

Fry Bread Recipe

Yield- 1 dozen fry breads

Ingredients:

4 cups	All purpose flour
½ tsp	Salt
1 tbsp	Baking powder
1 ½ cups	Warm water- (110 degrees F/ 45 degrees C)
4 cups	Lard, oil for frying(or rendered pork fat/ beef fat/ duck fat etc)
	Salt for seasoning (optional)

Method:

Combine flour, salt, baking powder mixing completely. Make a well in the center, add in the warm water. Mix well, knead the dough until a soft ball has been formed. Divide into 12 equal balls approximately 3 inches in diameter Flatten into patties, ¼ inch thick, making an indent in the center of each patty.

Heat the lard in a cast iron pan, fry in small batches in one inch of hot oil, turning frequently to ensure a nice even golden-brown color is achieved. Carefully remove and drain on paper towel. Season with salt if desired.
Serve immediately.

Chefs note: Frying in a pan is preferred over cooking in a deep fryer.

