

Name _____

Date _____

Today my class made Bannock. Bannock is a staple of the Inuit people foods.

Here is the recipe we used today to make the Bannock:

Ingredients:

1. 3 cups all-purpose flour
 2. 2 tablespoons baking powder
 3. $\frac{1}{4}$ cup vegetable oil
 4. 1 $\frac{1}{2}$ cups water
 5. 1 pinch salt
- (plus a little extra flour to knead with and cover the surface)

Equipment needed:

Large mixing bowl

Measuring cup/spoons, spatula, fork, mixing spoon

Baking sheet

What to do:

1. Mix all of the ingredients together in a large bowl.
2. Clean surface, sprinkle flour on surface, and knead the dough (for about 10 mins) then let it rest for a minute.
3. Then spread out onto a cookie sheet to 1 inch thickness. Poke with holes.
4. With an adult's help, bake for 15-20 minutes at 400 degrees Fahrenheit until it is golden brown.
5. Serve with jam/honey or eat it plain and enjoy.

Making the bannock bread today was _____.

Eating the bannock bread was _____.

I ate my bannock with honey. Circle: Yes or No

I think I will try making bannock at home. Circle: Yes or No



