



A Unique Sense of Place

Live ... Love ... Laugh ... All Year Round

Bannock Recipe

(Serves 8 - 10)

2 1/2 cups flour
6 tsp baking powder
1/2 tsp salt
1/3 cup lard
1 1/2 cups water (add more if needed)

Method

Combine first four ingredients. Add lard, rubbing it in to form fine crumbs. Add water to the flour mixture. Stir to form a soft dough, and knead briefly.

Pat dough down into a greased pie plate and poke holes in a circular fashion using the opposite end of a spoon. Bake at 350°F for 30 to 40 minutes. (Be sure to use a timer).

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Bullet Soup Recipe

(Serves 8 - 10)

The Bullets

1 lb of ground beef
1 onion, finely diced
1 cup of bread crumbs
Dash of salt/Dash of pepper

Combine all ingredients into a mixing bowl and mix thoroughly.
Roll the mixture into 1/2 oz balls.

The Broth

1 onion, sliced
2 potatoes, cubed
4 litres of water
1/2 oz fresh garlic
Dash of salt/Dash of pepper

Add sliced onion and cubed potato to a pot, cover with water and bring to a steady simmer. When the potatoes are fork tender, add the meat balls and allow to simmer for 20 minutes. Season with salt & pepper and enjoy with freshly baked bannock.

*Celebrating our Aboriginal Community and
our Unique Sense of Place*

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