure that the base of the fire is on mineral soil. Use previously established fire pits if available.

Wind-Any medium to strong wind is hazardous. The danger of sparks getting away can ignite a forest fire. Keep a bucket of water close to the fire pit to put out any sparks that may get away. Do NOT leave your fire pit unattended. Ensure the fire pit is completely extinguished and cold to the touch of your hand.

Select a fire site that is at least 8' from bushes, over hanging branches or anything else that may catch on fire. Make a U shaped perimeter of rocks. Place a large flat rock at the rear of the pit to act as chimney and wind breaker.



Lay crumpled paper or dry tinder on the bottom of the pit, place kindling over paper/tinder, alternating kindling in direction with each layer. This allows for adequate air flow to keep your fire burning. Light the paper/tinder with a match or BBQ starter. Do NOT use gasoline or flammables! Once the kindling is burning good add dry firewood. Distribute the firewood evenly over the fire pit area.



As soon as the flames die down leaving mostly white coals, use a stick to push the coals into a higher level at the back end and lower level at the front. This will give you a cooking area that ranges from HI, MED to LOW cooking settings.



To cook, set the grill on rocks or wet green logs. Put food directly on grill or in cookware and prepare your meal. Keep a spray bottle of water handy to extinguish any flames caused by food drippings.



After you are done using your fire pit for cooking add wood for your evening campfire to roast marshmallows and make smores! When you are done with your evening fire, ensure that you completely extinguish your fire with plenty of water.

http://eartheasy.com/play_campfire_cooking.htm

