

Traditional Fry Bread

Fry bread, known by many names, is a simple bread that is easy to make, provides a good source of carbohydrates to the diet, and keeps well. There are many versions of fry bread, every indigenous community has their own version which may vary from community to community, family to family.

Similar versions came from Europe and were known as Bannock. It could be baked resulting in a heavy dense bread or fried resulting in a lighter fluffy bread more like a pancake. Usually made with wheat flour, other grains can be used. Baking powder is used as a leavening agent. For liquid, water is common but also milk, canned milk, milk powder mixed with water or melted butter. Sweeteners are often added including white sugar, maple syrup or honey along with salt. Other ingredients can be added if desired like dried fruit, chocolate chips, spices, or savory ingredients.

Basic Fry Bread Recipe (simple for children)

- 4 cups flour
 - 4 tablespoons baking powder
 - 4 tablespoons sugar (or less)
 - $\frac{1}{4}$ to $\frac{1}{2}$ tsp salt
 - Water to make a dough
- Mix dry ingredients together, add 2 cups of water and stir well with a whisk. More water may be needed

For a dense bread for baking, the dough should be soft, not sticky, with the ability to form a flattened ball. Add extra water or flour to get the correct consistency. Make several flat balls and place on a cooking pan (lightly greased) and bake at 375 to 400 degrees F until browned. Alternatively form dough around sticks and cook over a fire.

For a fry bread, add sufficient water to make a thick soupy dough, like a thick pancake consistency. Add oil to a frying pan and place at a medium to medium-high heat. Pour dough into pan once oil hot, use $\frac{1}{4}$ to $\frac{1}{2}$ cup as desired, cook until bubbling starts, turn the bread over, and cook until browned. Check to see if cooked thoroughly and repeat with remaining dough.

Great used with maple syrup, jam or maple infused butter or used to accompany soups and stews.