

No-Fry Frybread - Blue Corn

© 2020, by Lois Ellen Frank, Ph.D.
All Rights Reserved

This recipe makes traditional tortilla bread that can be cooked on a skillet or over an open flame without grease or oil. When I prepare them, I always use my hands, which makes slightly uneven round breads. Everyone will know they are handmade, and I think it gives each bread a little more character!

Ingredients

- 4 cups unbleached flour
- 1 cup finely ground blue corn meal
- 2 Tablespoons baking powder
- 1 teaspoon kosher salt
- 2 cups warm water (approximately)

Instructions

1. In a medium-size mixing bowl, combine flour, blue corn meal, baking powder and kosher salt. Gradually stir in the water a little at a time, until the dough becomes soft and pliable without sticking to the bowl. If the dough starts to get sticky, stop adding water.
2. Knead the dough on a lightly floured cutting board or surface for 2 to 4 minutes, folding the outer edges of the dough towards the center.
3. Return the dough to the bowl, cover with plastic wrap, and let rest for at least 30 minutes to allow it to rise. I usually try to let it rest for one hour.
4. Shape the dough into 14 or 16 small-sized balls. Roll out with a rolling pin on a lightly floured surface, 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 (*comal*), until very hot. Place the dough circle onto the hot pan or grill and let cook for approximately for 2 to 3 minutes on each side until it browns and bread is completely done. If you use an open flame grill, cook until the dough starts to turn golden brown and puffs a little. Cook until both sides have brown spots and is completely cooked.
6. Repeat this process with each piece of dough. Keep warm between two clean kitchen towels.

Serve immediately with your favorite taco topping or served as bread with any meal.

Makes approximately 14 to 16 no-fry or grilled tortilla breads. Serving size is one per person.