

Recipe by Nanelia Samuela

A Tribe of Gad inspired dish, fry bread is a popular food within the gad community. Not only can it be made into a taco but, it can be enjoyed plain, with honey, jam, or as a side.



What you will need:

- 3 cups of wheat flour
- 1 tablespoon baking powder
- 2 teaspoons of sea salt
- 1 cup of buttermilk
- ¼ cup of water

Instructions:

1. In large bowl, mix dry ingredients until combined.
2. Dig a well in middle of mixture then, slowly pour buttermilk while mixing with wooden spoon or hand.
3. Add water until dough forms into a ball (add more water if needed)
4. Roll dough into small balls, flatten dough into disc size, then, prepare oil for frying.
5. Use oil of your desire, fry each side of dough for 3-4 mins minutes on medium heat (until golden brown).
6. Place paper towel over a plate and allow bread to drain before consuming.



Make it a Taco!

1. To make it a taco you will need a base:
Ground beef or shredded chicken
Non-meat options: Seasoned rice or black beans
2. **Add your veggies:** lettuce, sauteed kale, onion, bell pepper, avocado, whatever you want. Do you!
3. **Add your toppings:** Salsa, sour cream, guacamole, cheese, etc.

Enjoy!