

Name of Dish: Navajo Fry Bread

Frybread is enjoyed by the Navajo and many other native peoples across the continent. It is a staple at community and family events. Its origins date back over 150 years, when native peoples of America were forcibly removed from their ancestral lands. They suddenly found themselves in places that could not sustain their traditional diet. To prevent the indigenous populations from starving, the U.S. government supplied white flour, sugar and lard—the makings of frybread. Since then, frybread has become not only a symbol of native pride, but also an important symbol and remembrance of their survival during their suffering and displacement.



Prep Time: 10 - 15 minutes

Fry Time: Approximately 1 to 2 minutes for each bread.

Total: Approximately 30 minutes

Servings: Approximately 12 fry bread

Ingredients:

- 6 cups white flour
- 3 tablespoons baking powder
- 1 teaspoon salt (optional)
- 3 ¹/₂ cups warm water

Directions:

Step 1

Mix dry ingredients together.

Step 2

Add warm water to the mixed dry ingredients. Knead the dough until it is soft and sticks together. Cover and set aside for about 5 minutes.

Step 3

Roll into small balls about 3" each. Pat the ball of dough back and forth with your hands or use a rolling pin. Make sure the edges are evenly thin. Otherwise, it'll be sticky when you deep fry the flattened dough.

Step 4

Fry in hot vegetable oil in frying pan (between medium and high heat) until golden brown on both sides. Control heat temperature. If there is smoke, the temperature is too high; turn down the heat. Fry for about 1 minute for each side. Could be less if temperature is high.