

NO FRY BLUE CORN BREAD

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INGREDIENTS

This recipe makes Indian tortilla breads that can be cooked on an open flame grill or open flame instead of fried.

- 4 cups unbleached flour
- 1 cup finely ground blue corn meal
- 2 Tablespoons baking powder
- 1-teaspoon kosher salt
- 2 cups warm water (approximately)

Makes approximately 14 to 16 no fry or grilled tortilla breads.

COOKING INSTRUCTIONS

1. Combine flour, blue corn meal, baking powder & kosher salt. Gradually stir in water until the dough becomes soft & pliable without sticking to the bowl. If the dough starts to get sticky stop adding water.
2. Knead dough on a lightly floured cutting board or surface for 4 to 5 minutes, folding the outer edges of the dough towards the center.
3. Return the dough to the bowl, cover with plastic wrap, & let rest for at least 30 to 60 minutes to allow it to rise.
4. Shape the dough into small balls. On a lightly floured surface, use a rolling pin or your hands to shape dough approximately 1/8-inch to 1/4-inch in width & 4 to 6 inches in diameter.
5. Heat a cast iron skillet until very hot or use the open flame grill with a medium to low heat. Place your shaped dough circle onto the hot pan or open flame grill. Cook for approximately for 2 to 3 minutes on each side until it browns then turn the bread over & cook another 2 to 3 minutes until bread is completely done.
6. If cooking over an open flame or on a grill, cook until the dough starts to turn golden brown & puffs a little. Turn over & cook until both sides have brown spots & the dough is completely cooked.
7. Repeat with each piece of dough. Keep warm between two clean kitchen towels. Serve immediately.

5" Diameter serving size	Calories	Fat	Carbs	Fiber	Protein
Traditional Fry Bread (flour, baking powder, salt, water, <u>lard</u> or oil for deep frying)	263	8g	30g	0g	5g
No Fry Bread (flour, cornmeal, baking powder, salt, water)	152	0.4g	30g	2g	5g

