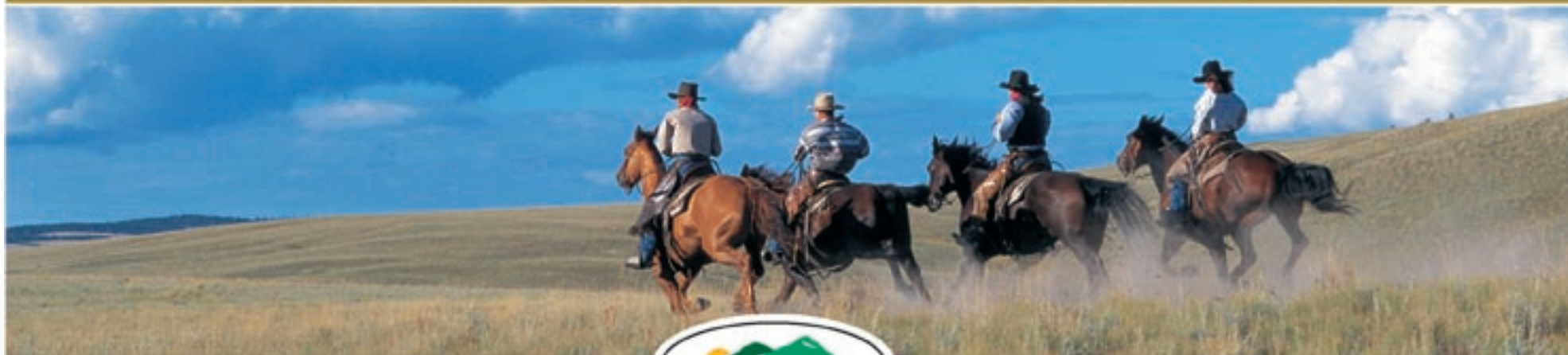




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~ Bannock ~

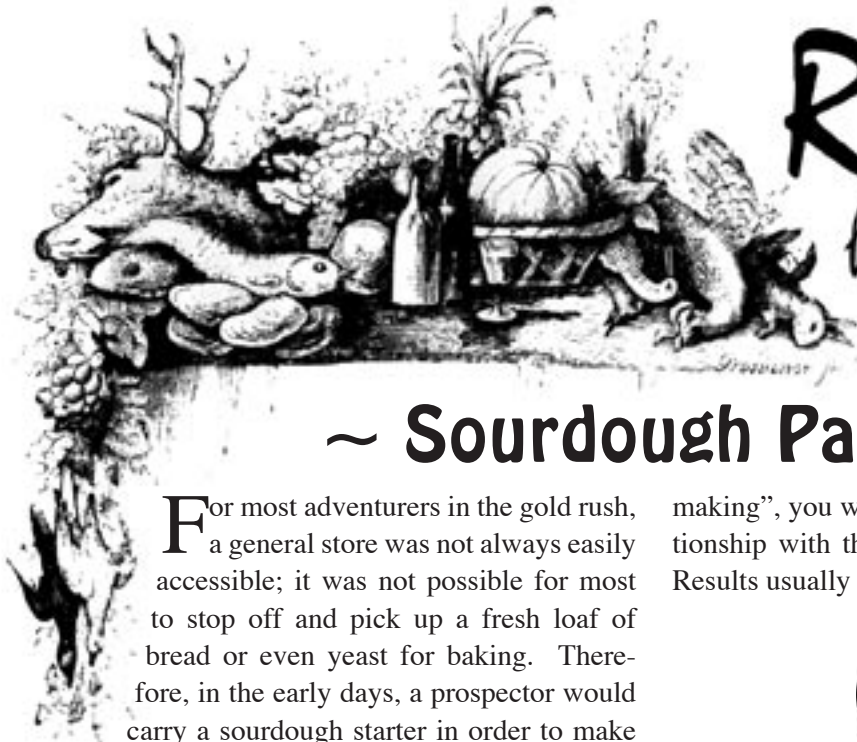
*Bannock, a simple type of scone was cooked in pioneer days over open fires. Variations in flours and the additional of dried or fresh fruit make this bread the simple choice of campers even today. Oven baking has become an acceptable alternative to the cast iron frypan..*



