

INDIAN FRY BREAD

Many American Indian tribes in Arizona make fry bread. Today you can taste fry bread at many American Indian festivals and celebrations.

You Need:

- Shortening for deep-frying
- 7 cups all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- ½ cup water

Step 1: Heat the shortening in a deep fryer, skillet, or frying pan.

***Note:** To fry in a skillet, add enough shortening to fill the skillet about 1 inch.

Step 2: Mix the flour, baking powder and salt in a bowl.

Step 3: Add the milk and water and mix to form firm dough.

Step 4: Pinch off a baseball-size piece of the dough and roll or shape by hand to the size of a dinner plate.

Step 5: Deep-fry until the bread is golden brown.

***Note:** Fry the dough in the hot shortening until golden brown, turning after 15 to 20 seconds.

Step 6: Drain on paper towels.

Step 7: Repeat with the remaining dough.

Step 8: Serve hot with honey or powdered sugar.

*** Recipe from Tastes & Treasures: A Storytelling Cookbook of Historic Arizona by the Historical League, Inc. Available for purchase at the Arizona Historical Society Museum at Papago Park, (480) 929-0292.**