

Stuffed Bannock

Recipe by Ontario Native Women's Association



BANNOCK

5 c flour
5 tsp baking powder
½ tsp salt
1 c meat drippings or lard
1 ½ c lukewarm water

In a large bowl, mix dry ingredients together and then add wet ingredients, stirring until not sticky.

Spray top of dough with vegetable oil to make handling easier. Scoop out small piece of dough the size of a tennis ball, or roughly 1 cup.

Flatten out and place 2 tbsp of meat mixture onto dough and wrap. Place on cookie sheet and continue until mixture is used up.

Bake at 425 for 15-20 minutes or until golden brown.

MEAT FILLING

1 lb of meat (venison, moose or beef)
3 large potatoes
2 large carrots
2 celery stalks
1 medium onion
1 tbsp Italian seasoning
1 tsp garlic powder
½ tsp salt and pepper
BBQ sauce, preferably original or garlic

Brown meat in frying pan and drain fat.
Set meat aside.

Peel and dice vegetables into small pieces and simmer in pan with spices.

Put meat back into pan and simmer everything together until tender.

Add barbeque sauce and let sit until cool.

Indigenous Ingredients: bannock, venison or moose meat

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant