No Fry Blue Corn Frybread

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This recipe makes Indian tortilla breads that can be cooked on an open flame grill or open flame instead of fried.

4 cups unbleached flour
1 cup finely ground blue corn meal
2 Tablespoons baking powder
1-teaspoon kosher salt
2 cups warm water (approximately)

In a medium-size mixing bowl combine flour, blue corn meal, baking powder and kosher salt. Gradually stir in the water until the dough becomes soft and pliable without sticking to the bowl. If the dough starts to get sticky stop adding the water.

Knead the dough on a lightly floured cutting board or surface for 4 to 5 minutes, folding the outer edges of the dough towards the center.

Return the dough to the bowl, cover with plastic wrap, and let rest for at least 30 minutes to allow it to rise. I usually try to let it rest for an hour.

Shape the dough into small-sized balls and roll out using a rolling pin or with your hands to approximately 1/8 to ¼-inch in width on a lightly floured surface. I always use my hands, which makes for slightly uneven round breads, but everyone will know they were hand made and I think it gives each bread a little more character. Stretch or roll the dough out so that it is approximately 4 to 6 inches in diameter.

Heat a cast iron skillet until very hot or use the open flame grill with a medium to low heat. Place your shaped dough circle onto the hot pan or open flame grill, and let it cook for approximately for 2 to 3 minutes on each side until it browns then turn the bread over and cook another 2 to 3 minutes until bread is completely done.

If you are cooking these breads over an open flame or on a grill, cook until the dough starts to turn golden brown and puffs a little. Just like as if you were frying it. Turn over and cook until both sides have brown spots and the dough is completely cooked.

Repeat this process with each piece of dough. Keep warm between two clean kitchen towels or place in a basket with clean kitchen towels. Serve immediately with your favorite stew.

Makes approximately 14 to 16 no fry or grilled tortilla breads.