



# Let's Bake Together

## Blueberry Bannock

Looking for a fun, family activity? Try out this blueberry bannock recipe from our [Children and Family Services Department](#)!

Getting everyone together to make bannock as a family is a simple way to bond with your children and teach them new skills. Reading recipes and baking together is not only a fun pastime, but also a tasty way to boost literacy skills at home. This hands-on activity allows us to practice teamwork and prepare traditional foods while also creating storytelling opportunities to teach the next generation about our vibrant Métis culture.

Here are some helpful tips and tricks to make sure your family has a ton of fun together in the kitchen!

### Get these supplies before you start

- » 1 large mixing bowl
- » 1 medium sized mixing bowl
- » 1 cup dry measuring cup
- » ½ cup dry measuring cup
- » 1 butterknife
- » 1 teaspoon
- » 1 liquid measuring cup
- » 1 oven safe pan
- » 1 whisk
- » An oven

### Ingredients

- 4 ½ cups flour
- 2 tsp baking powder
- 1 tsp salt
- 2 cups tepid water
- 1 cup melted lard
- 1 cup blueberries

### Discuss these cooking terms with your young one(s)

**Mix** – Combining two or more ingredients into one.

**Preheat** – Heating the oven to the required temperature before cooking.

**Knead** – Working dough together with the heels of your hands in a pushing motion.

**Make a well** – Creating an open centre in the middle of your dry ingredients where you add your wet ingredients.



## Activity steps and tips for baking with your young one(s)

- » Read the recipe out loud to your young helper.
- » Ask your helper to grab each cooking tool (bowl, pan, etc.) that you will need to make your bannock one by one and bring them to your workspace.
- » Use this time to preheat your oven to 450 °F.
- » Begin by reading each step of the recipe instructions out loud to your helper. Assist them in proper measuring techniques. Remember to level off your dry ingredients so you don't add too much (or not enough)!
- » Mix the first three dry ingredients of your recipe into one large bowl. Use a whisk to ensure that the three ingredients have been evenly combined.
- » Have your helper create a well in the middle of the dry ingredient mixture.
- » Measure the lard carefully with your helper.
- » Have your young person measure out tepid (lukewarm) water in the liquid measuring cup.
- » Add your lard and water into the well you made in the dry ingredients.
- » Slowly begin to mix the lard and water combination into the dry ingredients. Start by mixing from the middle.
- » Shake in half a cup of your frozen blueberries at a time while your young person mixes the ingredients all together from the middle. Add ½ cup of the blueberries as you mix.
- » Once dough is combined, pause and have your young person sprinkle some flour to a freshly cleaned counter space where they can begin to knead the dough.
- » Have your young person flatten the dough with a fork or a spoon.
- » Place your dough into a lightly greased pan.
- » Put it in the oven and bake for 20-30 minutes until done.

### Tips for easy clean-up

- » Clean as you go!
- » Rinse your dishes off first before placing into the sink and/or dishwasher.
- » Have your young helper assist you in rinsing dishes.
- » Wash your lard bowl and utensils last. The fat may take extra effort to wash off your baking tools. Soap helps break down the fat faster!
- » Ask a helper to dry and put away items that have been cleaned.

***Good Luck and  
Happy Baking!***

**The MNA Children and Family Services Team**

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