

Charlotte's Fry Bread

Bread



Yield: Makes 6 large pieces of fry bread

6 cups flour
2 Tbsp baking powder
1 tsp salt
3 cups water (more as needed)
1 cup lard or shortening (for frying)

Fry bread, like bannock, is a rich, simple bread that is easy to whip up with few ingredients. Serve with your favourite preserves or alongside a steaming bowl of stew.

- 1 Pour the flour, baking powder and salt into a large bowl and stir to combine.
- 2 Create a well in the middle of flour mixture and pour the 3 cups of water into the well. Stir with a fork until the dough starts to come together, add more water as needed (up to 1/2 cup) to form a shaggy dough.
- 3 Continue to gently mix with your fingers until the dough becomes soft and smooth. There should be some additional flour left in the bowl. Be careful to not overwork the dough or it may become tough.
- 4 Heat the lard in a cast iron frying pan, over medium-high heat.
- 5 Pull off tennis-ball-sized pieces of dough, and gently flatten them into thick discs. Tear a small hole in the centre of each disc and drop the discs, 2 at a time, into the heated lard. Wait until the fry bread starts to brown on the edges, and flip it once, allowing it brown on the other side. Pull from the pan and serve.