

## INDIAN FRY BREAD

This Native American bread is a specialty in the Southwest, especially in the Navajo and Hopi nations. Fry bread is a thin round disk of dough puffed like a giant doughnut but without a hole in the middle. It can be a complement to savory foods, or it can serve as a sweet when drizzled with honey and powdered sugar or sprinkled with a cinnamon-sugar mixture. It's commonly enjoyed as "street food" at festivals and celebrations.

2 cups flour

1 tablespoon baking powder

1 teaspoon salt

1 tablespoon oil (peanut oil is best)

$\frac{3}{4}$  cup warm water

vegetable oil for frying

Mix the dry ingredients together in a large bowl, then stir in the water and oil. Knead the dough lightly until it is smooth and elastic. Shape the dough into a ball, place it in a sealable plastic bag, and refrigerate for about an hour. Form the chilled dough into 12 small balls and flatten them with your hands; then roll into circles about 4 to 5 inches in diameter. Let the circles rest for 5 minutes and roll them again, expanding to 7- or 8-inch circles, creating a fairly thin disk. Heat vegetable oil in a deep skillet to about 375°F. Place one circle of dough at a time into the oil and let cook one minute on each side. Remove the fry bread from the oil with tongs and drain on a paper towel. Eat plain, use as a base for a taco salad, or drizzle with honey or dust with powdered sugar or cinnamon-sugar and eat as a dessert.

## BAKED PUMPKIN

1 small pumpkin

$\frac{1}{4}$  cup maple syrup

$\frac{1}{4}$  cup apple cider

$\frac{1}{4}$  cup melted butter

Place whole pumpkin in oven and bake at 350°F for 1½ to 2 hours. Remove from oven and let cool slightly until safe to handle. Cut the top off the pumpkin and scoop out the pulp and seeds. Mix syrup, cider, and butter in a bowl and pour into the pumpkin. Bake for another 30 minutes. Cut into wedges and serve.