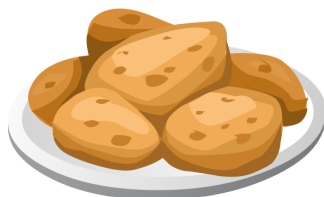


## NATIVE AMERICAN FRYBREAD

### Ingredients:

- ❖ 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



### Directions:

1. Bring one pint of water to a boil. Add the cornmeal and stir slowly until it is smooth. Reduce the heat to medium. Add the cold water and cook while stirring until the mixture is thick. Remove from the heat and let cool. *At this point make sure the dough isn't lumpy. A few lumps are okay but try to get them out.*

2. When the mixture is cool, transfer it to a large bowl and add the yeast, sugar and salt. You'll need to add sprinkles of water every so often to moisten the mixture. Using a whisk or potato masher, gradually add the flour. *Again, check for lumps during this step.* Sprinkle some water to keep the dough moist but not so much that it isn't thick. Cover the bowl with a damp cloth or towel and let it rise for three hours.

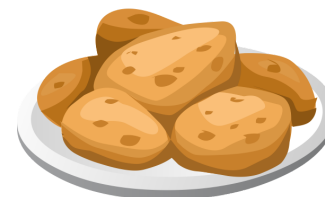
3. When the dough is ready (it should be sticky and springy to the touch) heat the oil to medium in an iron skillet. The oil should sizzle when you drop a bit of dough in but not splatter. Make golf ball sized balls using two oiled spoons. Gently drop dough into the oil. Be sure to leave some room in the pan because the ball will expand as it cooks.

4. Fry the dough until it looks good to you; about 3 minutes. Flip it over using tongs and cook the other side. When you are satisfied with the color (you may like it lighter or darker) transfer it to a plate lined with paper towels. Separate each layer with a paper towel as you go.

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