

Try the following recipes.

Bannock

The ingredients (flour, baking powder, and salt) was introduced to the Secwepemc by the early settlers. Traditionally, the Secwepemc did not have flour. They did make a flour-like product by pounding the brown tops of the bulrush plant and some other dried roots.

Bannock can be deep fried, baked, cooked in a heavy pan on the side of a campfire, or even on a stick held over a campfire.

Basic Bannock (Baked Bannock)

Combine the following in a bowl:

4 cups flour

3 teaspoons baking powder

½ salt

To the dry ingredients, add a mixture of:

¾ milk

¾ water

Gently combine the ingredients to form a soft dough then knead eight to ten times. (Do not overwork or dough will become tough). Roll out the dough on a lightly oiled table and cut out pieces using a round object (lid).

Bake the bannock 425° for 20 -25 minutes.

Notes: 2 tbsp. shortening or bear grease cut into the flour makes a more tender bannock.

Dried berries, raisins, or fruit may be added.

Recipe adapted from Indian Food: A Cookbook of Native Foods from British Columbia. Medical Services, Pacific Region, Health and Welfare Canada

Lekamin (Indian pudding)

The Secwepemc used wild huckleberries, blueberries, saskatoons, or chokecherries for this recipe. You can use store bought fresh or frozen blueberries or saskatoons.

In a small container, mix together 2 tbsp. flour with ½ cup water. Stir until very smooth.

In a saucepan, put 2 cups berries. Add 1 cup water. Bring to a boil and then simmer lightly until cooked. Add the flour paste and cook gently until thickened. Add sugar to taste. The consistency will be thick and creamy.

Teas

*The Secwepemc used many wild berries, plants, and trees to make teas.
Some of plants used for tea include:*

- wild mint*
- wild rose (branches, leaves, and rosehips)*
- dried saskatoons*
- Labrador (swamp) tea*