- Plain Bannock:**

  - 4 cups flour
  - 3 tsp. baking powder
  - 1/4 cup lard
  - 1/2 tsp. salt
  - 1 cup warm water
  - sprinkle of sugar
- variation:**

  - 1 c Whole wheat flour
  - 1/2 ts -Salt
  - 1/2 c All purpose flour
  - 2 tb Butter, melted
  - 1/2 c Rolled oats
  - 1/3 c Raisins;
  - optional 2 tb Sugar, granulated
  - 3/4 c - warm Water;
  - approx, 2 ts Baking powder



# Recipes from the GOLD RUSH

## ~ Sourdough Pancakes ~

For most adventurers in the gold rush, a general store was not always easily accessible; it was not possible for most to stop off and pick up a fresh loaf of bread or even yeast for baking. Therefore, in the early days, a prospector would carry a sourdough starter in order to make fresh bread. Presently, sour dough bread is a delicacy enjoyed by those who appreciate its unique flavour. It is interesting to note that the name “sour dough” originates in the fact that the dough is actually created from spoiled milk.

In order to create a delicious loaf of sourdough bread, a “sourdough starter” must be used. Although the following method should yield a successful starter, it should be understood that cooking is more of an art than a science. No predictable results when creating a masterpiece! If your results do not work quite properly, try again! Once you have tasted a perfect batch of sourdough pancakes, you will realize that your efforts are well worth it!

In a wide mouth glass jar or a crock (anything that is not metal), pour a single cup of milk. After letting it sit for 24 hours at room temperature, stir in one cup of flour. In order to create a sour and bubbly starter, let this mixture sit in a warm place (approximately 25°C or 80°F) for two to five days. If it’s warm outside you can cover the jar with cheesecloth and let it stand outside to capture wild yeasts in the air. You know you have reached the “perfection point” when your mixture has a strong sour aroma and is full of bubbles.

Replenishing equivalent amounts of milk and flour after using your starter will allow you to use it time and again. By letting it stand at room until it gets bubbly, covering and storing the refrigerator, this new starter can be stored for approximately a week. Mold can appear on the top of your jar when the starter dries out, just scrape the mold off.

A starter should ideally be used within the week. If you do not plan to use it for an extended period of time, freeze it so that it does not spoil too quickly. When you are ready to use it again, leave it at room temperature for a minimum of 36 hours.

Once you have mastered the art of “sourdough starter

making”, you will be sure to develop an intimate relationship with this finicky mixture of milk and flour. Results usually improve with time.



### Sourdough Pancakes Recipe:

1/2 cup	Sourdough Starter
1 cup	Undiluted Evaporated Milk
1 cup	Warm Water*
1 3/4 – 2 cups	Unsifted Flour
2	Eggs
2 TBS	Granulated Sugar
1/2 tsp	Salt
1 tsp	Baking Soda**

In a large bowl gently mix 1/2 cup starter, 1 cup of undiluted evaporated milk, and 1 cup lukewarm water (\*OR 2 cups whole milk), and 1 3/4 – 2 cups of flour. The amount of flour is determined by the consistency you like. Leave overnight at room temperature. Be sure *not* to leave a metal spoon in the bowl.

Next morning add 2 eggs, 2 TBS granulated sugar, 1/2 tsp salt, and 1 tsp baking soda\*\*. Mix well, but don’t beat.

### Variations:

Replace as much as half the flour with buckwheat flour, rolled oats, cornmeal or wheat germ.

For sourdough waffles – add 2 TBS melted shortening to batter just before baking.

