



Indian Frybread Recipe # 1

While most cultures around the world have a version of fried dough – sopapillas, beignets, doughnuts etc. none is so versatile as Indian frybread.

Dipped in soup or berry gravy, smothered with honey butter or powdered sugar, or served as an Indian taco. Frybread turns into a favorite of all who eat it. The most famous frybread is probably the Navajo frybread, made as large as the pans that they are cooked in, then topped for a Navajo taco. Maricopa Pima makes huge but thin frybreads cooked outside using oversized tongs. Eskimo make little round fluffy frybreads. And frybread throughout the country run the gamut between those extremes.

Just like there are sides taken in the mayo/miracle whip circle, there tend to be two camps of frybread lovers fluffier type frybread typical of the north, and flatter southern style. Of course, you can argue that the fluffier is better to dip in soup, and the flatter types are better for topping and even folding as an Indian taco. There are two other ends of the spectrum as well as recipe-wise baking powder vs. yeast. Some people put in powdered milk, some don t.

Recipe #1 Never Fail Frybread

4 cups flour
2 t. baking powder
1 t. salt
Pack fast rising yeast
1 teaspoon sugar
Cup powdered milk

Hot water (out of the tap is fine, hottest water you can still put your finger in). Mix all dry ingredients, then pour in 1 cups very warm water. Stir until incorporated.

At this point you'll know if you need to add more water or flour to make a good dough. It should be just slightly sticky. Knead for a minute or two. Cover and let rise for about 1 hour.

Indian Frybread Recipes # 2

Recipe #2 Apache Frybread

4 cups flour
4 t. baking powder
1 t. salt
Cup shortening
Cup powdered milk
Warm water

Mix the baking powder and salt into the flour, then dump in the shortening. Mix it in with your fingers until there are no lumps – it should resemble cornmeal. Stir the powdered milk into 1 cup of warm water and mix it into the flour. Add more warm water until you get a nice dough. Knead for one minute, cover tightly, and set aside for at least an hour. Pinch off egg-sized pieces and roll into a ball. Let rest covered – for about 20 minutes.