

Fry Bread

Ingredients

- 1 cup flour
- 1 teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{3}$ cup of hot water
- Oil
- Pan

15-20 minutes



Found at many modern Indigenous ceremonies and celebrations all over the U.S., fry bread is often associated with the Navajo Nation and dates back to the 1800s. Native nations were given few provisions from the U.S. government to survive. They used those provisions and made something to last. Originally fry bread was made with flour, sugar and lard. Created out of necessity, the bread is now often a treat. Make your own fry bread out of a few simple ingredients found in the pantry.

Instructions

- 1.** Mix flour, baking powder, and salt in a bowl. Stir in hot water, to form a soft dough. Let sit for 30 minutes.
- 2.** Divide the dough in half.
- 3.** Flour your surface, and roll out the dough into two 6 inch circles.
- 4. Adults only:** Heat about an inch of oil in your pan over medium-high heat. When the oil is hot, fry dough in the oil for 2-3 minutes on each side (time might be different depending on oil temperature so make sure to watch it). The fry bread should be golden brown when done. Remove from oil and drain on paper towels.
- 5.** For extra fun, add some toppings to your fry bread! Cinnamon and sugar, or honey, are often served with fry bread for a dessert. For a main course, turn your fry bread into a taco by adding cooked ground beef, cheese, sour cream, or other taco fillings.