



li zhoor di laan New Year's Day



Appendix 1:

Traditional Métis Gaalet (Bannock)

Ingredients:

- 6 cups la faarinn (flour)
- 3 tbsp la poodr a paat (baking powder)
- 2 tsp li sel (salt)
- 1 cup oil
- 3 cups water

Instructions:

1. Preheat oven to 375°F
2. Mix dry ingredients in a large mixing bowl.
3. Make a well in the center of the bowl, add the wet ingredients.
4. Fold the dough lightly, do not over mix.
5. Knead until it is flakey and form it into a loaf shape.
6. Using a rolling pin, flatten the loaf until it is approximately $\frac{3}{4}$ of an inch.
7. Place onto an ungreased cookie sheet, bake for 15 minutes then flip la gaalet over and bake an additional 15 minutes.
8. Serve la gaalet hot with butter, jam, or as a side to la soup (soup).

Tea:

- Prepare hot water and steep tea bags for at least 5 minutes
- Serve with cream and sugar

