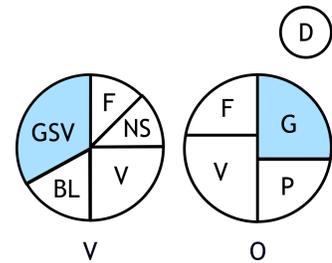


FIRE



# Bannock



Canadian First Peoples have traditionally made bannock while trapping or living in camps during berry-picking or wild rice-harvesting seasons. Originally, it was made with wild rice flour and baked on a flat rock over an open fire. The dough can also be wrapped around a stick and baked over a fire, which has somehow made its way into Swedish outdoor culture as a classic called stick bread (pinnbröd).

Makes 6 pieces of bread

## *Tools*

Finger-thick sticks, not too dry  
1 bag of charcoal

## *Ingredients*

4 dl white wheat flour  
1/2 tsp salt  
2 tsp baking powder  
50 g plant or dairy butter, cold  
1 1/2 dl plant or dairy milk

## *At Home*

Wash your hands.

Mix flour, salt, and baking powder in a bowl or a food processor.

Chop or shave (with a cheese slicer) the butter into the flour.

Run the food processor or “pinch” the butter into the flour until it’s a crumbly mixture.

Blend in the milk.

Put the dough into a plastic bag and seal.

Store cold until use. Best used within 24 hours.



## *At Camp*

At camp, prepare your sticks (not too dry, whittle off bark and disinfect with flames if gathering).



Wash your hands. Divide dough into six pieces, roll each piece into a snake about as thick as a finger, and coil each snake around a stick.



Bake the bannock over hot coals, turning the stick to brown the crust evenly. When thoroughly baked, the bannock should slide off the sticks easily.

The center of each piece of stick bread is a great place to put a pat of butter, honey, and/or some jam, if you brought any.

