

WORLD BOX - 1967 - U.S.A.

Theme – For Friendship

Activity – Native American Frybread

What you need

- 1 Cup Plain Flour
- ¼ tsp Salt
- 1 tsp Powdered Milk
- 1 tsp Baking Powder
- ½ Cup Water
- Vegetable Oil (for frying)



Join in the Jamboree

Navajo frybread originated 144 years ago, when the United States forced Native Americans

living in Arizona to make the 300-mile journey known as the 'Long Walk' and relocate to New Mexico.

They could not easily grow vegetables and beans on their new land, and to prevent starvation the government gave them canned foods as well as white flour, processed sugar and lard – the ingredients now used for frybread.

Frybread is a traditional food eaten at pow-wows and is seen by some as a symbol of Native American pride and unity.

1. Sieve the flour, salt, powdered milk and baking powder into a large bowl.
2. Pour the water over the mixture and stir with a fork until it makes a big clump of dough.
3. Put some flour on your hands and mix the dough, getting all the flour incorporated and forming a ball.
4. Mix the dough well but don't knead it, then divide the dough into four equal pieces.
5. Flour your hands, then shape, stretch and pat the dough to make a disk about 20cm in diameter.
6. In a deep, heavy pot, heat the oil (about 2.5cm in depth) to about 180 degrees. Test the oil by frying a tiny bit of dough.
7. Place the dough rounds very carefully into the oil one at a time to cook.
8. Fry each side for 3 – 4 minutes then remove from the oil and put onto some kitchen towel to absorb the extra

Reflection:

Why not have your own "Pow-Wow" and talk with family or friends whilst sharing some frybread.

You can eat your frybread just as it is, or try one of the following serving suggestions:

- Mix some softened butter and honey together and spread it on top
- Sprinkle with a cinnamon and sugar mixture
- Use as part of the taco dish

Safety Notes:

Food / Allergies: Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

Note: This recipe uses very hot oil, it is strongly advised that an adult is responsible for the frying part.

