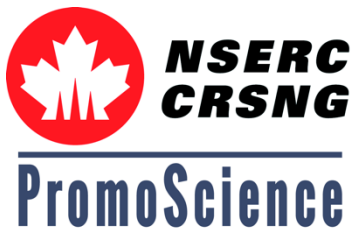


Pan-Fried Luskinikn



Pan-Fried Luskinikn

Recipe makes: 10 servings (1 piece of luskinikn per serving)

Preparation time: 5 to 10 minutes

Cook time: 25 to 35 minutes

Equipment: (1) one set of measuring cups, (2) one set of measuring spoons, (3) one large mixing bowl, (4) one large spoon, (5) one rolling pin, (6) one sharp knife, (7) one stove or hotplate, (8) one large frying pan, (9) one spatula or pair of tongs, (10) one cooling rack or large plate

What you need to this recipe:	How to make Pan-Fried Luskinikn:
<ul style="list-style-type: none">✓ 3 cups + 3 tablespoons all-purpose whole wheat flour✓ 2 tablespoons baking powder✓ 2 teaspoons salt✓ ½ cup non-fat plain Greek yogurt✓ 1 cup to 1 ½ cups water✓ 1 tablespoon vegetable oil	<ol style="list-style-type: none">1. Put 3 cups of the flour, the baking powder, and the salt in a large mixing bowl. Using a large spoon, stir until combined.2. Add the yogurt to the flour mixture. Stir until combined.3. Add ½ cup of water to the flour mixture. Stir until combined.4. Add another ½ cup of water to the flour mixture. Stir until a sticky dough is formed. If the dough is dry, add 1 tablespoon of water to the dough and stir to combine. Continue adding water to the dough, 1 tablespoon at a time, until the dough is sticky.5. Use 3 tablespoons of the flour to flour a rolling pin and a clean, dry flat surface (like a counter).6. Transfer the dough from the mixing bowl to the floured surface.7. Using a sharp knife, cut the dough into 10 pieces that are the same size.8. Using clean hands, roll each piece of dough into a ball. Put the balls of dough to the side of the floured surface.9. Put one ball of dough in the centre of the floured surface. Using the rolling pin, roll the dough into a disk about ½ cm (¼ inch) thick.10. Repeat Step 9 until all the dough is rolled into disks.11. Turn a stove or hotplate on to medium heat.12. Put the oil in a large frying pan and heat on the stove or hotplate for 2 to 3 minutes.13. Put two to four disks of dough in the frying pan. The disks of dough should not touch.14. Cook the dough for 5 to 7 minutes. Using a spatula or pair of tongs, flip the dough. Cook for another 5 to 7 minutes.15. Using the spatula or tongs, take the luskinikn out of the pan and put it on a cooling rack or large plate.16. Repeat Steps 13 to 15 until all the dough is cooked.17. Let the luskinikn cool for 10 minutes, then serve.

Pan-Fried Luskinikn

Nutrition Facts	
Per 1 serving (1 piece of luskinikn)	
Calories 150	% Daily Value*
Fat 2.5 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 1 g	1 %
Protein 6 g	
Cholesterol 0 mg	
Sodium 470 mg	20 %
Calcium 400 mg	31 %
Iron 1.5 mg	8 %
Vitamin A 0 µg	0 %
Vitamin C 0 mg	0 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk, wheat, and gluten.

About this recipe:

Most Indigenous groups on Turtle Island (North America) make some version of a simple bread made with a few ingredients. In Mi'kmaw, we call it "Luskinikn". It is also commonly called "luski", "bannock", "4-cents", or "fry bread" when fried. This bread represents a food that was very low cost and affordable for Mi'kmaq, making it a staple when other foods could not be accessed. In fact, this is where the name "4-cents" comes from, as it once only cost 4 cents to make. The bread can be cooked over a fire, in an oven, or fried in oil. It can be eaten on its own, or with different toppings like jam or butter.

While Mi'kmaq did not make the same version of Luskinikin pre-contact, they did make something similar using roots. The root or "bulb" of some native plant species would have been used to create a dough that was flattened and dried.

Storage:

Pan-Fried Luskinikn is best eaten fresh. Leftovers can be stored in an airtight container in the fridge for 1 to 2 days.