



Fry Bread

Recipe

- ❖ 1 pint boiling water
- ❖ 1 cup cornmeal
- ❖ 1 ½ cup cold water
- ❖ ½ oz. dry or instant yeast
- ❖ 1 cup raw sugar
- ❖ 1 tsp. sea salt
- ❖ 3 ½ cups flour
- ❖ 32 oz. unrefined coconut oil

















C = cup
ounce

tsp = teaspoon









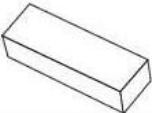
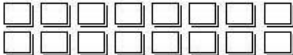
oz =

Recipe.com Measuring Equivalents

 1 tablespoon	≡	3 teaspoons	
 1/8 cup	≡	2 tablespoons	
 1/4 cup	≡	4 tablespoons	
 1/3 cup	≡	5 tablespoons + 1 teaspoon	
 1/2 cup	≡	8 tablespoons	
 2/3 cup	≡	10 tablespoons + 2 teaspoons	
 1 cup	≡	8 fluid ounces	

Cups, Teaspoons, & Tablespoons

Measurement Conversions

 1 pint	≡	2 cups	
 1 quart	≡	2 pints	
 1 quart	≡	4 cups	
 1 gallon	≡	4 quarts	
 1 pound	≡	16 ounces	

Converting the Recipe

To make the recipe easier, we are going to “convert” the recipe to cups, teaspoons, and tablespoons.

1 pint boiling water

1 cup cornmeal

1 ½ cup cold water

½ oz. dry or instant yeast

1 cup raw sugar

1 tsp. sea salt

3 ½ cups flour

32 oz. unrefined coconut oil



1 pint = _____ cups boiling water

1 cup cornmeal

1 ½ cup cold water

½ oz. = _____ tsp. dry or instant yeast

1 cup raw sugar

1 tsp. sea salt

3 ½ cups flour

32 oz. = ____ cups unrefined coconut oil