*\*\*If your starter is uncommonly sour, you may wish to add more baking soda. Trial and error results in virtual perfection (but never go more than 50% above or below the suggested amount)!*



*One of the earliest quick breads, bannock was as simple as flour, salt, a bit of fat (often bacon grease) and water. Native indians wrapped a similar dough around sticks driven into the ground beside their camp fire, baking it along with freshly caught fish. Today’s native “Fried Bread” is like bannock and cooked in a skillet. “Toutons” are similar bits of dough deep fried.*

1. Sift flour, baking powder, salt, and sugar
2. Melt lard; add to water
3. Add to dry ingredients; mix well.
4. Knead for a few minutes, adding more flour if

necessary

5. Roll out to a thickness of about 1/2 inch
6. Prick both sides numerously with fork
7. Bake on cookie sheet (400 degrees) until golden brown; about 20 minutes

*Cranberries or blueberries are sometimes added. Enrich your bannock with butter, oatmeal, raisins, cornmeal and dried fruit. Cut into wedges. In place of raisins add chopped dried apricots or fresh berries. Top with butter, jam, cheese, jam or just about any combination you desire.*



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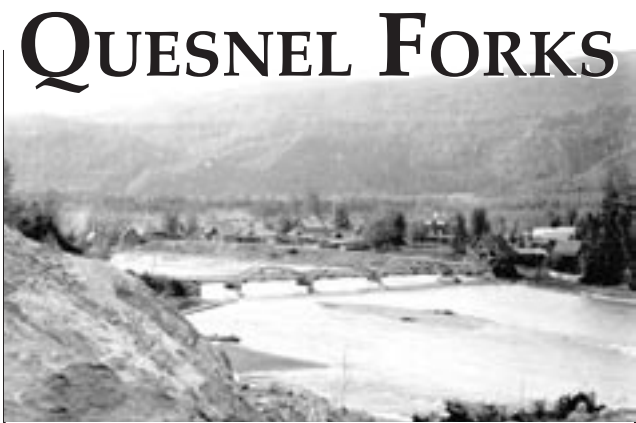
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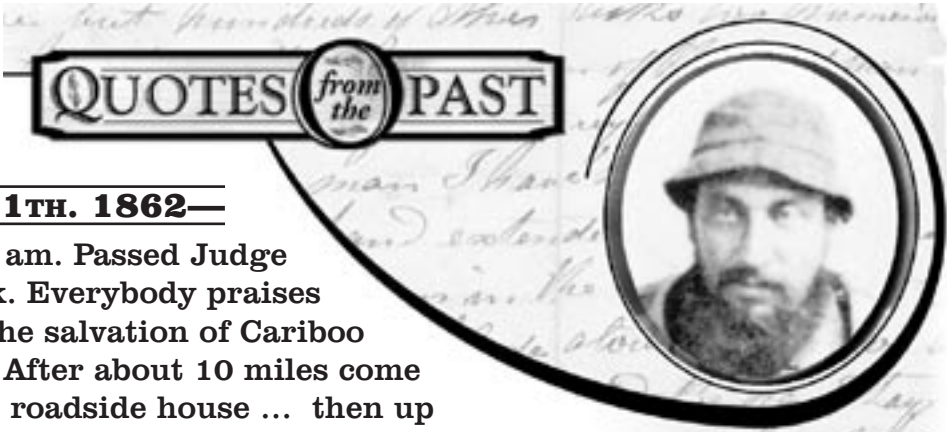
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Underway about 7 am. Passed Judge Begbie on horseback. Everybody praises his just severity as the salvation of Cariboo & terror of rowdies. After about 10 miles come to Captain Martley's roadside house ... then up the Pavilion mountain with a tremendous ascent, stage road winding along side of hill, but we walked straight up the mountain side, awfully steep & killing; I think 5000 feet above level ... then after ascending still higher, commence descent of Pavilion by "rattlesnake grade", the most dangerous carriage road I ever saw; the road turns 6 times, is very narrow except at the turns, the mountain side terrifically steep. We rattled down at a fearful pace, a wheel coming off, the brake giving way, or a restive horse being almost certain death. Passed a magnificent camel grazing alongside of road; one of the two brought out, first tried in California & then here; failures in both countries.  
*Dr. Walter Cheadle - Cheadle's Journal of A Trip Across Canada 1862-1863*

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# The First Gold Strike in Cariboo

HORSEFLY

April 1859 Mining Records show the Cariboo’s first gold discovery ten miles above the mouth of the Horsefly River, pre-dating the Barkerville gold rush. Many goldseekers flocked here, including the Chinese and a small village rose rapidly to meet their needs. Thaddeus Harper obtained leases in the area starting a second gold rush in 1887. He employed many men and operated the first hydraulic mine. At this time the town was known as Harpers Camp. Other hydraulic mines also operated including the Horsefly Gold Mining Co. (R.T. Ward), Miocene Gravel Mining Co. (R.H. Campbell) and the Discovery Co. (Dan McCallum).

