

Fry bread Instruction

Ingredients:

3 cup flour

½ tsp. Salt

2 tsps. Baking powder

1½ cup water

A little sugar

Oil or lard for frying

When making fry bread you can never be exact but the recipe I think is best is 3 cups of flour, one tablespoon of baking powder, a pinch of salt and a little sugar. Fill the pan with peanut oil and a mix of coconut oil (this makes the bread taste better.) Then let the oil heat up while you mix the dough. Put all the dry ingredients in the mix. Then slowly add a cup of water then knead until you have a smooth consistency, then let it rise for 30 min. After the dough is done rising put a little piece of dough into the pan to see if the oil is ready when the little ball floats up and starts frying you are ready to put your dough in little balls and roll them flat and fry the

THE FRY BREAD STORY

Native American fry bread is popular bread throughout all tribes. It originated in the 1860s when the Native Americans were put onto reservations and given rations such as flour, baking soda, dried milk, etc. A woman one-day put the rations in a bowl and made dough then fried it in lard. Then the formation of fry bread was made.

It has been over 140 year since the fry bread has been made. Fry bread is culture bread; it shows the native culture just through fried dough. They eat this at festivals and celebrations' it can be eaten alone, with honey and powdered sugar. It goes with almost everything. This easy delicacy is tradition in the native community.

Crow nation uses this delicacy for daily use, and for traditional uses. Fry bread links generation and generation connects the present to the painful Native American backstory, and the present story being written as the native Americans live on and make this delicacy such as their ancestors did. To start back at the very beginning where fry bread was originated with

flour, baking soda, sugar and salt, Then frying it. It is so simple yet the background is so complicated.