

## Buffalo Stew - From Historic Hat Creek Ranch

2 ½ lbs buffalo meat

2 to 3 tbl sp flour

3 to 4 cups water

4 carrots

8 potatoes

2 lg onions

salt, pepper, Worcestershire sauce

Cut the buffalo meat into small cubes and brown well in fat (lard, butter, or oil) in a stockpot. Remove meat. Blend flour into drippings, scraping bits from sides and bottom of pot. Add water, and - stirring all the time - make a thick brown gravy sauce. Return meat and peeled, diced veggies to the pot, cover with water and simmer for ¾ hour or until tender. Add seasonings and serve with heavy bread or bannock.

## Bannock

6 cups of all-purpose flour

6 tblesp of baking powder

3 tsp salt

Water to mix (about 3 or 4 cups)

Cooking oil

Sieve all the dry ingredients together and add the water slowly, stirring all the time. The dough should be a bit sticky but all flour wet. Do not mix for long. The secret of good bannock is light mixing. Turn out onto baking sheet, greased or covered with parchment paper. Pat out to about 1 ½ inch thick, in roughly oblong shape. Brush with oil. Bake at 350 degrees for about 15 mins and flip over, brush with oil and return to oven for a further 10 minutes.

