Step Outdoors

Bannock on a Stick

OBJECTIVE

To learn the basics of how to bake traditional Bannock over an open fire.

MATERIALS REQUIRED

2 - 3 cups flour
1 - 2 Tbsp baking powder
1 tsp salt (optional)
2 - 3 Tbsp oil, butter or lard
2/3 cup warm water
- Optional – berries, raisons, cinnamon, vanilla etc.

Green twigs approximately 75 cm (1 per person) Bark removed.
Materials for a fire

DISCUSSION

Bannock was and still is an important food of the indigenous people of Manitoba. It is a heavy bread which stores well and is easy to cook.

ACTIVITY

Build a medium sized fire and allow it to cook down to coals. Mix the dry ingredients of the bannock and blend in the lard leaving it in small lumps in the dough. Add water and mix by hand until the dough is workable and the consistency of play dough. Add optional ingredients if desired.

Roll the bannock dough into rope like strands ~30cm long. Wrap the dough around the green sticks in a spiral fashion and place over the coals until golden brown. Remove from heat and spread with butter, jam or maple syrup.

EXTENSION

Try mixing the dough and baking it in a Dutch or reflector oven over an open fire.

Time: 1.0 hour
Intro: 10 min
Activity: 40 min
Discussion and Review: 10 min

Safety

Fire
Sharp Implements
Food Allergies

NOTES

Manitoba Wildlife Federation