



KEY INGREDIENTS

Payson Public Library, Payson

HOST OF KEY INGREDIENTS: *America by Food*

June 25 through August 7, 2011

COWBELLE FRY BREAD

Courtesy of Lena Aja as adapted from her entry in The Chuck Box, a cookbook produced by the Northern Arizona Chapter of the Arizona State Cowbelle, a women's professional organization that promotes the ranching industry.



- 3 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon shortening, lard, or corn oil
- 3/4 cup warm water
- Vegetable oil, for frying

Preparation

Measure the dry ingredients into a deep mixing bowl. Add the shortening and knead with hands until the dough is in small, pea-size pieces. Add warm (not hot) water and knead with hands for at least 5 minutes, until the dough is smooth and leaves the sides of the bowl. Cover the dough with a clean dishtowel and place it in a warm place to rise for 30 minutes. Divide the dough into portions about golf-ball size and pat, slap, or roll out as round as possible, 1/4 inch thick. Fry in hot shortening or oil about 1 inch in depth until both sides are light golden, not dark brown. Top with ground beef and/or refried beans, or powdered sugar and/or honey. Serves 8 to 10.

Fry Bread in Payson, Arizona

In Payson, as elsewhere in the Southwest, fry bread is a popular attraction at many festivals, rodeos, and Native American pow-wows. No silverware is needed, as you simply top the fry bread with your desired ingredients, roll it up, and eat. If topped with ground beef or beans to make a "Navajo taco," people often add lettuce, tomatoes, cheddar cheese, and green chiles to complete the dish. Fry bread is in our bones and hearts here in Payson, bringing us together in times of both celebration and need, and reminding us of comfort and home.