

MÉTIS NATION OF ONTARIO

FRY BREAD

Purpose: Making homemade traditional fry bread. Quick and easy.

Ingredients:

- 2 Cups Flour
- 2 tsp baking powder
- Pinch of salt
- 1 cup steaming tap Water
- Vegetable Oil or 1 lb of Shortening
- ¼ cup white sugar (optional)



Instructions:

- In a deep frying pan fill with vegetable oil so it is at least 1-1.5" deep or melt 1 lb of shortening. Turn on stove to medium high heat.
- Stir together 2 cups flour, 2 tsp baking powder, and pinch of salt
- Add water, stirring with a fork until a very soft sticky batter forms. Do not over stir or use the mix master.
- Grease your hands with vegetable oil and shape the dough into a ball.
- Cover with a towel and let the dough set for at least 20 minutes.
- Test the oil with a small pinch of dough. If it floats the oil is hot enough. If it sinks to the bottom, let the oil heat more.
- Make a ball of dough, bigger than a golf ball and flatten it so it looks like a large cookie.
- Carefully lay the dough in the hot oil.
- Cook to a golden brown colour then turn over and fry the other side until it is golden.
- Remove from the pan and place on paper towels to soak up the oil or shortening.
- Put into a warm oven until ready to serve

