

## Did You Know?

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- Some original native recipes include roast polar bear, boiled reindeer, sweet pickled beaver, squirrel fricassee, fried woodchuck, stuffed whale breast, steamed muskrat, boiled caribou hoofs and baked skunk. Mmmmm.
- Wild rice is a type of tall grass yielding edible grains. It is one of few grains native to North America. It's found near lakes and rivers. The native people have harvested and eaten wild rice for centuries.
- Early Scottish settlers first introduced bannock, a type of bread, to Canada's native people.

Source: <https://www.cbc.ca/archives/entry/canadian-food-traditional-native-food>

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**Enjoy trying some of these Indigenous recipes this week**

### **Bannock Recipe**

Metis families often enjoyed bannock. Flour could last long periods of time, allowing families to have this year round especially during the harsh winter months. This was a quick and easy nutritional food source. Flour could be brought in the canoe but more often was eaten at larger stops such as forts or small communities along the waterways of Ontario and the Historic North West. Bannock was very versatile to cook as it could be made in a Dutch oven or placed on a stick and cooked over the fire which was extremely helpful to Metis Voyageurs as it could easily be made and eaten while on a Voyage with minimal supplies.

#### **Ingredients**

- 3 cups of flour
- 1 ½ tsp baking powder
- ½ tsp salt
- ¼ cup of butter
- 1. ¾ cups of warm water



#### **Steps**

1. Mix all dry ingredients together
2. Melt butter, then make a hole in the middle of the dry ingredients and pour in the butter
3. Add water on top of the butter

4. Blend mixture together with your hands
5. Divide the dough in half
6. Flatten each half to 1 cm thickness
7. Punch holes with a fork
8. Cook in well-greased frying pan until brown
9. If cooking over an open fire pit, pierce the dough twice through a stick and hold over the flame until browned.
10. If baking in the oven, bake at 375-degree F until browned (15-20 min approx.)

***\*This recipe can be found in the Get Together Student Workbook\*:***

***<http://www.metisnation.org/media/653157/8-get-together-student-work-book.pdf>***

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## **SALMON SOUP**

### ***Ingredients:***

4 cups (1 L) water  
 ¼ lb. (125 g) salmon roe  
 1 lb. (500 g) fresh salmon, cubed  
 ½ lb. (250 g) potato, diced  
 1 stalk celery, diced  
 1 medium onion, diced  
 Salt and pepper to taste  
 Pinch curry powder  
 1 bay leaf  
 1 tbsp vegetable oil  
 Dry seaweed for garnish

*Source: First Nations Health Authority*

### ***Directions:***

- In a large soup pot, sauté onion, celery and potato in oil.
- Add water and bring to a simmer.
- Heat salmon roe in a small saucepan and add to soup stock.
- Add salmon, salt, pepper, curry powder and bay leaf. Bring to a boil.
- Simmer over low heat until potatoes are just tender.
- Discard bay leaf.
- Ladle into soup bowls and sprinkle with dry seaweed.

***See Activities outline for more recipes***