

Baking Recipes

There are many types of ‘trail breads’. **Bannock** is probably the one that is most often associated with the North Country. There are about as many ways to prepare it as there are cooks baking bannock. Here are a few recipes.

Top Bread

- 4 cups Bannock
- 5 tbs Parkway

Mix Bannock and fat (lard works best) dry in pot using your hands. Sprinkle water lightly until mix is more liquidly than batter but less so than pancake batter. Resist the urge to stir the wet mix. The more you touch it after adding water the worse it gets. Shovel mounds of wet mix in to greased pan and fry till golden brown on both sides.

Fruit Bread

- 2 cups Bannock
- 1/4 cup dried mix fruit
- 1/4 cup raisins
- 2 eggs or dry equivalent

Mix dry ingredients together in large bowl. Add 2 table spoons of some fat (lard preferred) and water till the mix is sticky (but not like batter. Note– the less you handle the wet mix the fluffier the bread will be. Fry with lard or oil in skillet till browned on both sides.

Biscuits

- 3 1/2 cups Bannock
- 1 cup water

Combined and mix water and Bannock till you have soft dough. Place on floured surface and roll to thickness of 1/2in. Cut into biscuits with round object and bake for 15 minutes. To make raised biscuits add one package of activated dry yeast and let rise in warm place . Roll, cut, bake.

Pancakes

- 4 cups Bannock
- 2 1/4 cups milk (liquid)
- Equivalent of 2-3 eggs

Blend eggs and milk together with fork or whisk. Add Bannock gradually to liquid till smooth batter is made. Use greased griddle and poor small circles onto hot surface (Mickey Mouse pancakes are encouraged). Cook until bubbles form, turn pancakes over.

Cakes

The Bisects Cake

- 2 cups Bannock
- 1 egg or dry equivalent
- 1/4 cup sugar
- 1/4-1/2 cup milk

Mix dry materials together. Make milk with the dehydrated powder. Add milk slowly till mixture is a little thicker than batter. If 1/2 cup milk is not enough add water until desired consistency is made. Bake in steam oven till sliver of wood is removed clean after insertion. In this recipe get creative you can add any flavoring you want. You are only limited by your imagination.

Suggestions:

Coffee and raisins, fresh fruit, apples and cinnamon, rehydrated dry fruit, chocolate.

Sweaty Pig

- 2 cups bannock
- 2-3 packages of hot chocolate
- 2-3 packages of Apple cider
- 1/3 cup brown sugar

Mix dry ingredients in bowl. Add water slowly until batter like. Poor into greased liner pan. Bake in bake packer. When an wood sliver is inserted and no material sticks to the sliver, cake is done. Note— add raisins to change texture. Substitute coffee for water to make better.

-As created by Peter Decker

Peanut butter chocolate Éclair

- 1 pack Vanilla pudding
- 1/4 cup peanut butter
- Enough milk to make pudding
- Sleeve of graham crackers
- Chocolate frosting

Mix pudding and milk as instructions state. Add peanut butter and blend into vanilla pudding,. Layer (3-5 layers) pudding and crumbled graham crackers into pie pan. Top with chocolate frosting. Let set for 10 min.

Sunshine Cake

- 1 pack yellow cake mix
- Powdered eggs
- Oil/parkay
- Chocolate chips

Mix cake mix with oil, water and eggs. Place in liner pan to bake – add chocolate chip ½ way through.

Frosting

Wojapi sauce

- 1-2 cups fresh or dry fruit
- Water

If fruit is dry cut up into small pieces. If fruit is fresh, mash it. Place in sauce pan and cover with water. Boil on high, continually stir till water boils off and the sauce is syrup. May have to repeat this process several times to obtain syrup. Use as a topping or mix into batter to flavor cakes and frostings.

Standard frosting

- Powder sugar
- Vanilla extract
- Water or milk

Use as much powder sugar as you would like frosting. Add a squirt of vanilla extract. Mix in water or milk by the teaspoon until frosting thickens to desired texture. Thicker frosting for cakes thinner for cinnamon rolls. To make butter cream icing replace liquid with butter. Add cinnamon, hot coco, apple cider, and drink mix to make other flavors. You can use the brownie mix to make chocolate or fudge frosting.

Butter crumb topping

- 1/2 cup brown sugar
- 1/6 cup margarine (Parkay)
- Dash of cinnamon

Mix ingredients together until crumbly. Sprinkle over cake while it is still hot. Let sit 3-5 minutes.