

No-Fry Frybread

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This recipe makes traditional tortilla breads that can be cooked on a seasoned cast iron pan or over an open flame grill (*comal*) without grease or oil. When preparing these, I always use my hands, which makes slightly uneven round breads. 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-sized mixing bowl combine flour, baking powder, and salt.
2. Gradually stir in the water until the dough becomes soft and pliable without sticking to the bowl. You may not need all the water.
3. Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough toward the center.
4. 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 like to let it rise for one hour, if possible.
5. Shape the dough into 12 small-sized balls about 1 1/2 inches across, or golf ball sized, and roll out with a rolling pin, or with your hands, stretch out into circles with 1/4-inch thickness on a lightly floured surface. Stretch or roll the dough out so that it is approximately 5 to 6 inches in diameter.
6. 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

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minutes on each side until it browns. Turn the bread over and cook another 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.

7. If you are cooking these breads over an open flame grill, cook until the dough starts to turn golden brown and puffs a little. Turn it over and cook until both sides have brown spots, and the dough is completely cooked.
8. 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 12 no-fry, or grilled tortilla breads.