Times were hard but many miners stayed on ranching or trapping. The first automobile arrived in 1910 and was owned by Alec Meiss, the local hotel operator, most famous for his peg leg and his pet bear!

With the closure of the mine at Horsefly and the eventual dwindling of the site, the residents of Harper’s Camp voted in approximately 1920 to change their town site name to Horsefly.

The oldest existing building today is the Tommy Peterson cabin built in 1902, which has been moved to its present site at the local museum. Extensive photographic and archival records are stored there, along with an interesting variety of local artifacts.

Present day Horsefly is a diversified community with a Forestry, Tourism and Ranching based economy. Fisheries and Oceans operates a spawning channel in the village area where sockeye salmon return each August and September. The Horsefly River watershed is highly rated fish habitat and is very well suited for canoes and kayaks. There are many recreational possibilities in the area and accommodation available ranging from modern rooms at resorts, Bed and Breakfasts and a motel, as well as full service camping. Several of the local lodges offer back country adventure tours and full services are available in the community including general stores, service station with licenced mechanics, hardware and antique stores, cafe and bakeries, churches, a neighbourhood pub and a library. On your way along the gold rush trail consider a side trip into the beautiful pastoral countryside of Horsefly.

# Bringing the Cariboo Camels Home

WELLS

A BC publisher, a Canadian author and an emerging casino are taking a gamble on BC History. Winter Quarters Press and historian Richard Thomas Wright have partnered with the new Jack O Clubs 1930s Casino in Wells to bring camels back to the Cariboo region of BC. Wright has written extensively about the history of BC and as a researcher, historical interpreter and river guide has always taken a direct approach to history in books such as “Overlanders” and “Barkerville.”

“I believe historians have to get on the ground to not only do in depth primary document research, but to walk the trails and to some extent live the life of those they are writing about. The Cariboo camels are a reconstruction project of a significant historical event in British Columbia’s goldrush history,” he says.

“This project has been on the backburner for close to 10 years,” says Wright. “We have finally found a corporate partner who will take this gamble on history, who will finance the start up of a three-year project.”

Jim Savage, of the Jack o’ Clubs Casino, says “We have always had in mind that when our casino opened we would not only be making an investment in the local economy but in the history of the area. The casino is based on the 1930s goldrush in the town of Wells, and our 1930s Music Hall ties in with that time period. By supporting the Cariboo Camels project we are tying in with the history of Barkerville, just a couple of miles up the road, and showing the links between the two.”

Cathryn Wellner, a partner of Wright’s in Winter Quarters Press says, “with its focus on and expertise in Cariboo and BC history Winter Quarters is enthusiastic about recreating this colorful slice of BC history as an educational project. We want more people to share our enthusiasm for BC’s fascinating history.”

Camels were used as pack animals during the early years of the Cariboo goldrush, from 1862 to 1864. Some then pack in the Kootenays and became ranch pets in the Okanagan. Folklore has it that they were unsuccessful. Wright is not so sure.

# Cedar City Re Visited

LIKELY

Good recoveries of gold had been found on Cedar Creek as early as 1859 but the original discovery was credited to James Edwards in 1861.

Edwards had left the “digs” at Harper’s Camp (Horsefly) to try his luck in the Quesnel Lake area and when news of his discovery became known, a great number of “hopefuls” arrived on the scene.

A town of sorts was soon built with several cabins being located amongst the magnificent stands of cedars. Neby a store was opened by “Ike” Lipsett, a butcher’s shop by Tom Green and a hotel was being constructed by James Sellars who had been one of Dunlevey’s partners at Harper’s camp.

These commercial buildings were destroyed in the Great Fire of 1869, but “Cedar City” was untouched.

Most mining was carried out a few hundred feet upstream from the delta and yielded from \$2000 to \$6000 of gold each year, but in the fall of 1921 a discovery of major importance was made on Cedar Creek.

