***NR#9 NMDOH-NO FRY BLUE CORN FRYBREAD-LOIS ELLEN FRANK***

***Serving Size and Ingredients: 2oz***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 6 ¼ cups | 12 ½ cups | 25 cups | Unbleached Flour |
| 1 ½ cups | 3 1/8 cups | 6 ¼ c | Finely ground blue corn meal |
| 3 1/8 TBSP | 6 ¼ TBSP | 12 ½ TBSP | Baking powder |
| 1 tsp | 3 tsp | 6tsp | Kosher salt |
| 3 1/8 cups | 6 ¼ cups | 12 ½ cups | Warm Water, approximately |
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***Instructions:***

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

**2. Knead the dough on a lightly floured cutting board or surface for 2 to 4 minutes, folding the outer edges of the dough towards the center.**

**3. 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 one hour.**

**4. Shape the dough into 14 or 16 small-sized balls. Roll out with a rolling pin on a lightly floured surface, or stretch with your hands, to approximately 4 to 6 inches in diameter and 1/8 to 1/4 inch thick.**

**5. Heat a cast iron skillet, or open flame grill, until very hot. Place your dough circle onto the hot pan or open flame grill and let cook for approximately for 2 to 3 minutes on each side until it browns. Turn the bread over and cook another 2 to 3 minutes until bread is completely done. If you using an open flame, cook until the dough starts to turn golden brown and puffs a little. Cook until both sides have brown spots and is completely cooked.**

**6. Repeat this process with each piece of dough. Keep warm between two clean kitchen towels.**

**Serve immediately with your favorite taco topping or served as bread with any meal.**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***