

Appendix 2
Bannock: An Interesting History
Speaker notes to go with slide presentation



Slide 1 (Title) – Bannock: An Interesting History

- ❖ Today we will be talking about bannock. We will also make and eat some bannock!
 - ❖ **Ask:** has anyone ever had bannock before?
 - ❖ **Ask:** what is bannock?

Slide 2 – What is Bannock?

- ❖ Bannock is a type of fry bread popular among First Nations peoples
 - ❖ **Ask:** what are some ingredients used to make bread?
- ❖ It is typically made from
 - Flour
 - Instead of yeast, baking powder is used to make the bannock rise
 - Lard (animal fat)
 - ❖ **Ask:** what is lard? What can be used instead of lard?
- ❖ You can also use butter, margarine or shortening instead of lard!
- ❖ Salt is added for flavour
- ❖ Water helps it all mix together

Slide 3 – Introduction

- ❖ When fur traders from Europe came to Canada, they brought their own food and traditions with them
- ❖ In Scotland, a flat cake made from barley or oatmeal was very popular. This was called “bannuc” ¹
- ❖ Fur traders from Scotland brought bannuc along with them to Canada and introduced it to Indigenous Canadians ¹
- ❖ Over time, the recipe has been adapted to become what we now know as ‘bannock’
 - ❖ **Ask:** Why do you think Indigenous peoples accept Bannock so much it became a staple in their diet?

Slide 4 – Bannock in Canada before European Settlement

- ❖ Before Europeans arrived in Canada, wheat flour was not present here. But Indigenous peoples made other versions of bannock using wild plants
- ❖ They used plants such as lichens, moss, cattails and camas bulb ³
- ❖ For example, camas bulb was baked for a long time, dried, then flattened or chopped to form cakes or loaves, much like the bannock we know ²
 - ❖ **Ask:** How do you think that would taste?

Slide 5 – Colonization in Canada

- ❖ “Colonization occurred when a new group of people migrated to North America, took over and began to control Indigenous Peoples. Colonizers imposed their own cultural values, religions, and laws, and made policies that did not favour the Indigenous Peoples. They seized land and controlled the access to resources and trade. As a result, the Indigenous people became dependent on colonizers.”⁶
- ❖ New laws and rules put in place by colonial governments had a major effect on the foodways (ways of obtaining, sharing and eating food) of Indigenous Canadians.

Slide 6 – Colonization of Indigenous Foodways

- ❖ After Europeans settled in Canada, new colonial policies like the Indian Act of 1867 had a major impact on the foodscape for Indigenous Canadians⁴
- ❖ The Act led to European settlers taking over the best, most fertile land to cultivate and farm⁴
- ❖ Indigenous peoples were given small fragments of land as reserves, which were often the least fertile and least desirable⁴
- ❖ Indigenous peoples were largely displaced from their traditional lands, and access to traditional hunting and fishing areas was blocked or severely restricted⁴
- ❖ Instead, they were given government rations, which included flour, salt, sugar, baking soda and lard, which was often used to make bannock⁴
 - ❖ **Ask:** How do you think Indigenous people felt about receiving these rations after being displaced from their lands?
 - ❖ **Ask:** What do you think happened to their eating habits? How did it affect their life? (*Ask students how they feel about this and include them in the discussion*)
- ❖ Over time, through further colonization, bannock became a staple food as these rations replaced many traditional foods⁴
- ❖ Some people now see bannock as a symbol of their resilience and ability to endure hardship
- ❖ In many families, bannock is now a favourite family food and recipes are handed down to next generations⁵
- ❖ And the Ojibway, who live all around the Great Lakes in Canada and the United States, call bannock ‘ba’wezhiganag’² (ba-wes-ee-gan-ag)

Slide 7 – Other Names for Bannock

- ❖ We know the English word for bannock, but it is also called ‘frybread’ by many people, because of one way it can be cooked – fried in oil or lard²
- ❖ We also know that the Scots called it ‘bannuc’
- ❖ There are many different tribes and nations of Indigenous peoples, with different languages with different words for bannock
- ❖ The Inuit, who live in Northern Canada, call it ‘palauga’² (pa-lao-ga)
- ❖ The Mi’kmaq, who mostly inhabit Eastern Canada, call bannock ‘iuskin’² (loo-skin-e-gen)

- ❖ The Cree, in Central Canada, refer to it as 'pahkwesikan' (pak-wes-ee-can)
- ❖ And the Ojibway, who live all around the Great Lakes in Canada and the United States, call bannock 'ba'weziganag' ² (ba-wes-ee-gan-ag)

Slides 8-9 - How Can We Make Bannock?

- ❖ **Ask:** Who has eaten bannock? If you have eaten bannock before, how was it made?
- ❖ You can bake it in the oven, you can also fry it, which is why it's sometimes called frybread
- ❖ Bannock can also be made on a stick over the fire:
 - Fun way to make bannock dogs also!
 - Once the bannock is cooked, add a cooked hot dog to the middle opening where the stick was
OR
 - Wrap the bannock dough around the hotdog on a stick, and roast over the fire
- ❖ You can try making it if you go camping

Slide 10 – Additions/Alternative Ingredients in Preparing Bannock

- ❖ Use whole wheat flour in place of all or part of the white flour
- ❖ Try different flours: spelt, oat, etc.
- ❖ Add different ingredients to the dough to such as berries, or dried fruit, like raisins
- ❖ After it's done baking, you can spread butter and jam on it, just like toast
- ❖ **Ask:** Can you think of some different things you can add to bannock or put on it?

Slide 11-12 - Bannock Recipes

- ❖ Go over recipe for your group

Slide 13 – What Does Bannock Mean to You?

- ❖ **Ask:** Have you eaten bannock before? If yes, who made it?
- ❖ **Ask:** Have you made bannock before? If yes, who taught you how to make it?
- ❖ **Ask:** What do you like to put on top of your bannock?
- ❖ **Ask:** Is bannock something you eat regularly in your family?
- ❖ **Ask:** Do you want to make some bannock?

References:

1. <https://fooddaycanada.ca/featured-article/bannock-canadas-first-peoples/>
2. <https://www.cbc.ca/radio/unreserved/bannock-wild-meat-and-indigenous-food-sovereignty-1.3424436/bannock-a-brief-history-1.3425549>
3. <https://www.martlet.ca/bannock-consuming-colonialism/>
4. <https://thewalrus.ca/breaking-bread/>
5. http://www.eswb-press.org/uploads/1/2/8/9/12899389/indigenous_perspectives_2016.pdf
6. <https://opentextbc.ca/indigenizationfoundations/chapter/43/>

Teacher Resources and Further Reading:

1. <https://www.cbc.ca/news/canada/manitoba/m%C3%A9tis-rosie-darling-national-centre-for-truth-and-reconciliation-1.5820908>
2. <https://thewalrus.ca/the-history-of-food-in-canada-is-the-history-of-colonialism/>