

10TH ANNUAL CULINARY WEEK

Anderson University Center

April 2-6, 2018

Following the way
food evolves as
populations migrate.

Fry Bread
Carolynn Harding

Ingredients

4 c Flour

4 level Tbls baking powder

1 tsp salt

1/4 c oil or lard

1 c warm water

Method

Fill a deep pan halfway with oil. Preheat over medium heat until oil shimmers and reaches 350° F. Maintain steady temperature.

In a bowl, mix flour, baking powder and salt. Add the fat & combine to the consistency of corn meal. Do no overwork.

Slowly add warm water and mix until dough just starts to stick together, roughly 1 cup. Add a little more if needed. turn dough out on a floured surface and knead for roughly 5 minutes.

Separate dough by halves until there are 16-20 pieces. Form dough into balls and arrange on a sheet pan lined with parchment paper. Cover with a tea towel and allow the dough to rest, preferably someplace warm. When dough is pliable, pat out by hand using the heel of your palm. Pinch a hole in the middle big enough for your finger to fit through.

Fry in 350° oil, turning only once, until golden brown. Typically, 1-2 minutes per side.



FOLLOW THE FOOD