

Kevin's Fry Bread

INGREDIENTS

- 1 pint boiling water
- 1 cup cornmeal
- 1 1/2 cups cold water
- 1/2 oz of dry or instant yeast (approx. 2 packages)
- 1 cup raw sugar
- 1 tsp sea salt
- 3 1/2 cups flour
- 32 oz unrefined coconut oil



STEPS TO DO

1. Bring 1 pint of water to a boil in a medium pot. Add cornmeal to boiling water. Whip slowly until smooth. Reduce heat to medium, add cold water, and cook until thick. Stir continuously to prevent lumps in the mixture. Remove from heat and let cool in pot.
2. In a large bowl, add yeast, sugar, and salt to the cooled cornmeal, along with sprinkles of water to moisten the mixture. Gradually add flour, using a metal whisk or potato masher to get rid of lumps. Sprinkle water to keep dough moist but thick. Cover with a damp cloth and let rise for 3 hours.
3. Once the dough has risen, it should be springy and sticky. Heat the coconut oil in an iron skillet to medium temperature. Test the heat by dropping a small portion of dough into the oil. It should gently sizzle but not splatter. Use two large, oiled spoons to make golf ball-sized portions and dip immediately into the oil, submerging the entire ball. Re-oil the spoons in the skillet to make new balls of dough. Leave room in skillet, as the balls will expand in the hot oil.
4. Let dough fry until it cooks to your desired color: light golden or dark brown - about 3 minutes. Using tongs, flip balls over to cook the other side. Remove from oil and transfer to a paper towel-lined bowl, separating each level with a new paper towel. Eat while hot.