

Avocado Fried Bannock With Spruce-tip Whipped Butter



Serves 6

Preparation

1. Heat deep fryer to 350°F (177°C) or heat oil on a stovetop at medium heat.
2. Cut and peel two avocados. Mash them together with 1 tbsp (15 ml) of lemon juice; cover and set aside.
3. Combine all dry ingredients (sugar, all-purpose flour, salt, baking powder) into a medium-sized bowl and mix by hand.

Ingredients

- 3 avocados from Mexico, divided
- 1 tbsp (15 ml) + ½ tbsp (8 ml) lemon juice
- ¼ cup (60 ml) sugar
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) salt
- 3 tsp (15 ml) baking powder
- ¾ cup (180 ml) warm water
- 1 tbsp (15 ml) canola oil + more for frying
- ½ lb room temperature unsalted butter
- 1 ½ tbsp (23 ml) dried spruce tips
- 2 tbsp (30 ml) honey

Steph Baryluk, Indigenous Chef, based in Calgary, CA

Chef Steph Baryluk is Teet'it Gwich'in from Teet'it Zheh (Fort McPherson) Treaty 11 Territory located in the Northwest Territories. A proud Gwich'in Chef, she grew up hunting, fishing, and travelling the Arctic Tundra. Drawing inspiration from her Gwich'in upbringing. Creator of 'Rooted' an Indigenous Food Program with Simon Fraser University and hosting Indigenous receptions/dinners, cooking classes, speaking engagements and training sessions globally. Chef Steph has worked throughout the culinary industry and has

Avocado Fried Bannock With Spruce-tip Whipped Butter

4. Add avocados into the dry mixture and mix through. Add warm water and mix dough until it's all combined, being careful not to over mix. You can add water if it's too dry. Dough should be soft to touch.
5. Cover and rest dough for 20 minutes. Add 1 tbsp (15 ml) oil and portion bannocks into six pieces, being sure not to over mix the dough.
6. Fry bannock pieces until golden brown and cooked through, flipping as needed. Serve warm. To create the spruce tip whipped butter, grind spruce tips in a spice grinder until fine. In an electric mixer, add room-temperature butter, one mashed avocado, ½ tbsp lemon juice, ground spruce tips and honey. Whip until mixture is easy to spread and serves with warm bannocks.

found the most passion through showcasing her Indigenous roots one plate at a time. She also launched her own company, MRS B'S JERKY which is a play on traditional caribou dried meat 'Nili Gaii' but made with beef.