

## Navajo Fry Bread

### Ingredients

- 4 cups all purpose flour
- 1 tablespoon double acting baking powder
- 1 teaspoon salt
- 1 1/2 cups luke warm water
- 1 cup vegetable shortening

### Directions

in a bowl whisk together the flour, the baking powder, and the salt, stir in the water, and knead the mixture on a floured surface until it forms a soft but not sticky dough. let the dough stand, covered with a kitchen towel, for 15 minutes.

pull

off egg size pieces of the dough and pat and stretch them into 1/4 thick inch rounds. poke a hole with a finger through the center of each round so that the breads will fry evenly. in a large heavy skillet heat the shortening over moderate high heat until it is hot but not smoking, in it fry the rounds, at 1 at a time, for 2 minutes on each side, or until they are golden, and transfer the breads as they are fried to paper towels to drain.

yield: 8 fried breads