

## Fry Bread Recipe

---

### Ingredients

- 1/2–1 cup vegetable oil
- 150g plain flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 100ml milk



1. Mix dry ingredients together in a large bowl
2. Add the milk to make a dough.
3. Get your hands in and mix until the dough forms and comes away from the sides easily. Don't kneed it too much or it will be tough.
4. Roll the dough into balls about the size of a golf ball. Use a little flour on the work surface and your hands to stop the dough from sticking.
5. Flatten the balls into disks about 0.5cm thick. Lay separately so they don't stick together. Put a small hole in the middle of each disk.
6. Heat the oil in a frying pan. You need about 2cm of oil – enough to cover the fry bread for cooking.
7. Add the dough disks into the oil and fry until they bubble. Flip over and cook until golden. Needs about 30 seconds on each side. (I did mine one at a time in a saucepan, but you could do them together in a frying pan)
8. Carefully remove from oil and drain on kitchen roll.
9. Add the topping of your choice. Try sweet toppings like sugar or honey or savoury toppings like cheese. What's your favourite?