

Traditional Indian Frybread - Crispy, Puffy & Totally Addictive

Indian Frybread (Crispy Outside, Puffy Inside, Always Delicious)



OVEN
350°F

TIME
2 min

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INGREDIENTS

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup warm water (more if needed)
- ... cup milk
- 2 tablespoons vegetable oil (plus more for frying)

DIRECTIONS

- 1. Mix the Dough:** In a large bowl, whisk together flour, baking powder, and salt. Gradually add warm water, milk, and 2 tablespoons of oil. Mix until the dough begins to come together.
- 2. Knead Lightly:** Transfer dough to a floured surface and knead for 2 minutes until smooth. It should be soft but not sticky. Adjust with a little more flour or water if needed.
- 3. Let It Rest:** Cover the dough with a damp towel and let it rest for 15-20 minutes. This helps the gluten relax, making it easier to shape.
- 4. Shape the Frybread:** Divide into 8-10 equal pieces. Roll each into a ball, then flatten into a round disk about ... inch thick. Slightly thicker = fluffier.
- 5. Fry Until Golden:** Heat 1-2 inches of oil in a heavy skillet or fryer to 350°F (175°C). Fry one piece at a time for 1-2 minutes per side, or until puffed and golden.
- 6. Use a slotted spoon** to transfer to a paper towel-lined plate to drain excess oil.

SWAPS & NOTES

& Substitutions Milk - Adds softness; you can substitute with water if needed.

Vegetable oil - Great for frying; avocado or canola oil work too.

Whole wheat flour - Sub up to 1 cup for a nuttier, denser frybread.

Topping options - Go sweet with honey or savory with ground beef and beans. ???

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/traditional-indian-frybread-crispy-puffy-totally-addictive/>