



BASIC FRY BREAD RECIPE

3 cups flour
1 t. salt
1 T. baking powder
1½ cups water
1 T shortening (cut in)

Combine the above ingredients and let sit for 10-15 minutes.

Break off a ball of dough about golf ball size and pat out no thicker than ¼ inch. (In some tribal traditions, a hole is always made in the center; this has spiritual significance.)

Fry in deep hot oil to a light golden brown; turn once to brown on both sides. Note: Oil is hot enough if a small test piece of dough dropped into the oil begins cooking almost immediately and rises to the top. Drain bread well and pat with a paper towel to remove the excess oil.

Bread is best served warm and may be eaten with honey, powdered sugar or cinnamon.