

Métis Bannock Making Song
Composed by Marian Kotowich-Laval
on Feb 5, 1998

CHORUS....

Bannock is so beautiful
Bannock is so fine
I love bannock, I eat it all the
time.
I eat it for my supper and I eat it
for my lunch.
If I had a hundred bannocks,
I would eat the whole bunch.

Verse 1

The Métis, they're a nation
Living off the land
They hunted and they fished
Did their beadwork by hand
They lived on the trap line
And had the best of both
Their favourite meal for supper
Is still bannock on the go!!
....CHORUS

Verse 2

The Métis cooked their bannock
on the fire late at night
Woke up in the morning to a
wonderous sight
Hot tea and bannock for the
people that they love
Oh! The greatest tradition
That I can think of!CHORUS

Verse 3

Long ago in times
When there wasn't much to eat
No mall[s] or grocery stores
For those poor old Métis
With water, flour, baking powder
A pinch of salt and lard
You can be a bannock maker
No it isn't very hard.
....CHORUS

Verse 4

Serve bannock with the grease
Of your favourite lard or bear
Bannock with moose meat,
pemmican or hare
Jams and Jellies
From the berries and the trees
Oh! We love your bannock so
much
PASS the bannock PLEASE!
.....CHORUS

Verse 5

*(sing hushed, like a secret)
There is a little secret that
I would like to share
You may be a wondering
"Why are Métis everywhere?"
There are so a many
A strong and mighty force
It must be all the bannock-ing
that's making them of course!
....CHORUS

Verse 6

I hope you learned a lesson
'Bout the Métis folks today
I hope you make some bannock
'Fore your courage fades away
Make lots of bannock
For your friends and family
And you will be a bannock maker
Happy as Métis.CHORUS