Griddle fry bread



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves
10
Serving size
1/10 of prepared recipe
Time to make
15 minutes preparation; 30 minutes cook time
Special criteria
Vegetarian recipes
Whole grains recipes

Ingredients

- 1 1/2 cups white flour
- 1 1/2 cups whole wheat flour
- 2 tablespoons baking powder
- 1 pinch salt
- 1 1/2 cups warm water
- 1/4 cup canola oil plus extra for the pan

Directions

1. In a large bowl, mix the flours, baking powder, and salt. Whisk together well (or use fork). Add warm water and oil and mix just until blended. If you like firmer bread mix on floured flat surface about 10 times.
2. Let it rest for a minute, and then spread out onto a lightly sprayed cookie sheet to 1 inch thickness. Poke holes in the dough using a fork.
3. Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning.

Tips and variations

- You can also make this bread in the oven. Bake on a greased baking sheet at 350 degrees F for 25 to 30 minutes.
- Serve this bread with a hearty soup or chowder on a cold day. Your family will love the combination. There are several delicious recipes available on *The Recipe Box* website: z.umn.edu/therecipebox.

Nutritional info

Allergens
Wheat

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