

missiagan - pakwejigan (sun flower bannock)

Ingredients

- 3 1/4 cup sunflower seeds
- 3 1/4 cup water
- 2 1/2 tsp. salt
- 6 tbl corn flour
- 2/3 cup corn oil

Directions

put the sunflower seeds, water & salt into a pot, cover & let simmer for 1 1/2 hours. when well cooked, crush the seeds to amke a paste. add the corn flour, add 1 tablespoon at a time to thicken.

work with your hands; cool a little. make small, flat pancakes of approximately 5" diameter. heat oil and fry on both sides, adding more oil if necessary.

drain well & eat jr (aka chief thunder cloud)