

BANNOCK BREAD

Bannock is a variety of flat quick bread. The word can also be applied to any large, round article baked or cooked from grain. When a round bannock is cut into wedges, the wedges are often called scones. But in Scotland, the words bannock and scone are often used interchangeably

Bannock was a staple in the diets of nearly all of North America's first peoples. The European version was invented by the Scots and is made with oatmeal, while Aboriginal people prepared bannock with corn and nut meal, and flour made from ground plant bulbs.

Although many believe that bannock is a traditional native food that was adapted by European fur traders, it actually has its culinary roots in Scotland. The Scots originated this simple bread, and some fancier variations. Do a search on traditional Scottish cuisine and you'll find bannock mentioned frequently.



Because bannock could be quickly prepared from readily available ingredients, and because these ingredients lasted a long time without spoiling, bannock became a staple of the European fur traders and subsequently, the native people also. Of course, canoeists and other wilderness travelers have also adopted bannock as a staple of backcountry travel.

Bannock, also known as fry bread or Indian bread, is found throughout North American native cuisine, including that of the Inuit/Eskimo of Canada and Alaska, other Alaska Natives, the First Nations of the rest of Canada, the Native Americans in the United States and the Métis.

Source: [http://en.wikipedia.org/wiki/Bannock \(food\)](http://en.wikipedia.org/wiki/Bannock_(food))



Originally rolled in sand and cooked in a pit, or wrapped around a stick and toasted over an open flame, Bannock today is more commonly grilled, deep-fried, pan-fried or oven baked.

On Grill It!, Ontario's Rugged Dude Carson, a hunting and fishing enthusiast, said bannock is popular with campers because the dry ingredients (he used just flour, baking powder and salt) can be easily carried and mixed with water to form a quick dough. He added lots of fresh blueberries to his dough, brushed it with canola oil and put it directly on the grill. The finished bread looked crispy on the outside with lots of nice grill marks, but soft on the inside, flecked with juicy blueberries.

Bannock was considered survival food. But these days, bannock is going from mere subsistence to a trendy additional in the bread basket. The bread is popping up in traditional forms and in newly glamorized versions—grilled, pan-fried or baked—in bistros and bakeries across Canada.

It is inexpensive, simple to make, and tastes good as long as you:

1. Use fresh baking powder;
2. Don't over-knead the dough; and
3. Allow the dough 30-60 minutes (60 minutes being optimal) to rise.



Aside from its history and ease to make, bannock is the perfect summer bread, as there's no need for an oven, so you can keep your kitchen cool while still enjoying some freshly cooked bread.

So I hope you enjoyed learning about bannock! I promise you will also enjoy eating it as well, so give it a try the next time you're hankering for some bread or biscuit!!

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