

Parāoa Parai

Fry Bread Recipe

Gilmours
WHOLESALE FOOD & BEVERAGE



Serves One



Prep 20mins



Cook 15mins

Stop your fry bread from becoming tough by avoiding over kneading the dough



Ingredients

3 cups of high-grade flour

2 tsp instant yeast

½ tsp sugar

1 tsp salt

1 ¼ - 1 ½ cups of warm water

Vegetable oil, canola oil or rice bran oil, for frying

Cookware: Deep fryer or heavy bottomed pot

Nutritional Information*

	Per serving
Calories	398 Kcal
Protein	13g
Carbs	78g
Fat	3g
Fibre	2g
Sugar	0g

* This nutritional information is an estimate based on generic ingredients. These numbers will vary depending on the serving size and the specific ingredients, brands and quantities you use.

Instructions

1. In a bowl, mix the flour, yeast, sugar and salt. Slowly add the warm water while mixing until a soft dough forms.
2. Turn the dough onto a floured surface and knead for 5 minutes or until the dough is smooth. Transfer to an oiled bowl, cover, and leave to proof in a warm place for 45-60 minutes or until doubled in size.
3. Once the dough has doubled in size, place onto a floured surface and roll out to a 1-2cm thickness.
4. Cut into your desired shapes or number of pieces, then deep fry for 2-3 minutes or until golden brown and fluffy in the center. Once cooked, place onto a wire rack set on a lined tray to drain.
5. Serve the fry bread alongside your favourite sides or with your desired toppings.

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