

MASIANA KELLY

BANNOCK in a HAMMOCK

illustrated by AMIEL SANDLAND



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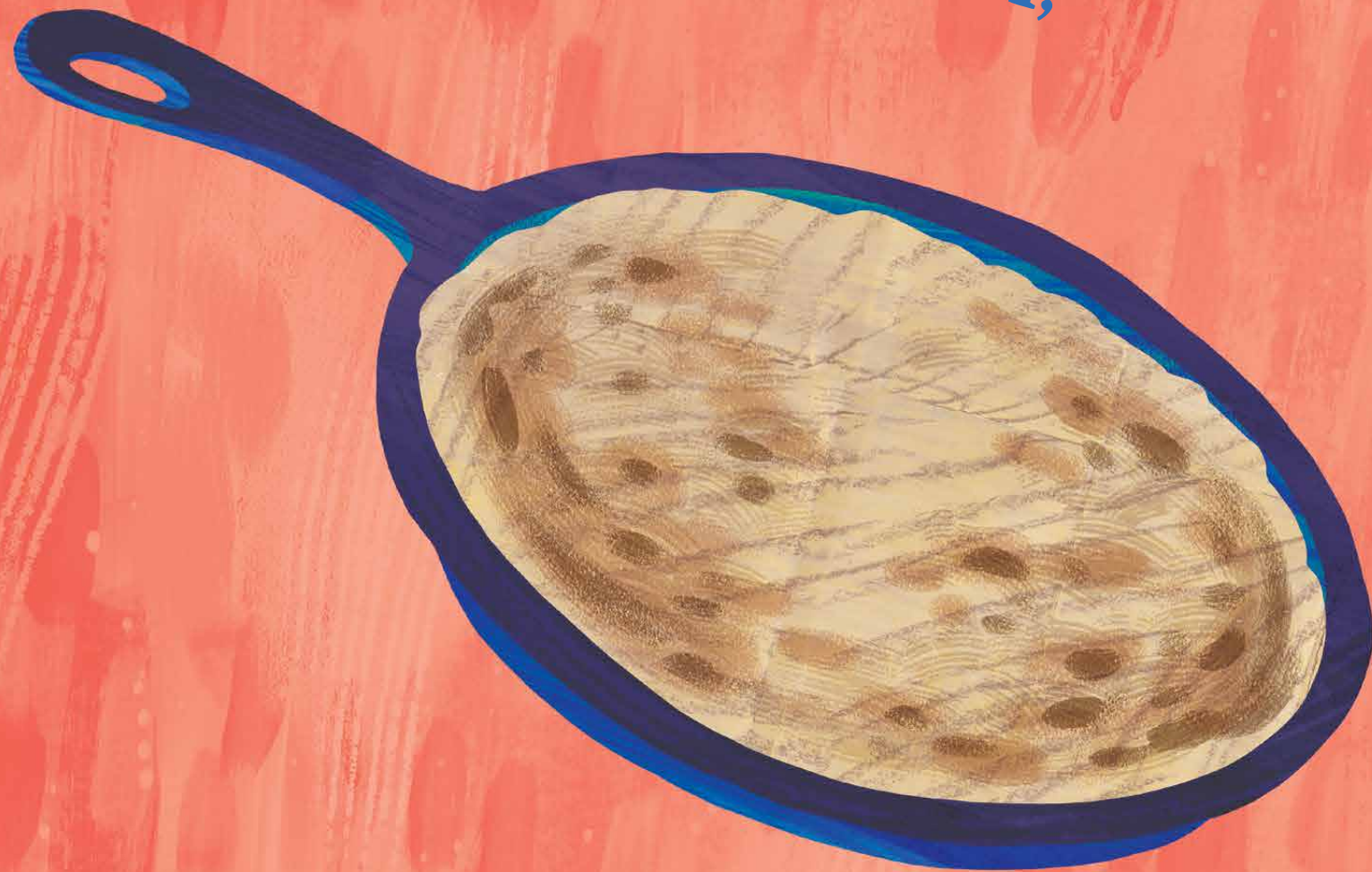
BANNOCK

in a

HAMMOCK

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Bubbly with holes
in a cast iron pan,



Cienna likes bannock
with butter and jam.

