

Cooking with Chase and Grandma Duffy

Bannock! ³

Eating a variety of foods is not only delicious but is the key to a healthy and balanced diet. Have plenty of vegetables and fruits and split the other half of your plate, bowl, or lunch box with whole grains and protein foods. Choose protein foods from plants more often (Alberta Health Services).

Here is a fun filled First Nations, Inuit, and Métis inspired recipe that can be cooked by anyone.

Chase and Grandma Duffy love to make bannock to eat with a bowl of stew on a chilly day. Chase also loves to eat this with margarine and his grandma Duffy's famous homemade raspberry jam. Remember to have an adult help you with this recipe!

Yield: 8 servings

Ingredients:

- 2 $\frac{1}{3}$ cups whole wheat flour [575 mL]
- 1 tsp baking powder [5 mL]
- $\frac{1}{2}$ tsp salt [2 mL]
- $\frac{1}{4}$ cup soft [non-hydrogenated] margarine [60 mL]
- $\frac{1}{4}$ cup 1% milk [60 ml]
- $\frac{3}{4}$ cup water [175 mL]



Instructions:

1. Preheat oven to 375°F [190°C].
2. Lightly spray the baking sheet or baking dish with non-stick cooking spray. Set aside.
3. In a large bowl, mix 2 cups [500 mL] of flour, baking powder and salt with a spoon.
4. With the tips of your fingers, work margarine into flour mixture until margarine is divided into small [pea size] pieces.
5. Make a well in the centre of the flour mixture; pour milk and water into the well.
6. Starting at the centre of flour mixture, gradually mix flour into liquid until a soft dough forms. Add remaining flour if needed to get mixture to form a soft non-sticky dough.
7. **[Note:** If you have remaining flour from making the dough, use this to flour your surface.] Turn dough onto lightly floured surface, knead dough a few times, cover and let it rest for at least 20 minutes.
8. Place dough on prepared baking sheet or dish. Flatten dough and shape it into a rectangle.
9. Bake at 375°F [190°C] for approximately 30-40 minutes or until golden.
10. Cut bannock into pieces, about 2 inches X 2 inches [5 cm X 5 cm].
11. Clean up.
12. Serve with soup or stew. Bannock also tastes great with peanut butter and jam!

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