

Alaskan Fry Bread

After talking to a number of villagers and researching on the internet I found this recipe the best and least complicated. This is the recipe that has been shared with me from a friend that grew up in Tyonek. I cut this recipe down to half, making 8 fry breads. You may double it if you wish.

Ingredients

2 tsp of yeast or 1 package of yeast
1 cup warm milk
1/2 tsp salt
2 tablespoon sugar
3 to 4 cups flour
Add water as needed

Instructions

Sprinkle yeast into a bowl over warm milk and allow it to get foamy then add sugar and salt and mix thoroughly. Start the dough by transferring the liquid mixture and 2 cups of flour into a large mixing bowl and mix until incorporated. Add the rest of the flour slowly kneading until you have a dough you can handle without it being too sticky.

Add water as needed or, add flour to make less sticky. Shape into a large ball and transfer to a large greased bowl for 1 hour to double in size. Section dough into 8 portions by twisting in halves and then pat each of the 8 portions until you have flat rounds, cut 3 lines in each and stretch them out just a little. Deep fry 1 piece at a time in a large cast-iron skillet with 2-3 inches of oil or crisco (I prefer crisco), heated 300 to 320 degrees for 1 minute on each side or until golden brown.

Flip the bread over and repeat the process. Remove the freshly fried bread from the oil and place on a rack with paper towels. Before adding the next bread check the temperature. Verifying that the temperature is from 300 to 320 degrees each time prevents from the bread being saturated with oil. When all the bread is fried allow it to rest for a few minutes and then it can be sampled. Add whatever toppings you like and enjoy!