

Gullet

(Chippewa Biscuit)



Most tribes had similar baking powder breads. Some terms used for basically the same recipe are bangs (may be fried), bannock bread, skillet bread, or wheel bread. Gullet is served whole on the table, and pieces are pulled off as family members eat it.

- ❖ 4 cups flour
- ❖ 2 cups non-fat dry milk powder
- ❖ 1/3 cup sugar
- ❖ 2 tablespoons baking powder
- ❖ 1/3 cups oil
- ❖ 2 cups water

1. Mix the flour and the dry milk powder with hands until milk powder is fine.
2. Add the sugar and baking powder to the mix.
3. Heat the oil and water to lukewarm temperature (115°-120°F).
4. Add the liquid mixture to the dry mixture. Knead with fingers.
5. Place ½ dough on a greased cookie sheet. Use a floured rolling pin to flatten the dough. Poke rolled dough with a spoon.

Bake in a preheated 350°F oven for 45-60 minutes or until it is baked through and golden brown.

Nutrition Facts
Serving Size: 1 piece
Number of Servings: 12
Calories: 288
Total Fat: 7 grams
Carbohydrates: 46 grams

