

Fry Bread with Cinnamon Honey Butter

Soft and golden Navajo fry bread served hot with powdered sugar and cinnamon honey butter!

CINNAMON HONEY BUTTER:

- ½ cup unsalted butter, room temperature
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon coarse salt

INSTRUCTIONS:

Make Navajo Fry bread. Remove from oil with tongs and place on a sheet pan lined with paper towels to drain excess oil. Sprinkle with powdered sugar and serve immediately with the cinnamon honey butter or other desired topping.

HONEY BUTTER:

Beat all ingredients with an electric mixer until smooth and somewhat creamy, about 2 minutes. Store any leftovers in the fridge for up to a week.



Navajo Fry Bread

Bubbly flatbreads you can enjoy as-is, use for Navajo tacos and wraps, or an easy dessert!

INGREDIENTS:

- 2 cups oil for frying
- 4 cups all-purpose flour
- 3 tablespoons baking powder
- 2 tablespoons salt
- 2½ cups warm milk

INSTRUCTIONS:

Step 1- In a large heavy-bottomed frying pan, heat 1 inch of vegetable oil or lard to 365 degrees F.

Step 2- In a large mixing bowl, combine flour, baking powder, salt, milk, mix well. Knead the dough 30-40 times gently turning to mix. Knead until the milk is fully incorporated and dough is slightly smooth and sticky.

Cover the bowl with a dish towel and let it sit for 30 minutes to rest. When the dough is ready, form it into small balls and pat them flat.

Step 3- Place 3 or 4 at a time into the hot oil. When the rounds begin to bubble, flip them over and cook until golden. Remove the fry bread to a paper towel-lined plate and allow it to drain while you fry the other pieces.

Step 4- Enjoy!



Navajo Tacos

Navajo tacos combine elements of Native American and Mexican cuisine. Their origins



can be traced back to the mid-19th century, when Native American tribes, including the Navajo, were forcibly relocated to reservations. During this time, the U.S.

government provided tribes with rations like flour, lard, and baking powder. Navajo families creatively adapted these rations and began making fry bread.

Over time, the concept of Navajo tacos emerged as a way to turn fry bread into a meal instead of simply serving fry bread with honey or powdered sugar as a sweet treat. Today, Navajo tacos are a symbol of cultural exchange, adaptation, and the resilience of the Navajo people.

Navajo Tacos Recipe

Navajo tacos for dinner!

INGREDIENTS:

- 1 tablespoon olive oil
- 1 lb. (16 oz.) lean ground beef
- 2 teaspoons minced garlic
- 1 pkt. taco seasoning mix
- 1/2 cup mild picante sauce or salsa
- 1 can (16 oz.) undrained chili beans

INSTRUCTIONS:

Add the olive oil to a large skillet over high heat. Once oil is hot, add in the ground beef. Crumble with a wooden spoon and cook through.

Reduce heat to medium, add in the seasoning mix and garlic. Stir until fragrant, about 1 minute. Add in picante sauce, scraping the bottom of the pan to release any browned bits. Add in chili beans undrained. Stir and cook until beans are warmed through. Reduce heat to low and simmer, stirring occasionally until fry bread is ready.

OPTIONAL TOPPINGS:

Shredded lettuce, cherry tomatoes, sliced olives, guacamole, sour cream, fresh cilantro, fresh lime.