John Likely (who had been employed as a guard at the Fames Bullion Mine) suggested that since values had been recovered in the lower part of Cedar Creek, then the “Mother lode” might well be located near the headwaters.

Partners John Lyne and Albert Platt decided to check it out” and what they found led to one of the largest strikes ever made in the Cariboo.

Today, when you visit Cedar Point Provincial Park, you are in the heart of Cedar City.

# Island Mountain Arts

WELLS

The Wells-Barkerville area is vibrant with culture, beginning with the Cariboo Gold Rush and continuing to the present day. During the 1860s, men and women from all over the world brought their music, art and culture to the rough frontier town of Barkerville, which boasted a library, a literary society and a theatre.

The mining town of Wells was born in the 1930s and the Cariboo Gold Quartz Mine tried to hire workers who were also musicians to help build community spirit with the company’s dance band and orchestra.

Within this cultural tradition, Island Mountain Arts began in 1977 with an Annual School of the Arts for adults and children. Professional quality instruction in the visual, literary and performing arts has been the hallmark of IMA during the quarter century since then. In 2002, the Annual School of the Arts offers more than 30 courses for adults and children ranging from two to eight days in length. There are adult courses for beginner to professional students in painting, sculpture (clay or natural fibres), watercolour, art fundamentals, figure drawing, pine needle basketry, cloth construction, creative writing, fiddle, songwriting, and folk harp. There’s also an artists’ canoe retreat in Bowron Lake Park. Children’s courses include creative arts, writing, storytelling, banner making, and Celtic dancing, music and art. In October, the Bridget Moran School of Art offers four workshops in stitching, mural making, theatre and singing.

The Cariboo’s cultural tradition continues at Island Mountain Arts. For more information: 1-800-442-2787, info@imarts.com, www.imarts.com





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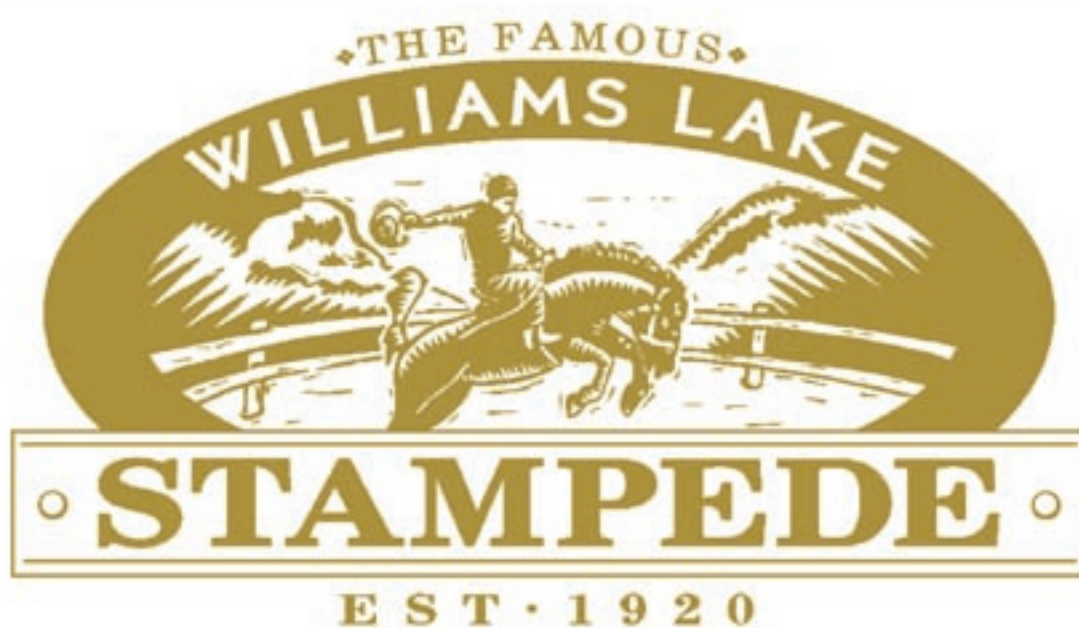
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