Whole Wheat Bannock
Serves 6-8

Most Indigenous families have their own unique recipes for bannock, which are passed down from generation to generation. Bannock is usually made from wheat flour, which was introduced by Europeans, particularly Scots, who had their own flat cakes of unleavened barley or oatmeal dough called bannock. The Métis made discs of bannock on pans set over hot coals or in wood stove ovens. This recipe was adapted from Chef David Wolfman. The optional sumac and sage give the bannock a fragrant finish.

2 3/4 cups whole wheat flour
2 tablespoons baking powder
1 tablespoon sugar
2 teaspoons dried sage, optional
1 teaspoon ground sumac, optional
3/4 teaspoon table salt
3/4 cups cold vegetable shortening or unsalted butter
1 cup milk, plus an additional 2 tablespoons if necessary

Pre-heat oven to 400°F. Line a 12-inch x 17-inch baking sheet with parchment or a silicone mat.

In a large mixing bowl combine the flour, baking powder, sugar, sage, sumac and salt.

Add the shortening or butter and mix with your fingers until the mixture looks like breadcrumbs.

Make a well in the centre of the flour mixture and gradually add the milk. Combine until it sticks together. Add more milk if the mixture isn't coming together.

Lightly dust the work surface. Turn out the dough and knead the mixture lightly. Gently form the dough into a round, about 1/2-inch thick. Poke holes in the surface using a fork.

Bake for 15-20 minutes or until golden brown. Remove to a cooling rack and cool slightly before cutting into wedges to serve.