

FryBread

Brenda Beyal

4 C flour (Many Navajos use Bluebird flour, but if you can't find any, use an all-purpose or a bread flour.)

1 t salt

1 ½ tablespoons baking powder

2 C warm water

Mix the ingredients with your hand and then pour in a tumbler full of very warm water, about 2 cups and a bit more to form a very soft dough. Knead for at least the count of 100 or about 1-1/2 minutes. Cover and let rest for at least 15 minutes or divide into 12 balls about the size of a small dinner roll and let rest. When your dough is separated into balls and covered, heat oil in a frying pan or cast iron skillet. It should be a frying temperature. Pat your dough into a small plate-size circle, poke a small hole in the middle and slowly place into the hot oil. Make sure you check that the oil is hot enough to fry your bread. I pinch off a small bit of dough and put in the pan to see if it bubbles and comes up to the top of oil. Then I know it's ready. Cook your bread until the edges turn golden and then flip to the other side. The bread cooks quickly if your oil is hot. Put the cooked bread on paper towels to drain the oil. Enjoy with salt, honey butter, or jam. Or make a Navajo taco.