

# Apache Fry Bread

This is THEE most common, daily food people eat. You can purchase it made up already into Fry Bread and Beans, Stuffed Fry Bread or Apache Taco's at the food vendors in a parking lot in any of the cities on the Rez around lunch time. The sellers are good cooks who make up a menu of items and sell them for about \$2 or \$3 from the back of their mini van or trunk.

- **3 cups - or so - of flour** - *Many Native Americans use BlueBird Flour it's a high altitude flour produced in Denver, CO*
- **1.5 tsp - or so - of baking powder**
- **Water** - till it makes a dough

*(Some add a tinge of powdered milk to recipe, but not most Apache. Some add a tinge of salt to the recipe, but not most Apache.)*

Ensure you have a hot fire - usually a gas burner outside, or a hot wood fire with a grate over it.... But ALSO used is a deeper cast iron fry pan on the stove inside the home. Put about 3 inches of oil into the pan and heat to HOT.

Mix flour and baking powder together with your hands. Add water from the tap till it forms a dough. Use extra flour with your hands to form it into a nice round smooth ball.

Pull off baseball size balls and hand knead a little to form into a nice smooth ball. Place on a baking pan or something to hold them. Place balls close together to keep them from drying out. Cover with a damp cloth while checking on fire/oil.

Pat out one dough ball at a time into a circle - then flip it back and forth from your palm to other palm till it widens to the size of a plate.

Gently lay the thin round dough disc into the hot oil. Cook about 1-2 minutes on one side, till slightly golden - not too much or it's crunchy and Apache like it softer. Then, flip using a tong and cook on other side.

## SERVING IDEAS:

**Fry Bread and Beans:** Put a 1/2 cup of precooked pinto beans that have been cooked in water and mashed up on fry bread, fold in half, cover with a paper towel (to absorb oil) and a piece of tin foil.

**Fry Bread and Beans and Cheese:** sprinkle on shredded cheddar cheese onto the beans before folding in half

**Indian Taco:** Leave fry bread in open circle, put on 1/2 cup or so of cooked pinto beans and spread to edges. Top with shredded cheese, chopped tomatoes, chopped onions and chopped lettuce.

**Stuffed Fry Bread:** An Indian Taco folded over (or just the beans and cheese and El Pato)

**Fry Bread and Soup:** Serve along side of a soup - tear pieces of fry bread off by hand to dip into soup

**Fry Bread and Dipping Beans and Meat:** Cook pinto beans up, but don't mash, just cook and leave some liquid (a little) in the beans. Fry up ground beef. Add ground beef to beans, a little salt and pepper if desired (mostly they don't use salt and pepper). Tear off by hand, pieces of fry bread - spoon on the bean/hamburger mixture and eat.

**Fry Bread Dessert** Sprinkle fry bread with honey or powdered sugar and eat. OR put jam onto fry bread, then sprinkle with powdered sugar and eat.

**NOTE:** ALWAYS have El Pato (yellow can is most common) on hand to serve with Fry Bread!

USING THE SAME 3 ingredients and direction to get a round disc, there are 4 Apache Breads:

1. **FryBread:** fried in oil (lard, canola or crisco)
2. **Dunking Bread:** (said so fast for so long, many call it "Donkey Bread" ) baked on a grate over an open fire - used to dunk into traditional Acorn Stew
3. **Ash Bread:** baked between tin foil in a hole in the ground where a fire has been made and turned to hot ashes
4. **Tortillas:** even rolled thinner, then baked in a griddle fry pan to toast till done on both sides. Circles often folded into quarters and served as a side dish (like a bun) with any meal

## Acorn Stew

This is a VERY traditional Native American dish. It is served at every funeral and every very special gathering that has anything to do with Native American culture.

*[acorns are collected from the higher grounds - mountain areas where oaks grow - each late summer; brought home and laid in the hot hot sun of 110 degrees till dried out; cracked open and pounded down to small pieces; then either hand ground with stone in a stone bowl, or brought to a grinder till ground into corn meal consistency to be used in acorn stew. To purchase ground acorns is about \$30 per quart around the reservation!]*

- 1 lb stewing beef
- 1/2 cup finely ground acorn meal (tannin removed)
- salt and pepper to taste
- Optional: 2" pieces of sweet corn and some small chunks of zucchini are added to the stew. Some folks just cook up the acorn in water and then make flour dumplings to add to the stew (no meat or vegetables) - depends what you have on hand

Place beef in heavy pan and add water to cover.

Cover with lid and simmer until very tender. Remove from liquid and cut meat into very small pieces. Return meat to the liquid. Stir in the acorn meal.

Add salt and pepper as desired. Heat until thickened and serve.