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00:10 I am Harvey.

00:14 I am called Verna.

00:18 Verna Demontigny.

00:23 An apron for you.

00:27 I will wear my apron.

00:30 An apron.

00:32 An apron. An apron.

00:55 Oven bannock.

00:58 Oven. Oven.

01:05 Put it up.

01:16 The oven. Put it on.

01:24 Put it on to 400 degree.

01:30 The oven, the oven.

01:33 The oven.

01:38 Put it to 400 degrees.

01:44 To warm up.

01:46 To heat up.

01:50 Now...

01:54 We'll wash his hands.

02:00 He will wash his hands.

02:12 Put soap. There's no soap?

02:19 Use that one, the dishwashing liquid one.

02:28 Harvey is washing his hands.

02:48 A towel.

02:51 A towel.

02:54 A towel.

02:57 Harvey will wipe his hands.

03:07 Over there now.

03:10 We will make bannock.

03:15 Ready.

03:18 Flour.

03:22 Flour.

03:28 A bannock pan.

03:35 Gloves.

03:39 Wear your gloves.

03:44 A big spoon.

03:50 A big spoon.

03:56 Salt.

04:00 Salt.

04:07 Baking powder.

04:10 Baking powder.

04:18 A big pan.

04:21 A big pan.

04:27 Water.

04:30 A bottle of water.

04:33 A bottle of water.

04:48 Flour.

04:51 Flour.

04:57 Six cups.

05:01 Six cups of flour.

05:08 Six cups.

05:11 Six cups.

05:14 Six cups of flour.

05:18 Are you ready?

05:23 Flour.

05:29 Salt.

05:33 Salt.

05:40 Salt.

05:53 Baking powder.

05:55 He's putting.

06:00 He's putting baking powder.

06:14 One big spoon.

06:18 And half a spoon.

06:23 A big spoon.

06:28 A big spoon.

06:31 And half.

06:45 He is really mixing the flour, the baking powder, and the salt.

07:07 He's really stirring it well.

07:13 The flour, the baking powder, the salt.

07:24 He's making a little well...

07:31 He's making a little well right in the middle.

07:39 He's making a little well right in the middle.

07:58 Water, he's pouring water in the little well.

08:07 Some more?

08:17 By a little bit, you're stirring the flour from the middle.

08:27 He's stirring by a little bit.

08:47 He's still pouring a little bit of water.

08:59 Again, he's stirring the flour...

09:07 To make it into a dough.

09:37 He's shaking it.

09:41 He's shaking it.

09:50 More?

09:56 A big bannock.

09:59 He's making.

10:04 A big bannock. A big one.

10:10 A big one.

10:25 He's stirring to make it into dough.

10:39 He's cleaning his spoon.

10:45 He's cleaning his spoon.

10:50 He's kneading his dough.

10:58 He's kneading the dough.

11:04 He's kneading.

11:35 Until it's right.

11:42 He feels for it not to be doughy.

11:53 He's cleaning his hands.

11:57 He's cleaning his hands.

12:01 With flour.

12:17 He put flour on the table.

12:23 He's kneading the bannock.

12:28 He's kneading.

12:34 Not too much.

12:47 He's kneading.

12:50 He's kneading.

12:58 He's kneading.

13:09 He's putting a little bit of flour on top.

13:16 And he's kneading it flat.

13:22 He's kneading it flat.

13:35 He's turning it over.

13:39 He's turning his bannock over.

13:44 He's scattering a little bit of flour.

13:52 He's kneading the bannock.

14:15 A big bannock.

14:18 This one.

14:21 A big one.

14:24 A big one.

14:27 Not a small one.

14:29 A big one.

14:33 He will put it in this pan.

14:45 He puts it in half.

14:49 He puts it in half.

14:53 He picks it up.

14:56 He... gets the flour off it.

15:01 He dusts the flour off of it. Sorry.

15:04 He dusts the flour off of it.

15:09 He puts it in the pan.

15:14 He puts it in the pan.

15:25 He's pressing it down properly.

15:31 To be flat.

15:39 He's pressing it flat.

15:54 He's making holes.

15:57 He's making holes.

16:00 Wait.

16:10 He puts it in the oven.

16:13 He puts it in the oven.

16:20 He doesn't have a lot of flour left.

16:26 He doesn't have a lot of flour left.

16:29 Only a little bit.

16:34 When you make bannock you need flour, baking powder, salt...

16:48 Flour, salt...

16:51 Flour, baking powder, salt, water.

17:03 And you clean your table.

17:09 You have a little bit left.

17:13 You clean it.

17:16 Long ago...

17:21 While my dad was trapping...

17:25 He left all day.

17:30 And we didn't have much lard.

17:36 We don't- we didn't put lard.

17:40 We didn't have much.

17:44 We saved it.

17:47 We put it on top our bannock to eat.

17:55 And so we still make bannock, like long ago.

18:04 Only flour, baking powder...

18:30 Salt and water.

18:33 That's all.

18:51 It's done baking now.

18:55 It's done baking.

18:59 Harvey will wrap it.

19:05 He will wrap it.

19:24 He will wrap it.

19:26 He will wrap it.

19:30 He will wrap it.

19:35 I will set the table now.

19:40 Milk.

19:45 Milk, sugar...

19:55 Pepper, salt...

20:01 Butter.

20:08 Butter dish.

20:17 Peanut butter.

20:20 Jam.

20:25 Bacon grease.

20:28 Bacon grease.

20:38 A small cup.

20:42 A big cup.

20:45 A small cup.

20:48 A big cup.

20:53 A glass.

20:56 With juice.

20:59 Orange juice.

21:11 A spoon.

21:15 A small spoon.

21:19 Two spoons.

21:23 Spoons.

21:26 A knife.

21:30 Knives.

21:34 Knives.

21:45 And bannock.

21:49 Bannock.

21:52 And bannock.

21:54 Bannock.

22:03 One.

22:04 A big knife.

22:08 Tea.

22:12 And juice.

22:14 Orange juice.

22:19 Ready?

22:20 I will pour tea.

22:24 I will pour tea.

22:30 I will pour tea.

22:39 I will pour juice.

22:48 Bannock.

22:50 He's cutting.

22:54 He's cutting bannock.

23:06 We will have a lunch.

23:11 We will have a lunch.

23:15 A lunch.

23:22 We will eat.

23:30 Come and eat.