

Fry Bread

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

12

Description

Fry bread is a traditional North American treat served with jam or honey Theyre also delicious with chili or a hearty stew Once you get the hang of making them youll find lots of ways to serve them

Ingredients

— - 4 cups shortening for frying - 4 cups all-purpose flour - 1 tablespoon baking powder - ½ teaspoon salt - 1 ½ cups warm water (110 degrees F/45 degrees C)

Instructions

1. Heat shortening in a heavy saucepan to 350 degrees F (175 degrees C). Combine flour
2. baking powder
3. and salt in a large bowl. Dotdash Meredith Food Studios Stir in warm water and knead until soft but not sticky. Dotdash Meredith Food Studios Shape dough into twelve 3-inch diameter ball. Flatten into 1/2-inch-thick patties
4. and make a small hole in the center of each patty. Dotdash Meredith Food Studios Fry in 1-inch deep hot shortening one at a time until golden brown
5. 1 to 2 minutes per side. Drain on paper towels. Dotdash Meredith Food Studios Editor's Note We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
6. ingredient density
7. and the specific type of oil used.