

Alatiq (N), Alaciq (S) – Fry Bread

Caution: This recipe involves frying in hot oil. Children making fry bread should be supervised by an adult.

Recipe courtesy of Florence Pestrikoff

Ingredients:

4 cups hot water
1 tablespoon rapid rise yeast
1/3 cup sugar
3 teaspoons salt
3 tablespoons shortening
6 to 8 cups of flour
6 cups of oil for frying

Dough Instructions:

Mix the water, yeast, sugar, salt, and shortening in a bowl. Allow the mixture to sit several minutes to activate the yeast. Slowly add the flour. Mix to combine until the dough is no longer sticky. Cover the dough and let it rise for 1 to 2 hours.

Cooking Instructions:

Heat a pan of oil for frying over medium-high heat. Check the temperature of the oil by cooking a small piece of dough. If it cooks evenly and browns, the oil is ready. Pinch off pieces of dough that are about the size of a golf ball. Stretch and flatten each piece. Carefully add the flattened pieces of dough to the oil and cook them for about a minute. Flip the dough and cook for an additional one to two minutes. Place on a paper towel to drain and cool.

Finishing Touches:

Try some of these tasty ways to eat fry bread:

- Dip your fry bread into syrup or canned milk mixed with sugar.
- Sprinkle your fry bread with sugar.
- Top your fry bread with berry jam or butter and honey.

