



# LAKOTA FRY BREAD

FROM ST. JOSEPH'S INDIAN SCHOOL

## LAKOTA FRY BREAD

Ingredients:

- ¼ cup sugar
- 3 teaspoons baking powder
- 2 cups flour
- 1 teaspoon salt
- 1 cup water (or just enough to make a soft dough)
- Oil for frying

Mix all the dry ingredients together. Add water, mixing carefully. Divide the dough into four pieces and pat each into a round, flat shape. Add 1-2 inches of oil to a large skillet and heat to 350. Fry each round until crisp and brown on both sides.

For Indian Tacos:

Top fry bread with seasoned ground beef or buffalo, cheese, lettuce, tomatoes, salsa and sour cream.



## WOJAPI (WO JA PEE) — TRADITIONAL LAKOTA DESSERT

Ingredients:

- 2 cups chokecherries (any type of fresh/frozen berries)
- ½ cup water
- ¾ cup sugar
- 3 Tbsp cornstarch

In a sauce pan mix berries, sugar and ¼ cup of water. Bring to a boil. Meanwhile, stir cornstarch into ¼ cup cold water until it has no lumps. While berry mixture is boiling slowly add the cornstarch water, stirring gently until combined. Simmer for two minutes on low heat. When it's thick remove from heat, let cool five minutes and enjoy by itself, on crackers or like the Lakota (Sioux) with fry bread.

