



Navajo Fry Bread

Recipe By SCOTT CULPEPPER

SERVES: 6-8

INGREDIENTS:

- ☐ 1 cup high-gluten flour
- ☐ 1 tbsp. baking powder
- ☐ 1 tsp. salt
- ☐ 1 tsp. sugar
- ☐ 1 cup warm water (more as needed)
- ☐ cooking oil or shortening

DIRECTIONS:

- ☐ 1. Mix the flour, baking powder, salt, and sugar in a large bowl. Gradually stir in the water and work it in, adding more water a little at a time if needed.
- ☐ 2. Knead by hand until soft but not sticky. Form the dough into 2-inch round balls and place on an oiled cookie sheet. Cover and let stand for 30–40 minutes.
- ☐ 3. Heat shortening or cooking oil in a deep frying pan, about 2 inches deep, until hot (around 375°F).
- ☐ 4. Flatten or press each dough ball into ½-inch thick rounds. The center should be thinner than the edges.
- ☐ 5. Lower the dough rounds into the heated oil. Fry until bubbles form on the surface or they are golden brown. Flip and fry the other side until golden brown. About 2 minutes per side, depending on oil temperature.
- ☐ 6. Transfer to a paper towel-lined cooling rack.
- ☐ 7. Top with honey and powdered sugar for a sweet treat.
- ☐ 8. Top with your favorite taco ingredients for a savory treat.

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