Kevin's Fry Bread

- 1 pint boiling water
- 1 cup cornmeal
- 1 1/2 cups cold water
- 1/2 oz. of dry or instant yeast, approx. 2 packages
- 1 cup raw sugar
- 1 tsp. sea salt
- 3 1/2 cups flour
- 32 oz. unrefined coconut oil
1) Bring 1 pint of water to a boil in a medium pot. Add corn-
meal to boiling water. Whip slowly until smooth. Reduce heat to medium, add
cold water, and cook until thick. Stir continuously to prevent lumps in the
mixture. Remove from heat and let cool in pot.

2) In a large bowl, add yeast, sugar, and salt to the cooled corn-
meal, along with small sprinkles of water to moisten the mixture. Gradually add
flour, using a metal whisk or potato masher to get rid of lumps. Sprinkle water
to keep dough moist but thick. Cover with a damp cloth and let rise for 3 hours.

3) Once the dough has risen, it should be springy and sticky.
Heat the coconut oil in an iron skillet to medium temperature. Test the heat by drop-
ing a small portion of dough into the oil. It should gently sizzle but not splatter. Use two
large, oiled spoons to make golf ball-sized portions and dip immediately into the oil, sub-
merging the entire ball. Re-oil the spoons in the skillet to make new balls of dough. Leave
room in skillet, as the balls will expand in the hot oil.

4) Let dough fry until it cooks to your desired color: light golden or dark
brown—about 3 minutes. Using tongs, flip balls over to cook the other side. Remove
from oil and transfer to a paper towel-lined bowl, separating
each level with a new paper towel. Eat while hot.