Gigantic bannock; itsy-bitsy bites,

no matter the size

it always tastes right.



A vibrant, stylized illustration spanning two pages. On the left page, three red cooking utensils (a large spoon, a smaller spoon, and a ladle) are shown pouring water, pink powder, and yellow powder into a bowl. On the right page, a boy in a yellow sweater and blue pants is climbing a tall, spiraling tower made of golden-brown bannocks. The background is a bright blue sky with white clouds, a yellow sun, and a few birds. The text is written in a playful, hand-drawn font.

Mix up some water,
baking powder,
and flour,

cook 'til it's hot
and make a bannock tower!



You can eat it with char,



or caribou stew,



or with quaq, or maktaaq,



to name just a few.

**Eva eats bannock
for breakfast
or brunch**



**with fried eggs and bacon
and leftovers for lunch!**



Whether you're out on the ice
or stretched on a hammock,

there's no wrong way to enjoy
any kind of hannock.



A vibrant, stylized illustration of a boy and a girl holding up bannocks. The boy on the left, wearing a green hoodie, holds a bannock topped with a fried egg and bacon. The girl on the right, wearing a red and blue striped shirt, holds a bannock topped with blueberries and chocolate syrup. The background is a warm yellow with floating ingredients: fried eggs, strips of bacon, blueberries, and a large bannock. On the right, a brown pitcher with a red maple leaf logo is shown. The text is written in a playful, blue, sans-serif font.

Aqqalu likes savoury
while Aivgak likes sweet,

but no matter what,
bannock makes a great treat.

Sprinkle on sugar,
sprinkle on **sprinkles!**



Make a bannock donut

and your taste buds will

twinkle.



Slice open a piece



and fill it with Klik.



*Rose grabs a snack
that is quicker than quick!*



What bannock would you choose?

You can always have more,



just don't choose the bannock
that fell on the floor!



Baked Bannock Recipe

5-6 cups flour

1/3 cup sugar

1 tsp salt

4 tbsp baking powder

1 cup lard

2-4 cups water or milk

Optional mix-ins

***for sweetness, add 1 cup raisins**

***for savoury, add 1 cup fish eggs,
or cheese and chives**

1. Preheat oven to 350°C and grease a 9x12 pan.
2. Mix flour, sugar, salt, and baking powder in a bowl.
3. Mix in the lard by squishing it between your fingers with the flour mixture until it has a “sandy” consistency (when you squeeze the dough in your hands it should hold together).
4. Add any mix-ins, and mix together with your hands or a fork.
5. Add 2 cups of the water or milk, and mix with a spoon or your hands until it holds together (if it's too dry, add more liquid. If it's too wet, add more flour). Be careful not to overmix or your bannock will be tough. The less you mix it, the fluffier it will be.
6. Place the bannock mixture into the greased pan, and poke all over with a fork.
7. Put the pan in the oven, and bake until lightly browned on top (approximately 45 minutes).
8. Cool for 10 minutes before cutting into squares. Enjoy with your favourite spreads, or use for making Klik sandwiches!



Glossary of Inuktitut Words

The pronunciation guides in this book are intended to support non-Inuktitut speakers in their reading of Inuktitut words. These pronunciations are not exact representations of how the words are pronounced by Inuktitut speakers. For more resources on how to pronounce Inuktitut words, visit inhabitmedia.com.

Word	Pronunciation	Definition
Aivgak	ah-eev-gahk	name
Aqqalu	ahk-kah-loo	name
maktaaq	mahk-tahk	sliced narwhal or beluga skin, often with a bit of blubber attached
quaq	koo-ahk	raw, frozen meat or fish

Masiana Kelly is an Inuk/Dene writer from Kugluktuk, Nunavut, and Fort Simpson, Northwest Territories. She carries with her the lessons her grandparents, aunties, and uncles taught her. She lives in Fort Smith with her husband, two boys, and two dogs, and she loves to bake, bead, and create. They enjoy spending quality time together and travelling to visit family as much as possible.

Amiel Sandland is an illustrator living in the Toronto area. He studied illustration at Seneca College, eventually specializing in comic arts and character design. He has also dabbled in layout, comics, and props making. Rarely found without a pen in hand, he enjoys drawing animals, monsters, and plants.