

A watercolor-style illustration of a young child with dark hair, wearing a yellow long-sleeved shirt and blue overalls, running through a green field. The child is carrying a brown woven basket. To the left, a brown duck with a yellow beak is facing the child. In the center, a blue rabbit is sitting. In the background, a tall green pine tree stands on a grassy mound, with a small brown bear peeking out from behind it. To the right, a large, dark green tree is partially visible.

Awâsis

and the World-Famous

Bannock

Dallas Hunt

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Kôhkum's World-Famous Bannock*

Ingredients

1 cup tohtosapopimehkan (margarine)
5-6 cups askipahkwesikan (flour)
3 tablespoons opihkasikan (baking powder)

2 tablespoons sîwinikan (sugar)
½ teaspoon sîwihtâkan (salt)
3 cups tohtôsâpoy (milk)

How to Bake

1. Preheat oven to 400°F (205°C).
2. In a large mixing bowl, combine all ingredients. Mix with hands. Add more flour if dough is too sticky.
3. Roll or spread out dough on a flour-dusted counter. Make sure dough is approximately half an inch thick.
4. Make biscuit shapes with a cup.
5. Poke top of bannock with the back of a spoon.
6. Bake for 20 minutes or until top begins to brown.
7. Now you have some pahkwesikan (bannock). *Be sure to share it with your friends!*



*Bannock was, and still is, a staple quick bread made by some Indigenous peoples of Canada.