Parāoa Parai: Best Fry Bread Recipe

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Ingredients:

Makes: 20-25

- 1 cup chilled Milk
- ¾ cup boiling Water
- 1 Tbspn Dried Active Yeast
- 1 Tbspn Sugar
- 4 Tbspn Oil
- 4-4 ½ cups Flour
- $1\frac{1}{2}$ tsp Salt
- Oil for frying



Method:

- -Combine the boiling water and chilled milk in a large bowl. Test temperature with finger to make sure it's not too hot (will kill yeast), or too cold (yeast won't activate).
- -Add sugar, oil, and yeast, and stir. Set aside for 10-15 minutes until sponge-like from yeast activating.
- -Add 4 cups of flour and the salt. Fold together gently, being careful not to overmix. Add more flour if it's still too sticky (usually another $\frac{1}{2}$ cup is required).
- -Gently knead together into a ball, then leave in bowl and cover with a tea towel. Leave to proof until doubled in size (approx 1 hour).
- -Remove risen dough from the bowl onto a lightly oiled bench (oiling instead of flouring the surface makes for cleaner oil when frying).
- -Gently pat the dough out to a 2cm thick rectangle and cut into 6cmx6cm squares. Should make approx. 20 pieces. Spread out the pieces on an oiled surface, cover with a tea towel and leave to proof for another 15 minutes.

TIP: Roll the edge of a dinner plate along the dough to cut instead of a knife. This will seal the edges and produce a more 'pillow-like' outcome.

-An adult can help with this part...Heat a medium size pot of oil to 165°C. Make the oil deep enough so that the dough won't be touching the base and can float while cooking.

TIP: To check temperature is hot enough, place end of a wooden spoon in the oil. If it bubbles, the oil is ready. Oil is too hot if the dough goes golden brown too fast and the inside is still doughy/uncooked.

- -Gently place dough in the hot oil in batches and cook until golden brown, approx. 30 seconds per side.
- -Once cooked, remove from oil and transfer onto a paper towel-lined dish. Allow to rest for 5 minutes before serving.