



MacPhee Centre for Creative Learning

# luski (Mi'kmaq bread/bannock)



## INGREDIENTS

5 cups flour  
4 tsp. baking powder  
1 tsp. salt  
1/2 cup oil  
2 1/2 cups water



## INSTRUCTIONS

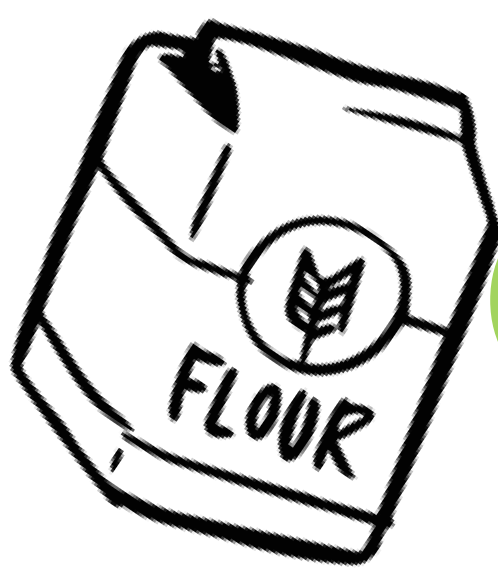
1. Preheat oven to 300 degrees.
2. Measure all dry ingredients into a bowl and mix lightly.
3. Add the liquid ingredients, mixing to form a soft dough.
4. Roll tightly and pat into a bread pan.
5. Cut in squares with a floured knife.
6. Bake for about 45 minutes - NOTE: The bannock does not brown on the top.



This recipe is from Parks Canada.

It has been tested by Chef Steve Price, Algonquin College School of Hospitality and Tourism.

This recipe has been passed down through the generations by Mi'kmaq grandmothers.



# enjoy