

No-Fry Frybread

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This recipe makes Indian tortilla breads that can be cooked on an open flame grill or open flame instead of fried. They can also be cooked on a seasoned cast iron pan. I always prepare them by hand which makes for slightly uneven round bread, but everyone will know they were handmade, and I think it gives each bread a little more character.

Ingredients

- **4 cups organic unbleached or whole-wheat flour**
- **2 Tablespoons baking powder**
- **1 teaspoon kosher salt**
- **2 cups warm water**

Directions

1. In a medium-size mixing bowl combine flour, baking powder and kosher salt.
Gradually stir in the water until the dough becomes soft and pliable without sticking to the bowl.
2. Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough toward the center.
3. Return the dough to the bowl, cover with plastic wrap, or clean kitchen towel, and let rest for at least 30 minutes to allow it to rise. I let it rise for one hour, if possible.
4. Shape the dough into 12 small-sized balls, then roll out on a lightly floured surface using a rolling pin, or stretch with your hands, to approximately 4 to 6 inches in diameter and 1/8 to 1/4 inch thick.
5. Heat a cast iron skillet or open flame grill until very hot. Place your shaped dough circle onto the hot pan or open flame grill, and let it cook for approximately for 2 to 3 minutes on each side until it browns then turn the bread over and cook another

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(No-fry Frybread continues.)

2 to 3 minutes until bread is completely done. You will see it bubble on the uncooked side and that is an indicator that the bread is cooked on the bottom side.

6. If you are cooking these breads over an open flame or on a grill, cook until the dough starts to turn golden brown and puffs a little. Turn over and cook until both sides have brown spots, and the dough is completely cooked.
7. Repeat this process with each piece of dough. Keep warm between two clean kitchen towels.

Serve immediately with your favorite stew, taco, or serve as bread with any meal.

Makes approximately 12 no-fry or grilled tortilla breads depending on their size, 1 per serving.