

Fry Bread

Ingredients

- 1 pint boiling water
- 1 cup cornmeal
- 1 1/2 cups cold water
- 1/2 oz. of dry or instant yeast (approximately 2 packages)
- 1 cup raw sugar
- 1 tsp. sea salt
- 3 1/2 cups flour
- 32 oz. unrefined coconut oil



Directions

1. Bring one pint of water to a boil in a medium bowl. Add the cornmeal to boiling water. Whip slowly until smooth. Reduce heat to medium, add cold water, and cook until thick. Stir continuously to prevent lumps in the mixture. Remove from heat and let cool in the pot.
2. In a large bowl, and add the yeast, sugar, and salt to the cooled cornmeal, along with small sprinkles of water to moisten the mixture. Gradually add flour, using a metal whisk or potato masher to get rid of lumps. Sprinkle water to keep the dough moist but thick. Cover with a damp cloth and let rise for 3 hours.
3. Once the dough has risen, it should be springy and sticky. Heat the coconut oil in an iron skillet to medium temperature. Test the heat by dropping a small portion of dough into the oil. It should sizzle but not splatter. Use two large, oiled spoons to make golf-ball-sized portions and dip immediately into the oil, submerging the entire ball. Re-oil the spoons in the skillet to make new balls of dough. Leave room in skillet, as the balls will expand in the hot oil.
4. Let dough fry until it cooks to your desired color: light golden or brown - about 3 minutes. Using tongs, flip balls over to cook the other side. Remove from oil and transfer to a paper towel-lined bowl, separating each level with a new paper towel. Eat while hot.