
INDIAN TACO

Fry Bread

Ingredients:

2 cups self-rising flour
2 tbsp non-fat dry milk
1 tsp salt
2 tbsp oil or softened butter
1 tbsp baking powder
Oil for frying

Method:

Mix all dry ingredients together in a large bowl. Add oil. Slowly add water while mixing in until the dough begins to hold together. Knead by hand until the dough is an even consistency. It should not be sticky but should hold together well.

Tear off a piece of dough half the size of your fist. Flatten and stretch (in hand, not on a surface) until the dough is a disk slightly larger than a CD. Tear a small hole in the center of the disk.

Gently place the disk into the hot oil (these tend to splash oil so be careful). Using a wok will help as you can slide it in from the edge). Using tongs, flip the frybread when the edge turns golden brown. Cook the second side for approximately the same amount of time. Remove, check to be sure both sides are golden brown and place on a plate lined with a paper towel to absorb any excess oil.

Serve alone for a hearty snack, with fresh mashed fruit sauce and/or powdered sugar for a dessert, as a base for an Indian taco or as a side to any other hearty meal.

3 Sisters Chili

Ingredients:

1 lb ground or finely chopped venison*
1 medium can kidney beans
1 medium can black beans
1 medium zucchini squash
1 onion,
1/4-1/2 cup ketchup
Salt, pepper, chili powder, and soy sauce to taste

Method:

Chop and break up onions so pieces are about the size of a thumb nail. Chop the squash to the size of a nickel and about 3 times as thick.

In a large pot, sauté the meat and onions together in oil or butter until meat is mostly cooked through and the onions are just starting to turn translucent.

Add beans and squash and let simmer for 5-10 minutes. Add soy sauce and seasoning to taste. Simmer 10 more minutes. Stir in water and ketchup to adjust consistency as needed and allow 5 min for changes to distribute evenly.

Serve alone, over wild rice or frybread, and with any condiments of your choosing

* Bison, squirrel, black bear, elk, or beef can be substituted

Indian Taco

Ingredients:

Fry bread (above)

Chili (above)

1 head lettuce, chopped

2 tomatoes, diced

1-2 packs shredded Cheddar or Mexican blend cheese

Method:

Make frybread. Make chili. Pour chili on top of the frybread. Put cheese, tomato, lettuce and whatever else you like on tacos on top. Eat.

