

Hopi Fry Bread

Tessa Simmons

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*4 cups all-purpose white
flour
5 teaspoons baking powder
1 1/2 teaspoons salt
1 1/3 to 1-1/2 cups water
shortening (for frying)*

In a large bowl, mix the flour, baking powder and salt. Add water gradually while stirring with a fork to make a soft dough. Continue stirring until all of the flour is absorbed. Cover the bowl with a clean towel. Set aside for 10 minutes.

Shape the dough into sixteen balls, each about the size of an egg. (If the dough is too sticky, add a little more flour as needed.)

With a floured rolling pin, shape each ball on a lightly floured board into a disk about four inches in diameter and 1/2 inch thick, or less.

Heat 1-1/2 inches of shortening in a heavy frying pan until it is just about to smoke. Fry three or four pieces of bread at a time in a hot fat until they are browned on both sides. Drain the fried bread on paper towels.

Tastes best when warm.

Per Serving (excluding unknown items): 12 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 6g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5645mg Sodium. Exchanges: 1/2 Other Carbohydrates.