

Fry Bread

1 ½ cups all-purpose flour
½ cup cornmeal
1-teaspoon salt
¼ teaspoon baking powder
¼ cup shortening
¾ cup water
1/3 cup snipped fresh cilantro
Shortening or cooking oil for frying

In a large mixing bowl, combine first 5 ingredients. Using a pastry blender, incorporate the shortening until the mixture resembles small peas. Add water and cilantro all at once. Stir just until dough forms a ball (dough will be slightly sticky). Divide dough into 6 portions. On floured surface, roll each portion to a 7-inch circle. In a heavy 10-inch skillet heat 1 tablespoon shortening or cooking oil over medium heat. Fry one circle at a time for 2 to 3 minutes per side or until golden brown, turning once. Add additional shortening as needed. If fry bread begins to brown too quickly, reduce heat to medium low.