



Featured Recipe

From: Port of Call
On the Road in Alaska & the Yukon

Bannock Cakes

Yield = 4 bannock cakes (modern version...great for home or on the trail)

A little Note: When the early traders first came into the country (Alaska/Yukon) They brought flour with them to trade. Our people (First Nations) had never seen it before, but they soon learned to make a delicious frying pan bread called bannock. It can be baked on fire-heated rocks. If you mix it with water you can drop it into a soup or stew for dumplings*

Ingredients:

1 ¼ cups	Flour
1 tbsp	Shortening or butter
1 tsp	Salt
1 tsp	Baking powder
1 tbsp	Milk powder
½ cup	Water

Appetizer



Preparation:

- Mix all ingredients and add water and shortening. Knead the dough to form a smooth ball and divide into four equal portions.
- Flatten each bannock cake and fry over medium heat in a greased pan. Turn when golden brown to brown other side.
- Bannock cake is done when it sounds hollow to the tap of a finger.

Variations

- To the basic mixture, add ½ cup of shredded cheese or blueberries, raisins, gooseberries or wild strawberries.
- For herb bannock, add 1 tsp each of parsley and chives.

- For bacon bannock, add 1 tsp of dried or fresh chopped onion or fresh chopped onion and ½ cup bacon bits.

Bannock can be baked on a greased cookie sheet in a 350-degree oven for 10-15 minute
Add 1 TBSP sugar to help browning and add taste

Individual bannock cakes can also be cooked over a campfire. Stretch the dough and wrap it around the end of a green sapling. Cook over the coals rather than the open flame.

****First Nations is the name given to the native peoples of the Yukon and Alaska regions.***

