



Culinary Heritage: Spring Salmon Salad and Bannock

Bannock, Fried

(Makes 6-8 Bannock)

3 cups flour

1 1/2 tbsp baking powder

1 1/2 tbsp sugar

1 tsp salt

1 ½ cup water, room temperature, maybe a bit warmer

(Option- 1 egg, include this as part of your liquid above)

Method:

In a large mixing bowl, add Dry ingredients and mix thoroughly.

Make a well with the Flour mix and add the water until it comes together, knead for 20 seconds.

Split the dough in 6 or 8 pieces depending on your size of Bannock you would like to make.

With your hands, add a bit of flour making discs and flattening out, resting on a floured surface ready for frying.

In a large Fry pan put in ¼ inch of oil and heat to medium high.

Place dough down facing away not to splash any oil, fry on both sides, trying not to get too brown but cooking all the way through.

Place on napkins to soak up any extra oil.



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Blueberry Lemon Vinaigrette

¼ Cup	Oil (Olive, Canola, Grapeseed)
2 Tbsp	Balsamic Vinegar
2 Tbsp	Blueberries, mashed + 2 Tbsp for Garnish
1 Tbsp	Lemon Juice
1 tsp	Dijon Mustard
1 tsp	Maple syrup, or honey
2 tsp	Fresh Thyme, chopped
½ tsp	salt and pepper to taste

Method:

- 1) Mix all ingredients together except for the Oil.
- 2) Slowly whisk in the Oil to get the dressing to come together,
also called emulsified.

Salad:

3 Cups of Spring Salad Mix
1 Cup of Spinach
1 Tomato, sliced
½ Cucumber, sliced
½ Yellow Pepper, sliced



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Maple Glazed Salmon

1 lb. Salmon, wild, skin off, sliced into 4

3 Tbsp Maple Syrup

2 Tbsp Soy Sauce

2 Tbsp Lemon juice

1 Tbsp Green onion, chopped

¼ tsp salt

¼ tsp pepper

-Wisk the above items together

Method:

- 1) Heat up an oven proof frypan on medium, and pre-heat your oven to 350 F
- 2) Put 1 Tbsp of oil in your pan and place the Salmon, searing on the one side, sprinkling with salt and pepper, then flipping over.
- 3) Pour your sauce over the Fish.
- 4) Place your pan in the oven for about 5-7 minutes.
- 5) Check for doneness, this may depend on the Salmon thickness.
- 6) Letting this cool a bit, you can serve alongside your Salad.