



## Sweet "Bara" Fry Bread

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 5 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**fry:** to cook in a pan in a small amount of fat.

### Equipment

- ☐ Small pot
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Cutting board
- ☐ Tablespoon
- ☐ Slotted spoon or tongs

### Ingredients

#### Sweet "Bara" Fry Bread

- ☐ 2 cups all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 1 tsp brown sugar
- ☐ 1 tsp yeast

- ☐ 1 tsp baking powder
- ☐ 1 C water
- ☐ 1/2 tsp salt
- ☐ 1 T vegetable oil + 1 C for cooking
- ☐ 1/2 tsp curry powder

## Food Allergen Substitutions

Sweet "Bara" Fry Bread

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

## Instructions

Sweet "Bara" Fry Bread

### measure + combine

Have your kids measure and combine **2 cups flour, 1 teaspoon brown sugar, 1 teaspoon yeast, 1 teaspoon baking powder, 1 cup water, 1/2 teaspoon salt, 1 tablespoon vegetable oil,** and **1/2 teaspoon curry powder** in a large mixing bowl. Mix until a loose, wet ball of dough forms. Be careful to not over mix. This dough will look a bit rough around the edges at this point.

### rest + measure

Allow the dough to rest for about 5 minutes. While that is happening, measure **1 cup of vegetable oil** and pour it into a small pot. Turn the heat to medium. On a clean cutting board, drip any remaining drops of oil out of the measuring cup onto the board. You will need to flatten the dough using the oiled surface.

### shape + fry

Scoop 1 tablespoon of dough onto the cutting board, then, using clean hands, have the kids flatten the double dough as much as possible. Adults can then drop the dough into the hot oil. It cooks for 5 seconds on each side. You read that correctly...5 seconds! If the kids don't flatten the dough enough, adults should flatten them further. A thick double will not cook. Remove with a slotted spoon or tongs and place onto a paper towel lined plate.

### cool + smoosh

Allow the fry bread to cool for a few minutes before you serve it with the Savory Chickpea Tobago "Doubles" Filling (see recipe). Spoon a few scoops of the saucy chickpeas between two pieces of "bara" bread (or 1 piece of bread, folded taco-style) and have your kids smoosh them together. Dig in! Enjoy!

## Featured Ingredient: Curry Powder!

Hi! I'm Curry Powder!

"I'm made from a mix of finely ground spices used in meat and vegetable curry dishes. I'm a rich golden color and similar to 'garam masala' ('warm spices')."

Curry powder is a spice from the Indian subcontinent, which includes the countries of India, Bangladesh, Bhutan, Maldives, Nepal, Pakistan, and Sri Lanka.

It was first created to copy the flavors of Indian cuisine enjoyed by British colonizers and sold to British traders by Indian merchants in the 18th century. It then appeared as an ingredient in British cookbooks. Curry powder is a blend of ground chili peppers, coriander, cumin, ginger, and turmeric. Commercial curry powders in the United States include those spices as well as black pepper, cardamom, cinnamon, and fenugreek.

The word "curry" is from the late 16th century via Dutch and Portuguese from the Tamil "kaṛi."

Curry powder is an essential ingredient in curry dishes. It can also be used to season bread, condiments, desserts, dips, eggs, grilled meats, marinades, rice, roasted vegetables, soups, and stews.

Some of the spices in curry powder have cancer-fighting properties and antioxidants that help fight inflammation. They can help control blood sugar and help support brain, digestive, and heart health.

The turmeric in curry powder might cause bloating and interfere with blood thinners, and it is not recommended for people with gallbladder disease.