**Bannock Bread**

3 cups flour, white or wheat 1 tsp. Salt

2 Tbsp. baking powder Vegetable oil or lard

Mix half the flour with the other dry ingredients. Add water until the mixture resembles thick paste. Add more flour until the dough is soft. Pull off a small fistful of dough and roll thinly on a floured board. Fry to golden brown in a hot, oiled skillet.

**Home Churned Butter**

3 Tbsp. liquid (35% milk fat) whipping cream

Dash of salt (optional)

Clean jelly jar with lid

Add ingredients to jelly jar. Secure lid. Shake hard through following stages:

Stage 1: The whipping cream is initially a liquid.

Stage 2: The whipping cream is now light and fluffy. Keep shaking the jar; it’s not butter yet.

Stage 3: When you unmistakably hear the sound of watery liquid again, you will find a fresh lump of butter in the jar. Pour off remaining liquid and serve.