



First and Last Name _____

Class Hour _____

For the month of _____

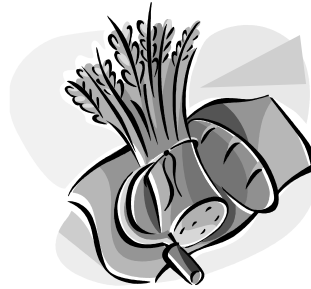
Special Extra Credit Project

You will need adult supervision. The project is worth 25 extra credit points and will be due no later than the last school day of November / April.

NATIVE AMERICAN FRY BREAD

TRADITIONAL CHICKASAW RECIPE

2 cups sifted all-purpose flour
¼ teaspoon salt
2 tablespoons baking powder
½ cups warm water or milk
1 egg, beaten
Oil, for frying



Put the flour, salt, and baking powder in a large bowl. Mix well; add beaten egg. Add warm water (or milk) and stir to make a soft dough. On a lightly floured surface, knead the dough – but do not “over-work” it. After kneading, place it in a bowl and refrigerate it for a ½-hour to an hour.

When the dough has properly chilled, heat the oil to 350 degrees in a frying pan or kettle.

Again, lightly flour a flat surface and roll out golf-ball size pieces of dough to ¼ - inch thickness. Cut a hole in middle of each ball with a knife (so the dough will fry flat) and place the pieces in the hot oil and cook them until they’re golden brown. Flip them over and cook the opposite side until it is the same golden brown. The dough is usually done in about 3 minutes, depending on the oil temperature and thickness of the dough.

Bring the bread to share with your class.

Note: After the fry bread is done, you may top it with chili and cheese, then cover with shredded lettuce, chopped tomatoes, and chopped onions, and you have an Indian Taco!