



# Bread of Resilience

## History

✿ The history of fry bread is linked to the forced relocation of Native American and Alaskan Native Tribes in the 1800s. Credit is given to the Navajo people for creating fry bread after they were forced to make the “Long Walk” from Arizona to New Mexico. Hungry and far away from their traditional foods, they turned U.S. government rations of flour, salt, baking powder and lard into a filling bread that saved many from starvation.

✿ Fry bread is a food that represents resilience and family. Knowledge of how to make fry bread, and the story of its history, has been passed down through the generations.

✿ Fry bread brings diverse Indigenous People together through a shared cultural experience. It is enjoyed with family and friends for meals, holidays, pow wows and other gatherings.



Indigenous People waiting to receive commodities.

Image courtesy of Palace of the Governors Photo Archives (NMHM/DCA), negative #044516.

*Fry bread was a survival food for many Indigenous People forced off their land.*



## Tribal Culture

✿ The Pacific Northwest provided an abundance of food that was cared for by its Indigenous People. They were nourished by a variety of fresh fruit, vegetables, roots, fish and lean meats.

✿ Native American people did not eat processed foods until they were separated from their land and traditions and given unfamiliar and less nutritious government commodities.

## Restoring Health

✿ To help combat chronic diseases such as type 2 diabetes and kidney disease, Native American communities across the country are working to restore health through access to local, traditional foods.

✿ Tribes are influencing positive changes in the government commodity food program. A wider variety of fresh foods and foods with cultural significance are more available.

✿ My Native Plate is a nutrition education tool that provides food guidance specific to the needs of Indigenous People.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Making Fry Bread

## Rosanna's Fry Bread

### Ingredients:

- 2 ½ cups **all-purpose flour**, divided
- ½ teaspoon **salt**
- 2 Tablespoon **baking powder**
- 1 cup warm (not hot) **water**
- 4 cups **vegetable oil**, divided

### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix 2 cups flour, salt and baking powder.
3. Make a well in the flour mixture and slowly add warm water. Stir to form a sticky dough.
4. Sprinkle ½ cup flour over the dough. Knead dough lightly with your hands just until it becomes soft and no longer sticky. Do not over knead.
5. Use 1 Tablespoon oil to cover all surfaces of the dough. Cover bowl and let rise on the counter for at least 30 minutes or up to 12 hours.
6. Make 8 balls of dough about the size of an egg (about ¼ cup).
7. Pour the rest of the oil to fill a 10-inch skillet about ¾-inch deep. Heat on

Go to [FoodHero.org](https://www.foodhero.org) for tasty recipes to eat with fry bread

medium-high until the oil reaches 375 degrees F using a food thermometer. When the oil temperature is right, a small pinch of dough placed in the oil will rise to the top right away. If the oil is smoking, it is too hot.

8. Gently flatten and stretch the ball by hand into a disc about ½ to ¼-inch thick.
9. Carefully put a piece of dough into the hot oil to avoid splashing. Fry until golden brown, about 45 to 60 seconds. Using tongs, turn the bread over and fry until golden brown, about 45 to 60 seconds.
10. Using tongs, move the fry bread to a paper-lined bowl. Repeat until all pieces are cooked.
11. Enjoy right away or store in an airtight container for 1 to 2 days.

### Notes:

- 🌸 Top with chili, taco fillings, fruit sauce or a sprinkle of powdered sugar.
- 🌸 Make with half whole-wheat flour for more whole grains.

**Makes** 8 pieces

**Prep time:** 3 to 4 hours (includes mixing, resting and dividing)

**Cook time:** 20 minutes per batch



Thanks to Rosanna Sanders-Wallulatum of the Confederated Tribes of Warm Springs for the recipe. This publication was created with members of the Indigenous Peoples Workgroup (IPWG) at Oregon State University. Photo credit: Olivia Davis



- When kids help make healthy food, they are more likely to try it. Show kids how to:
- 🌸 measure and mix ingredients.
- 🌸 knead the dough.
- 🌸 flatten and stretch the dough.